CHAIL, HIMACHAL PRADESH

YOGA, ADVENTURE & BIKE RIDING RETREAT

BATCH - 1

2ND–4TH OCT 2026

2N / 3D

BATCH – 2

24TH–26TH OCT 2026

2N / 3D

BATCH - 3

21ST–23RD NOV 2026 | 2N / 3D

RETREAT DETAILS

YOGANTRA TRAILS

+919971231121

www.yogantratrails.com

ABOUT RETREAT

BIKE RIDING



GUIDED TREKKING



YOGA & MEDITATION



BONFIRE NIGHT



SOUL TRANSFORMATION



Not Riding a Bike? No Problem!

If you're unable to join us on your own bike, you can travel in your own car or by taxi. You may also connect with our participating riders and join as a pillion rider, subject to mutual consent and availability.

Choose your way to travel
The YOGANTRA TRAILS experience is for everyone.

WHY YOGANTRA TRAILS?

Because We Offer More Than Just a Trip.

At YOGANTRA TRAILS, we believe travel should do more than take you to a new destination; it should help you experience more, connect deeply, and return renewed.



Yoga & Meditation (Reconnect with your body and mind) — Guided by Experience

Experience the transformative power of yoga and meditation under the guidance of highly **experienced practitioners with over 25 years of expertise.** Led by **former PGIMER yoga professionals** who have organized numerous yoga workshops and International Day of Yoga events, our sessions are rooted in authentic yogic wisdom and mindful practices. Designed to help you release stress, calm the mind, enhance physical and emotional well-being, and **reconnect with your inner self,** each session offers a truly **rejuvenating experience** amidst the serene beauty of the Himalayas.

Adventure & Scenic Rides (Experience the freedom of mountain roads) Adventure & Scenic Rides



Feel the freedom of the open road as you **ride through breathtaking mountain landscapes,** winding Himalayan roads, and peaceful pine forests. Our scenic rides blend adventure, exploration, and the thrill of the journey, creating unforgettable experiences and memories that last long after the ride ends.



Nature Immersion (Walk through forests and disconnect from everyday noise)

Step away from the noise of everyday life and reconnect with nature amidst serene pine forests, fresh mountain air, and breathtaking Himalayan landscapes. Through **mindful forest walks and peaceful moments in nature**, slow down, breathe deeply, recharge your energy, and rediscover a sense of calm and connection.

Inner & Outer Transformation Adventure outside, reflection within



Challenge yourself on the outside and reconnect with yourself on the inside. Through **adventure, scenic rides,** yoga, meditation, nature, and meaningful reflection, YOGANTRA TRAILS helps you build confidence, release stress, gain clarity, and return home with renewed energy and a fresh perspective on life.



Meaningful Connections Bonfires, conversations, activities, and shared experiences

Some of the most beautiful journeys are defined by the people we meet along the way. Through shared adventures, bonfire conversations, **group activities, and heartfelt moments,** YOGANTRA TRAILS brings like-minded people together, creating genuine connections, new friendships, and memories that last long after the journey ends.

Safety & Support Thoughtfully planned experiences with first-aid support and responsible travel practices



Your safety is at the heart of every YOGANTRA TRAILS experience. From carefully planned routes and responsible, **professional group travel to first-aid support,** emergency preparedness, and on-the-ground assistance, we strive to create a safe and well-supported environment—so you can focus on enjoying the journey with greater confidence and peace of mind.

- **Small-Group Experience** More personal attention and stronger connections
- **Flexible Travel Options** Join by bike, car, taxi, or as a pillion rider, subject to availability and mutual consent

