

capture
a trip

PRESENTS

The Passé Project



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What is a Wellness retreat Program?






Embark on a transformative journey with our **Mental Wellness Program**, thoughtfully designed to help you achieve tranquility, emotional harmony, and holistic well-being.






This comprehensive program seamlessly blends meditation with powerful healing modalities, offering a nurturing space for mental clarity, emotional resilience, and spiritual growth. In addition, you'll engage in self-love activities that promote self-compassion, personal growth, and empowerment, helping you embrace your true self.

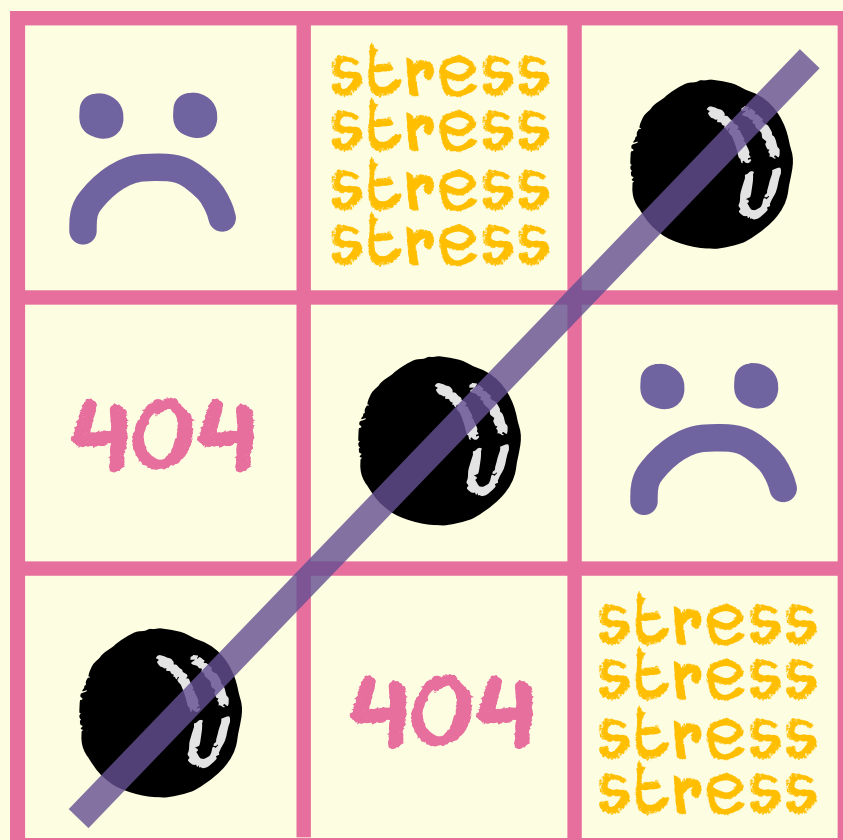
Through this enriching combination of mindful practices, healing therapies, and self-love exercises, this experience invites you to reconnect with your inner self, restore balance, and cultivate lasting peace in both body and mind.



The Experience That Awaits

-  **Breathwork and Relaxation** – Learn the power of controlled breathing to release tension, calm your nervous system, and boost mental clarity.
-  **Introduction to Meditation** – Discover basic meditation practices to enhance mindfulness and foster a peaceful, focused mind.
-  **Calm Your Mind** – Learn techniques to quiet mental chatter and reduce stress, helping you achieve a deep sense of inner peace.
-  **Art Therapy** – Express yourself through creative art, releasing emotions and gaining insight into your inner world while enhancing mental wellness.
-  **Sound Healing** – Experience the soothing power of sound to harmonize your energy, reduce anxiety, and promote emotional healing.
-  **Gratitude Series** – Practice gratitude exercises that help shift your mindset towards positivity and foster a deep sense of appreciation for life.

-  **Hug Therapy** – Engage in the comforting and healing practice of shared touch to release stress, promote bonding, and boost overall emotional well-being.
-  **Building Emotional Resilience** – Learn tools to handle stress, anxiety, and negative emotions, allowing you to find balance in every situation.
-  **Ongoing Support** – Receive resources and guidance to continue nurturing your mental wellness journey beyond the program.
-  **Love Yourself & Start Your Journey** – Embrace self-love and begin cultivating a deep sense of compassion for yourself.
-  **Useful Toolbox for Your Wellness Journey** – Walk away with a toolbox of practical techniques and exercises to support your ongoing mental and emotional growth.



