

KANYAL HEIGHTS MANALI

WHERE THE MOUNTAINS
FEEL LIKE HOME

*Music
People
Mountains
You*

A DIFFERENT KIND OF RETREAT

Manali has its own soundtrack — from intimate cafés and forest corners to bands playing under the stars. It has always been a place for musicians, dreamers and people who simply love music.

But what if, for once, you stopped being the audience? What if you became the performer?

There may be a musician hiding inside you. A songwriter. A singer. A composer. Or perhaps simply a voice that has been waiting to be heard.

Come to Kanyal. Find it.

*Different people.
Different routes.
Same mountains.
New songs.*



*Music is a conversation
between you and the mountains.*



HIGHER THOUGHTS.
BETTER SONGS.

THE JOURNEY

3 NIGHTS • 4 DAYS

DAY 01 LISTEN • EXPLORE • DISCOVER

- Session 1 Find Your Sound**
Meet your musician mentor. Explore influences, genres and what kind of music speaks to you.
- Session 2 Write Your First Song**
Learn the basics of songwriting — words, emotion, melody, rhythm and structure. Begin shaping your own song.
- Evening Manali Café Music Trail**
Hop iconic cafés, listen to live musicians, meet performers and discover Manali's vibrant music scene.

*Don't just listen to the music.
Get to know the people who make it.*

DAY 02 UNLEARN • REWORK • PLAY

- Session 3 What Did You Hear?**
Discuss, question and unlearn. What surprised you? What did you think music had to be — and perhaps doesn't?
- Session 4 Structure Your Music**
Work with musicians to shape your song — lyrics, melody, arrangement, rhythm and performance.
- Evening Kanyal Night — Mentors Perform**
An exclusive live performance by your musician mentors at Kanyal Heights. An intimate evening of music, stories and conversation.

*You listen tonight.
Tomorrow, you play.*

DAY 03 CREATE • REFINE • BREATHE

- Session 5 Finish Your Song**
Refine your music with guidance — song structure, arrangement, vocals, rhythm and performance.
- Session 6 The Technical Side**
Understand sound, microphones, amplification, stage presence and performance basics.
- Afternoon Mountain Break**
Leave the instruments behind for a while. Take a walk. Look at the peaks. Sometimes the best line in a song arrives when you stop trying to write one.

DAY 04 YOUR SONG. YOUR STAGE.

- Session 7 Final Rehearsal**
One last session with your mentors. Fine-tune your song. Find your rhythm. Find your confidence.
- Evening The Kanyal Stage**
It's your turn. You perform at Kanyal Heights. For your fellow participants, mentors and the mountains. And perhaps your mentor might just join you on stage.

*A stage.
A song.
A new you.*

MORE THAN A WORKSHOP

A JOURNEY OF MUSIC, PEOPLE AND PLACES



*"Sometimes a song finds you
when you are far from the noise."*

YOUR MENTORS

A CURATED ENSEMBLE



GUITARIST
Melody. Harmony. Possibilities.

DRUMMER
Rhythm. Energy. Momentum.

BASSIST
Depth. Groove. Foundation.

Our retreats are led by a curated ensemble of professional musicians, featuring at least a guitarist, a drummer and a bassist — and often a special guest mentor (singer, songwriter or band member).

They bring with them years of performance experience, a love for teaching, and a passion for helping you find your own voice.

*Real musicians. Real stories.
Real guidance.*

WHAT'S INCLUDED

- 3 nights stay at Kanyal Heights
- All meals as per the retreat plan
- All music workshops and sessions
- Guidance by a curated team of professional musicians (guitar, bass, drums & more)
- Manali café/music trail with mentor(s)
- Technical and stage session
- Bonfire evenings
- Village and mountain walks
- Small group for a personal experience

RETREAT PRICING

EMERGING MUSICIAN
EDITION
₹18,500
per person

- 3 Nights • 4 Days
- All meals & retreat activities included
- Guided by a curated team of professional musicians
- Ideal for beginners and music enthusiasts

SPECIAL MENTOR
EDITION
₹25,000
per person

- 3 Nights • 4 Days
- All meals & retreat activities included
- Featuring renowned/special guest mentor(s) with a professional musician ensemble
- Deeper workshops and personalised guidance
- Limited seats for an intimate experience

*Create
Play
Explore
Belong*



*Music
Lives
Here*

For Bookings & Enquiries
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MANALI**
WHERE THE MOUNTAINS
FEEL LIKE HOME

*Come as an audience.
Leave as a performer.*