



KANYAL HEIGHTS
— MANALI —

WHERE THE MOUNTAINS FEEL LIKE HOME
7,300 FT • KANYAL • MANALI

THE KANYAL LIFE RETREAT

PAUSE. REFLECT. UNDERSTAND.
BEGIN AGAIN.

*A deeper
conversation with
yourself*

SOMETIMES YOU JUST NEED A PAUSE.

The Kanyal Life Retreat is an intimate 3-day experience with a renowned psychologist and therapist, set in the quiet beauty of Kanyal, above Manali.

Through guided conversations, individual sessions, nature walks and shared experiences, this retreat offers a safe and inspiring space to reflect on your life, your choices, your relationships and your well-being.

This is not about fixing you.
It is about helping you see yourself more clearly — with compassion, honesty and new possibilities.

*A little distance.
A lot more you.*

WHAT MAKES THIS SPECIAL

-  One renowned psychologist and therapist
-  Individual one-to-one sessions for every participant
-  Deep, meaningful group conversations
-  Nature walks and mindful experiences
-  Private room for every participant
-  All meals and warm hospitality
-  A calm, intimate group of 10 people
-  Time and space to simply be



HIGHER GROUND
FOR A BRIGHTER YOU.

PEOPLE • NATURE • REFLECTIONS • A CALMER YOU

THE JOURNEY

2 NIGHTS • 3 DAYS

*Conversations
that stay with you.*

DAY 01 ARRIVE • PAUSE • OPEN UP

- Morning** **Arrival at Kanyal Heights**
Welcome drink, breakfast and time to settle in. Rest, explore, or simply do nothing.
- Afternoon** **Session 1: Meet Yourself**
A gentle group session on identity, expectations and what truly matters.
- Session 2: Your Story**
Exploring the narratives we carry and how they shape us.
- Evening** **Village walk and nature time**
Slow walk through Kanyal, take in the mountains.
- Night** **Bonfire, dinner and open conversations**
Good food, warm company and stories.

DAY 02 TALK • LISTEN • UNDERSTAND

- Morning** **Session 3: The Group Circle**
Conversations on life, relationships, stress, change and self-worth.
- Late Morning** **Session 4: One-to-One**
A private, confidential session with the therapist.
- Afternoon** **Lunch and leisure time**
Rest, read, explore or simply enjoy the view.
- Session 5: The Things We Carry**
A guided session on letting go, boundaries and emotional baggage.
- Evening** **Your time**
A sunset walk, tea, photography or quiet reflection.
- Night** **Dinner and informal conversation**
Life beyond therapy — books, travel, people and more.

DAY 03 REFLECT • REFRAME • RETURN

- Morning** **Session 6: What Do You Want?**
Exploring your values, choices and next steps.
- Late Morning** **Session 7: Your Next Chapter**
Turning reflection into intent.
- Afternoon** **The Kanyal Circle**
Each participant shares one takeaway.
- Departure**
You leave with fresh perspectives and a little more kindness towards yourself.

*"The mountains don't give you answers.
They give you the space to find your own."*

A QUIETER MIND.
A BRIGHTER
TOMORROW.

*Not a holiday.
A meaningful pause.*

*Real conversations.
Lasting perspectives.*

*Breathe
Reflect
Let go
Begin again*

DATES & PRICING

₹ 29,900
per person

2 NIGHTS
3 DAYS

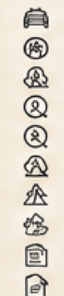
Maximum 10 participants

ACCOMMODATION



Private room for every participant
(Rooms allocated across our Premium,
Super Deluxe and Deluxe categories.)

INCLUSIONS



- 2 nights' stay at Kanyal Heights
- All meals (breakfast, lunch & dinner)
- One renowned psychologist and therapist
- Individual one-to-one session
- All group sessions and activities
- Village and mountain walks
- Bonfire evenings
- Tea, snacks and refreshments
- Retreat materials
- A safe, supportive and intimate group experience

NOT INCLUDED

- Travel to and from Manali
- Personal expenses
- Travel and medical insurance

GET IN TOUCH

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SCAN TO KNOW MORE



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PEOPLE COME HERE FOR THE MOUNTAINS.
THEY LEAVE WITH A LITTLE MORE OF THEMSELVES.