About Destination

Nestled in the serene Himalayas, **Mussoorie** and **Landour** offer the perfect escape for our wellness retreats, combining natural beauty and tranquility.

Mussoorie, the **“Queen of the Hills,”** is known for its stunning views, cool climate, and lush landscapes, making it an ideal place to reconnect with nature and rejuvenate your body and mind. With peaceful surroundings and scenic spots like Camel’s Back Road and Kempty Falls, it’s the perfect backdrop for meditation and mindfulness.

Just a short distance away, Landour is a charming, quiet village with cobblestone streets, colonial cottages, and surrounding pine forests. Its slow pace offers the perfect setting for deep relaxation, yoga, meditation, and holistic healing.

These destinations provide a peaceful environment for personal transformation, where you can unwind, reduce stress, and elevate your well-being through guided wellness activities.

Join us for a rejuvenating experience in the tranquil hills of Mussoorie and Landour, and rediscover peace and balance.

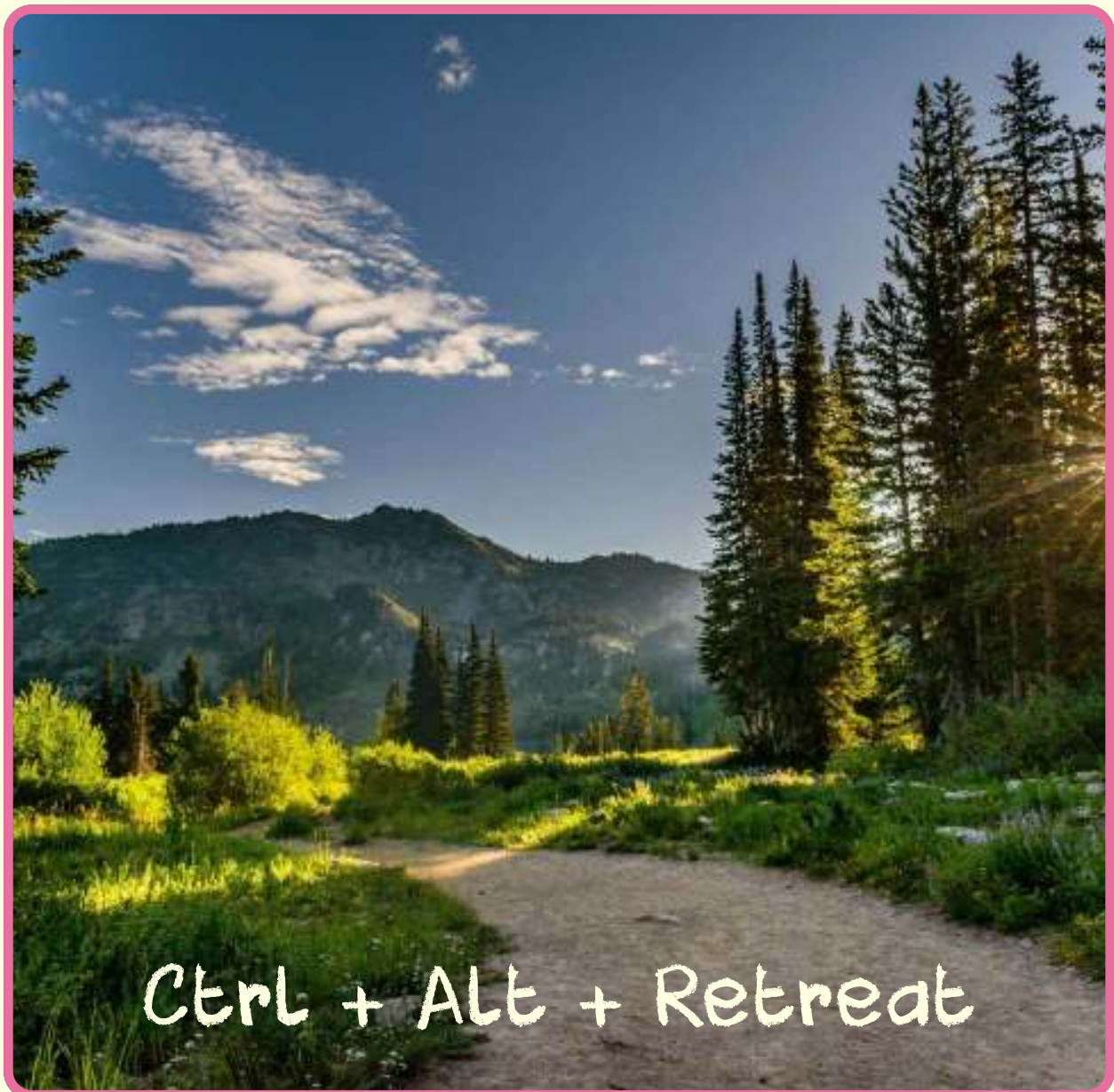
MUSSOORIE

How we roll ✨



Day 0 – Departure from Delhi

- We're heading out from Delhi at 8 PM in our AC ride.
- Time to leave the city behind and vibe out with the crew
- Dinner stop? We'll hit up a decent roadside place to grab some tasty bites!



Day 1 – Mussoorie Arrival | Commencement of the Program

- 7:00 AM – Arrival in Mussoorie
- Check-in & Freshen Up – Settle into the property, relax, and enjoy a wholesome breakfast
- Retreat Program Begins – Commence the rejuvenating wellness sessions
- Evening Visit to Kempty Falls – Unwind and enjoy the serene beauty of Kempty Falls
- Explore Mall Road – Take a leisurely stroll and shop along Mall Road on the way back
- Relaxation Session – Reconnect with yourself in a calming relaxation session at the property
- Dinner & Rest – Savor a nourishing dinner before retiring for the night

Enjoy a peaceful and transformative retreat experience in Mussoorie!



Day 2 – Explore Old school Landour | Dive deeper into yourself

- Morning Wake-up – Start the day with stretching, Surya Namaskars, and morning meditation to awaken your inner self
- Breakfast – Enjoy a nourishing breakfast to energize you for the day ahead
- Explore Landour – Head out to explore the serene charm of Landour with the group
- Return to the Property – Come back to the property and prepare for a deeply relaxing session
