



What if your practice could take you to the Himalayas?

UDAAN RETREAT SPITI

A Premium Himalayan Retreat **Experience**

Hosted by Sitara / By Pancha koshas

This is not a trip. This is an experience.



By Pancha Koshas -

India's first dedicated Aerial Yoga and Arts School

01

About Spiti

Have you ever experienced life at 4,000 meters above sea level?

Spiti Valley is one of the most raw and untouched regions in the Himalayas.

[Langza](#) | [Hikkim](#) | [Komic](#) | [Pin Valley](#) | [Key Monastery](#) | [Chandratal](#)

- At this altitude, everything slow down.
- You don't just travel here - you experience it.
- Altitude range: ~3,800–4,200 meters.



The Experience

02

This is not just about aerial. This is about the experience.

- Yoga & Breath-work (**Guaranteed**)
- Aerial Sessions (**Weather Permitting**)
- Sound Healing
- Deep Mountain Immersion
- Designed for Altitude Adaptation

You don't push here.

You settle into the experience.



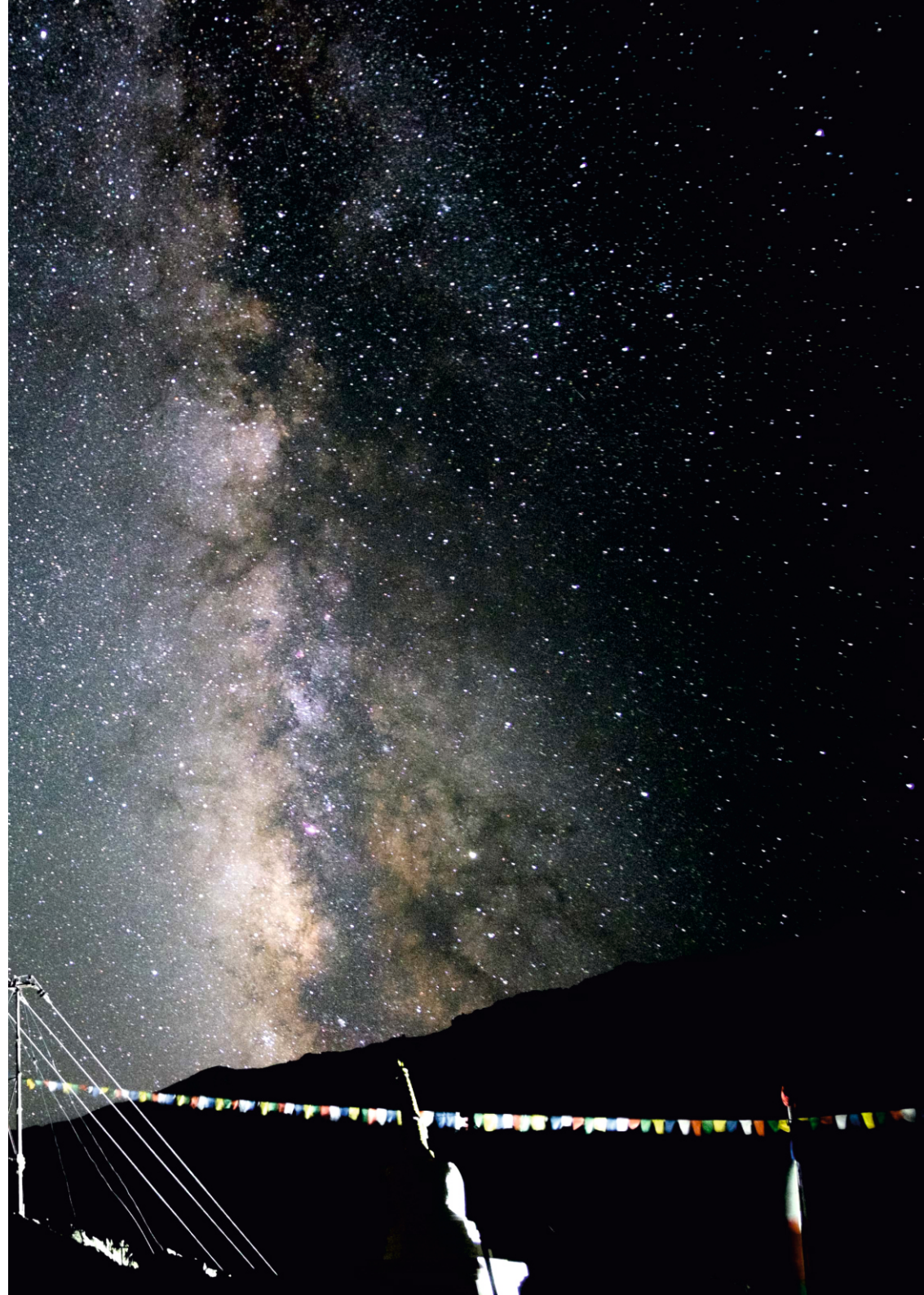
03

Highlights

What makes this experience unforgettable?

- Aerial in Open Nature
- Sound Healing Under the Stars
- Stargazing (**Possible Milky Way**)
- High-altitude Village Exploration
- Silent Time in the Mountains

Some experiences stay with you long after you leave.





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Why This Retreat

Why this is not a regular Spiti trip.

Comfortable, well-planned travel (**not Budget touring**)

Carefully selected stays (**not random hotels**)

Structured retreat experience

Balanced pace for altitude

Hosted & guided environment

**This is not about covering places.
It's about experiencing them fully.**

05



Host

Who is guiding your experience?

Hosted by Sitara

Guiding your journey through presence, movement,
and depth.

**You are not pushed here.
You are supported.**

Udaan Retreat

by Pancha Koshas.

Pancha Koshas

06

What this retreat is built on?

Udaan Retreats by Pancha Koshas

India's first dedicated Aerial Yoga & Arts School

- Structured Approach
- Deep Practice
- Quality-focused Training

This retreat carries the same depth into the mountains.

UDAAN RETREAT SPITI



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Journey

Your journey through the Himalayas

- Day 1 → Chandigarh to Rampur
- Day 2 → Rampur to Spiti
- Day 3 → Acclimatization
- Day 4 - 6 → Exploration (**Langza, Hikkim, Pin Valley**)
- Day 7 → Integration
- Day 8 → Chandratal
- Day 9 → Return via Manali

Planned for smooth adaptation, not rushed travel.



Stay

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Comfort in the mountains, thoughtfully arranged.

- Dormitory
- Double Sharing
- Private Rooms

All stays are selected for comfort in remote Himalayan conditions.

You experience the mountains without compromising on comfort.



09

Pricing

Choose your experience

- Dorm → Rs. 85,000
- Double → Rs. 95,000
- Private → Rs. 1,05,000

Flexible payment options available.



Included + Notes

Everything is taken care of from Chandigarh onwards

Included :

- Travel from Chandigarh to Chandigarh
- Stay + Majority Meals
- Yoga, Aerial & Sound Healing Sessions
- Local Exploration

Not Included :

- Travel to Chandigarh
(Participants need to reach Chandigarh on their own)
- Café Meals
(4-5 meals total — lunch or dinner during café visits)
- Personal Expenses



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Booking + CTA

If this feels right, don't wait

- Rs. 35,000 to confirm your spot (**Non-refundable**)
- Flexible 3-part payment option available
- Aerial sessions depend on weather
- Yoga & retreat experience continue regardless

DM **"SPITI"** to Apply / Book Your Spot

UDAAN RETREAT SPITI





Enjoy the Memorable Experience Together

By Pancha Koshas - India's first dedicated Aerial Yoga and Arts School

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