EXPEDITION SHOWSTOPPERS

🏍️ Breathtaking Himalayan Scenic Rides

🧘 Sunrise Yoga Amidst the Mountains

🧘‍♀️ Guided Meditation & Transformation Sessions

🌲 Immersive Walks Through Serene Pine Forests

🛕 Visit to the Majestic Kali Ka Tibba

🔥 Soulful Bonfire Evenings & Meaningful Conversations

🌄 Mesmerising Sunrise & Panoramic Valley Views

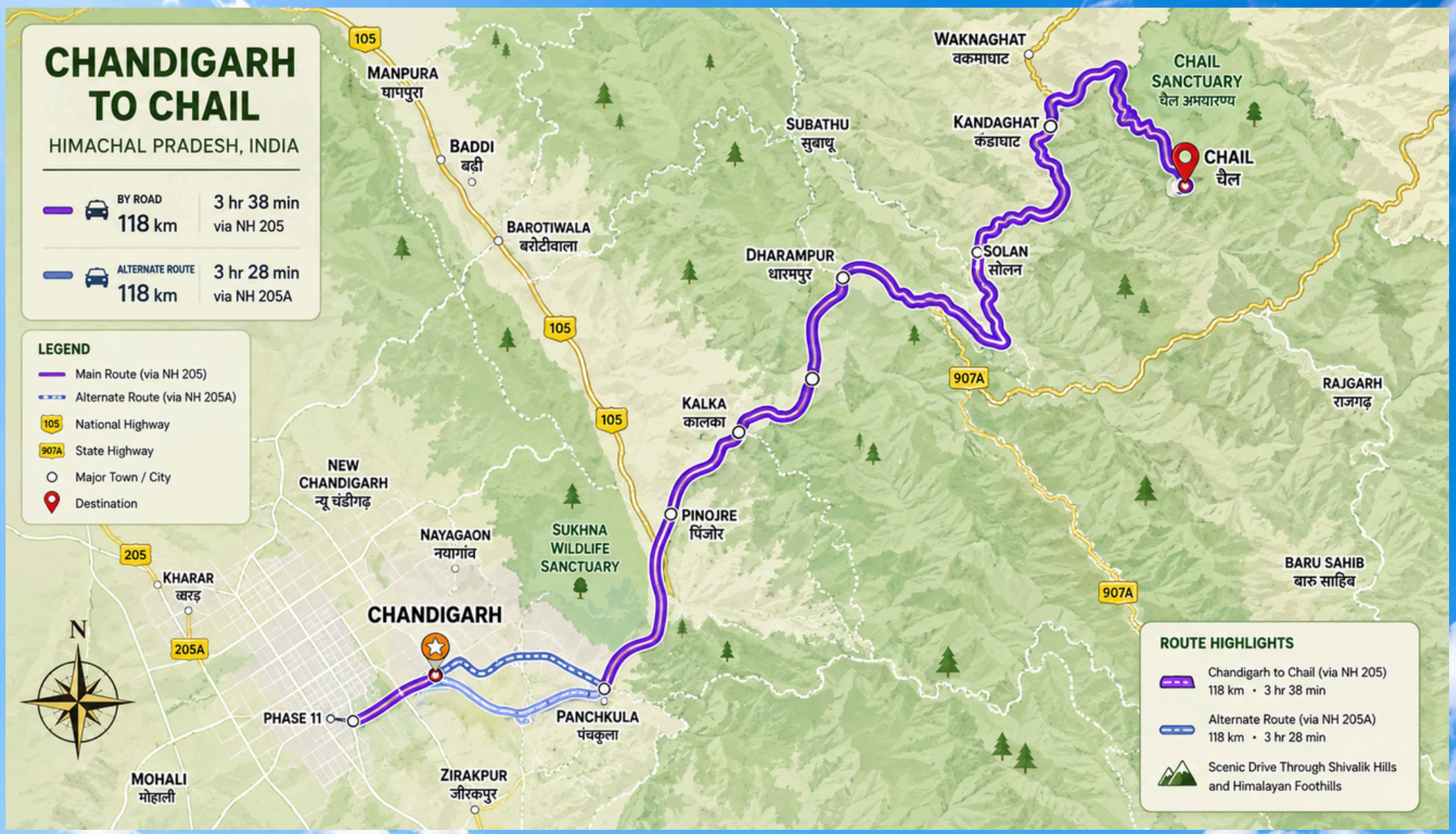
🤝 Meaningful Connections with Like-Minded People