- Dinner & Rest – End the day with a soothing dinner, followed by a restful overnight stay
- A day of inner peace and exploration awaits you!



Day 3 – Trek to George Everest | Experience Nature Therapy | Hilltop Meditation

- Morning Sound Healing Session – Experience the power of sound healing and discover its benefits for your mind and body
- Trek to George Everest – Embark on a scenic trek to George Everest, followed by a peaceful meditation at the summit
- Relaxation & Chakra Cleansing – Return to the property, unwind, and prepare for a deep chakra cleansing session
- Evening Spiritual Music Session – Immerse yourself in the healing power of spiritual music in a serene setting
- Dinner & Overnight Stay – Enjoy a calming dinner and rest for the night



Day 4 – Explore Dalai Hills | Conclusion Ceremony | Return to Delhi

- Morning Visit to Dalai Hills – Start your day with a peaceful visit to Dalai Hills, soaking in the serenity and scenic beauty to ground your energy.
- Conclusion Ceremony – Return to the property for the heartfelt conclusion ceremony of the program—a space for reflection, gratitude, and closure.
- Departure to Delhi – With a heart full of memories and a mind at peace, begin your journey back to Delhi, carrying the essence of the retreat with you.



Inclusions

- AC Accommodation
- AC transportation
- 4 breakfasts and 3 dinners
- Trip Captain throughout the trip
- Sightseeing as per the itinerary
- Internal transfers as per the itinerary
- Participation Certificate

Exclusions

- 5% GST
- Any internal or external transportation service is not mentioned in the itinerary.
- Meals are not mentioned in the itinerary.
- Any dish that you order outside the menu.
- Any personal expenses like laundry, telephone bills, tips, etc.
- All special requests are subject to availability and additional charges may apply.

Costing her head

Double sharing

20,500/- per head

Payment Procedure IMPS/NEFT TRANSFER

Name	Capture a trip pvt. Ltd
Bank	IDFC BANK
Account Type	Current
Account No	10091665679
IFSC	IDFB0020148
UPI ID	captureatrip@okhdfcbank

Important Notes & Things you need to carry

Things to Bring:

- Yoga mat
- Comfortable clothes for yoga
- An outfit in any shade of white for the conclusion ceremony on the last day
- A Super cute goodie bag
- Water bottle
- Notepad and pen



We Look forward to having you with us for this transformative journey!



[Click me for your Dream Trip!](#)

Curated by Capture A Trip's
Experiential Journeys, fueled by
Good Vibes and Zen Mind.