

THE BUDDHIST RETREAT

A little less noise.
A little more awareness.

COME WITH QUESTIONS.
LEAVE WITH A LITTLE
MORE AWARENESS.

The Kanyal Buddhist Retreat is not about becoming someone else. It is about slowing down, observing the world around you and discovering a little more about yourself.

Through meditation, conversation, nature walks and everyday experiences, we explore the timeless wisdom of Buddhist thought in a simple, practical and deeply human way.

Set in the peaceful village of Kanyal, above Manali, this four-day retreat offers you the space to breathe, reflect and ask better questions.

*"The mountains don't give you answers.
They give you the space to ask better questions."*

HIGHLIGHTS

- One dedicated Buddhist mentor throughout the retreat
- Guided meditation and mindfulness sessions
- Village walks and silent walks in nature
- Deep, honest conversations
- Time for yourself — with no agenda
- Comfortable stay, wholesome food and the Kanyal experience

NOT A HOLIDAY.
A DIFFERENT WAY OF LOOKING AT LIFE.

THE EXPERIENCE A 4-DAY JOURNEY

DAY 01 ARRIVE • OBSERVE • SLOW DOWN

- Morning** Arrive at Kanyal Heights. Welcome drink and breakfast. Settle in.
- Late Morning** **Session 1: Entering the Quiet**
Introduction to Buddhist thought and mindfulness.
- Afternoon** **Session 2: The Art of Observing**
Village walk with your mentor.
- Evening** Bonfire, dinner and a short guided meditation.

DAY 02 UNDERSTAND • QUESTION • LET GO

- Morning** **Session 3: Meet Your Mind**
Desire, attachment, thought and awareness.
- Late Morning** **Session 4: Impermanence**
Everything changes — can we see it?
- Afternoon** **Session 5: The Silent Walk**
A mindful walk in the mountains.
- Evening** Share your experiences over dinner.

DAY 03 COMPASSION • CONNECTION • BEING

- Morning** **Session 6: Looking Outward**
Compassion, kindness and interconnectedness.
- Late Morning** **Session 7: Buddhism & Everyday Life**
How can mindfulness change the way we live?
- Afternoon** **Session 8: The Art of Doing Nothing**
Tea, books, music or simply silence.
- Evening** Buddhist stories and open conversation around the fire.

DAY 04 REFLECT • BREATHE • RETURN

- Morning** **Session 9: The Morning Within**
Guided meditation.
- Late Morning** **Session 10: What Did You Notice?**
A final conversation.
- Afternoon** **Session 11: Take the Mountain Home**
A final walk and closing circle.

*You don't have to agree with everything you hear.
You just have to be curious.*

ONE MENTOR.
FOUR DAYS. MANY QUESTIONS.

MEET YOUR MENTOR



A GUIDE, NOT A GURU

Our retreat is led by an experienced Buddhist teacher who will stay with the group throughout the four days.

Through meditation, conversation and shared experiences, our mentor brings Buddhist thought to life in a practical, down-to-earth way.

This is not about preaching.
It is about exploring — together.

*"Not to tell you what to believe,
but to help you look at life differently."*

WHO IS THIS FOR?

- Anyone curious about Buddhist thought
- Those looking for a break from the rush of daily life
- People who want to slow down and reflect
- No prior knowledge or meditation experience is required



DATES & PRICING

EMERGING RETREAT

₹ 16,500
per person

With our dedicated
Buddhist mentor

SPECIAL MENTOR EDITION

₹ 22,000
per person

With a recognised
Buddhist teacher

INCLUSIONS

- 3 nights' accommodation at Kanyal Heights
- All meals (breakfast, lunch & dinner)
- All retreat sessions and activities
- Guided village walks and nature walks
- Tea, snacks and bonfire evenings
- Mentor's fee
- A peaceful mountain experience

NOT INCLUDED

- Travel to and from Manali
- Local sightseeing outside the retreat schedule
- Personal expenses (snacks, beverages, laundry etc.)
- Travel and medical insurance

*A different
kind of journey
awaits you.*

GET IN TOUCH

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SCAN TO KNOW MORE

Come a little away from Manali.

KANYAL HEIGHTS
WHERE THE MOUNTAINS FEEL LIKE HOME

3 NIGHTS • 4 DAYS
AT KANYAL HEIGHTS, MANALI
PAUSE • REFLECT • RECONNECT