✨ Inner & Outer Transformation

📸 Unforgettable Moments, Stories & Memories



ROUTE MAP



MOHALI, PUNJAB

PINJORE

DHARAMPUR

SOLAN

KANDAGHAT

CHAIL

KALI KA TIBBA TEMPLE

CHAIL

KANDAGHAT

SOLAN

DHARAMPUR

PINJORE

MOHALI, PUNJAB (END)

THE RETREAT EXPERIENCE

- Every experience is thoughtfully designed to help you slow down, reconnect, and grow.
- Our retreat is more than a holiday.
- It is a carefully curated journey that blends wellness, adventure, nature, and meaningful human connection into one unforgettable experience.
- Your day begins with the peaceful energy of the Himalayas through sunrise yoga, breathwork, and guided meditation, helping you cultivate clarity, balance, and inner calm.
- As the day unfolds, you'll explore scenic mountain roads, peaceful pine forests, and breathtaking viewpoints, experiencing the beauty of nature through mindful adventures and immersive outdoor activities.
- Throughout the retreat, you'll participate in transformational experiences such as nature immersion, yogic games, soul circles, gratitude practices, guided reflections, and the letting-go ritual.
- Each activity is designed to inspire self-awareness, emotional well-being, and personal growth.
- Evenings come alive with bonfires, heartfelt conversations, laughter, and moments of reflection, creating genuine connections with like-minded people in a warm and welcoming environment.
- Every activity has a purpose. Every conversation has meaning. Every sunrise offers a new beginning.
- By the end of the retreat, you won't just return with beautiful photographs.
- You'll return with a calmer mind, renewed energy, meaningful friendships, greater self-awareness, and practical habits to help you live a healthier and more balanced life.

WHAT MAKES THIS RETREAT SPECIAL

- We don't simply organize trips.
- We create transformational experiences that inspire personal growth, meaningful connections, and lasting memories.
- Every retreat is thoughtfully designed to help you reconnect with yourself while exploring the beauty of the Himalayas.

1. More Than a Trip. A Journey Within.

Our retreats combine travel with self-discovery, helping you return not only refreshed but also with a renewed perspective on life.

2. Yoga and Meditation in Nature

Experience authentic yoga, breathwork, and guided meditation in peaceful Himalayan surroundings, allowing your body and mind to truly relax and recharge.

3. Adventure with Purpose

Scenic bike rides, nature walks, and outdoor experiences are not just activities. They are opportunities to build confidence, mindfulness, and resilience.

4. Carefully Curated Transformational Activities

From nature immersion, yogic games, soul circles, gratitude practices, and letting-go rituals to guided reflection, every activity is designed with a meaningful purpose.

5. Meaningful Human Connections

Meet like-minded people, build genuine friendships, and become part of a supportive community that extends beyond the retreat.

6. Small Groups, Personal Attention

We intentionally keep our groups small to ensure a safe, comfortable, and personalized experience for every participant.

7. Safety Is Our Priority

Every retreat is carefully planned with route coordination, experienced facilitators, first-aid support, and participant well-being at the center of everything we do.

8. The Perfect Balance

Adventure, wellness, relaxation, reflection, and fun. Each day is thoughtfully balanced so you return home feeling physically refreshed, mentally calmer, and emotionally re-energized.

9. Memories That Stay With You

You won't just take home beautiful photographs. You'll leave with new habits, deeper self-awareness, meaningful relationships, and experiences that continue to inspire long after the retreat ends.

ACCOMMODATION











Your paragraph text









ACCOMMODATION

The Chail Palace, Rated: 4.0 · Hotel

Stay at the historic Chail Palace. Experience the charm of royalty with a stay at the iconic Chail Palace, one of Himachal Pradesh's most celebrated heritage properties. Originally built in 1891 as the summer retreat of the Maharaja of Patiala, this magnificent palace is now managed as a heritage hotel by the Himachal Pradesh Tourism Development Corporation. Set amidst approximately 75 acres of lush deodar and pine forests, it offers a unique blend of royal elegance and Himalayan tranquility.

What makes the stay special?

