

KANYAL HEIGHTS MANALI

WHERE THE MOUNTAINS
FEEL LIKE HOME

*A little away
from the noise.
A little closer
to your story.*

*Same mountains.
A different
perspective.*

THE KANYAL STORYTELLING RETREAT

WRITE • REFLECT • EXPLORE • SHARE

A 2 NIGHT 3 DAY CREATIVE RETREAT
AT KANYAL HEIGHTS, MANALI

COME WITH AN IDEA.
LEAVE WITH A STORY.

STORIES LIVE EVERYWHERE.

In the mountains, in the people you meet,
in the food you share, in the silence between words.
Join us for a one-of-a-kind retreat where an experienced
mentor will guide you to observe deeper, write better
and tell stories that truly connect — on paper, on screen
and in life.



*Inspiration
has a view.*



*Good food.
Better thoughts.*



*Different people.
Brighter stories.*

PEOPLE
PLACES
IDEAS
STORIES
GOOD FOOD
HIGHER GROUND

*Sometimes all you need
is a change of altitude
to find your voice.*



KANYAL | MANALI | 7,300 FT

THE PROGRAMME

2 NIGHTS • 3 DAYS

DAY
01

ARRIVE • OBSERVE • BEGIN

- Arrival, welcome drink & breakfast
- Check-in and relax
- Introductory session – What makes a good story?
- From an idea to a story (structure, characters, conflict)
- Lunch at Kanyal Heights
- Optional photography walk
- Village walk – observe, collect, take notes
- Evening bonfire – stories, conversations and more

DAY
02

FEEL • WRITE • REWRITE

- Morning tea, mountain views and mindfulness
- Words that make people feel (using emotion, details, rhythm)
- Writing exercise – your Kanyal story
- Lunch and relaxed conversations
- Your story, your screen – Instagram, YouTube & beyond (crafting reels, vlogs, voice-overs, script improvement)
- Free time – walk, read, write or simply relax
- Bonfire session – show your creativity
Play the guitar, bring a clap box, sing along, do a karaoke or simply share your story.

DAY
03

CREATE • REWRITE • TELL

- Morning session – write your own short story
- The art of rewriting (what stays, what goes, what breathes)
- Present and share your work
- Individual feedback from the mentor
- Lunch and check-out
- One last look at the mountains
- Leave with new ideas, new friends and a story (or two) to take home.

*Not just a retreat.
A reset.*



RETREAT INCLUDES

- 🚗 2 nights accommodation at Kanyal Heights
- 🍽️ All meals (breakfast, lunch, dinner)
- ☕ Tea/coffee & relaxing breaks
- 📖 All storytelling and script-writing sessions
- 👤 Mentor guidance & individual feedback
- 🏞️ Village walk and outdoor activities
- 🔥 Bonfire session
- 🏠 Access to beautiful writing spaces
- 👥 A small, curated group experience

INVESTMENT

EMERGING STORYTELLER EDITION

₹12,000 per person

2 Nights • 3 Days

Ideal for aspiring writers, content creators
and anyone with a story to tell.

SPECIAL MENTOR EDITION

₹20,000 per person

2 Nights • 3 Days

Featuring a renowned author, filmmaker,
journalist or an established storyteller.

Small groups only (8 – 12 participants)

Dates and mentor details will be announced on our website
and social media.

Let's write a better tomorrow.

For Bookings & Enquiries
Kanyal Heights, Manali

☎ +91 98364 71599

✉ stay@kanyalheightsmanali.com

🌐 www.kanyalheightsmanali.com

📍 Kanyal, Manali, Himachal Pradesh



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