- Stay in a historic royal palace with timeless architecture.
- Surrounded by peaceful pine and deodar forests.
- Panoramic mountain and valley views.
- Spacious heritage-style rooms, suites, cottages, and log huts.
- Restaurant serving Indian, Himachali, Chinese, and Continental cuisine.
- Open-air café overlooking the beautiful lawns.
- Lawn tennis, billiards, children's park, and expansive gardens.
- Private parking and modern guest amenities, including Wi-Fi and room service.

The serene atmosphere of Chail Palace makes it an ideal destination for:
Yoga & Meditation, Mindfulness, Stress Relief, Digital Detox, Bonfire Evenings, Nature Walks, Sunrise & Sunset Reflection Sessions

Away from the crowds, the palace provides the perfect environment to reconnect with nature, restore inner peace, and enjoy a truly transformational retreat experience.

Nearby attractions
Kali Ka Tibba Temple, World's Highest Cricket Ground, Chail Wildlife Sanctuary, Scenic viewpoints and forest trails, Siddh Baba Temple

Retreat description:
Wake up in a royal palace surrounded by Himalayan forests, breathe the fresh mountain air, practice yoga amidst nature, meditate in complete silence, and end your day under a sky full of stars. At Chail Palace, every moment becomes part of your journey of transformation.

FACILITATOR



Yogi Vivek Kapoor

Founder & Retreat Director

Yogi Vivek Kapoor is a yoga and wellness professional with more than **25 years of experience in yoga,** meditation, and holistic well-being. Holding a **Master's degree in Yoga,** he has trained individuals, corporate professionals, and healthcare workers, including at PGIMER, Chandigarh. He also coordinated the International Day of Yoga 2024, which earned the event a place in the **Asia Book of Records.**

Through this, his mission is to combine yoga, meditation, adventure, and nature to create meaningful retreats that inspire people to reconnect with themselves, build resilience, and embrace a healthier, more balanced life.

WHO THIS RETREAT IS FOR

Skill Level
Beginner, Intermediate, Advanced

Vibe
Beginner Friendly, Healing & Transformative, All Ages Welcome, Spiritual Journey, Social & Community, Peaceful & Quiet, Cozy & Intimate, Super Healthy Food, Yoga Optional, Deep Rest & Restoration, Natural & Organic, Authentic & Traditional, Mindful Practice, Fresh & Nourishing, Mountain Retreat, Modern Comfort, Beautiful Surroundings, Holistic Wellness, Space for Workouts, Chillout Zones

Recommended Age
All ages welcome

Group Size
Between 10 and 20 participants



DAY 1

ARRIVAL AT CHAIL, HP

- **Meet & Greet** – Gather at the designated departure point.
- **Journey Begins** – Start our scenic ride towards Chail.
- **Breakfast Stop** – Enjoy breakfast at Dharampur.
- **Scenic Himalayan Ride** – Ride through beautiful mountain roads and landscapes.
- **Lunch at Sharma Restaurant** – Reach Chail and enjoy a delicious lunch.
- **Check-in & Relax** – Check in to the accommodation, freshen up, and unwind.
- **Nature Immersion** – Explore peaceful pine forests through a guided nature walk.
- **Yoga & Yogic Activities** – Rejuvenate your body and mind with an evening session.
- **Dinner** – Enjoy a wholesome meal together.
- **Bonfire & Connections** – Share stories, laughter, and meaningful conversations.
- **Guided Meditation** – End the day with a calming meditation session.

Highlight of the day

- Briefing & Introduction
- Trekking
- Yoga
- Yogic Games
- Bonfire
- Meditation

Accommodation

- The Chail Palace

Meals

- Breakfast at Dharampur
- Lunch at Chail
- Dinner



DAY 2

EXPLORE • EXPERIENCE • TRANSFORM

- **Morning Yoga** – Begin the day with an energising yoga session amidst the peaceful mountain surroundings.
- **Healthy Breakfast** – Recharge with a wholesome breakfast.
- **Nature Immersion** – Reconnect with nature through a mindful walk amidst serene pine forests.
- **Yogic Games & Activities** – Enjoy fun, interactive activities designed for energy, awareness, and group bonding.
- **Lunch & Relaxation** – Enjoy lunch followed by some time to relax and refresh.
- **Kali Ka Tibba Experience** – Visit the iconic hilltop temple and experience breathtaking panoramic views.
- **Sunset Experience** – Witness a mesmerising Himalayan sunset from the heights of Kali Ka Tibba.
- **Dinner** – Return and enjoy a delicious meal together.
- **Bonfire & Meaningful Connections** – Share stories, heartfelt conversations, letting go ritual, silent fire meditation
- **Guided Meditation** – End the day in stillness with a peaceful guided meditation and inner reflection.

Highlight of the day

- Briefing & Introduction
- Trekking
- Yoga
- Yogic Games
- Bonfire
- Meditation

Accommodation

- The Chail Palace

Meals

- Breakfast
- Lunch
- Dinner



DAY 3

RELEASE • REFLECT • RECONNECT

- **Morning Yoga & Breathwork** – Begin the final morning with gentle yoga, conscious breathing, and mindful awareness.
- **Nature Immersion** – Spend quiet moments in nature through mindful walking and observation.
- **Yogic Games** – Enjoy light, joyful activities that strengthen energy and group connection.
- **Letting Go Ritual** – Reflect on what you wish to release—stress, limiting thoughts, regrets, or emotional burdens—and symbolically let them go.
- **Gratitude & Connection Practice** – Pause to appreciate the journey, nature, yourself, and the people who shared the experience.
- **Letter to My Future Self** – Write a personal message about what you have learned and what you want to carry forward into everyday life.
- **Personal Commitment** – Choose one small positive change you will consciously continue after returning home.
- **Soul Circle** – The Closing Circle – Share reflections, insights, memorable moments, and what this journey has meant to you.
- **Closing Meditation & Sankalpa** – End the retreat with a peaceful meditation and a personal intention for the journey ahead.
- **Farewell & New Beginnings** – Depart not just with photographs, but with meaningful memories, new connections, and a renewed perspective.

Highlight of the day

- Briefing & Introduction
- Trekking
- Yoga
- Yogic Games
- Gratitutde
- Rituals, etc.
- Meditation
- Sankalpa
- New Beginnings

Meals

- Breakfast
- Lunch
- Evening Tea at Kandaghat

SUMMARY

- This is a carefully curated 3-day & 2-night immersive experience in the serene hills of Chail, Himachal Pradesh.
- More than just a getaway, it is an opportunity to pause, reconnect, and return with a renewed perspective on life.
- Through a balanced blend of yoga, meditation, scenic Himalayan rides, nature immersion, mindful adventures, meaningful conversations, and transformational activities, the retreat is designed to refresh your body, calm your mind, and inspire personal growth.
- Over three unforgettable days, you'll witness breathtaking sunrises, explore peaceful pine forests, visit the sacred Kali Ka Tibba Temple, share stories around a bonfire, participate in guided reflection sessions, and build genuine connections with like-minded people.
- Whether you arrive on a bike, in a car, by taxi, or as a pillion rider, you'll leave with far more than beautiful memories—you'll take home renewed energy, deeper self-awareness, lasting friendships, and practical habits to support your well-being long after the retreat ends.
- This isn't just a trip to the mountains. It's a journey to reconnect with yourself.

TRIP COST PER PERSON

INR ₹16999/-

INCLUSIONS

- 2 Nights Accommodation – Double occupancy basis
- Meals During the Retreat – 3 Lunch at Sharma Dhaba cum Restaurant,
- 2 Dinner in the Chail Palace, 1 Breakfast at Dharampur, Himachal Pradesh,
- 2 Breakfast in the Chail Palace, 3 high tea.
- Toll tax at Chail Entry for Bikes, Cars, and Taxis
- Guided Yoga Sessions – Morning and evening practices
- Guided Meditation Sessions
- Daily pranayama classes
- Group excursions/ activities
- Nature hikes with a trusted guide
- Professional event photos
- Bonfire
- Trekking
- Yogic Games
- Yogantra Letting Go Ritual
- Gratitude & Connection Practice
- Letter to My Future Self
- Personal Commitment
- Soul Circle
- Closing Meditation & Sankalpa
- Meet & Greet
- Nature Immersion
- 24x7 Professional First Aid Service
- Pre and post retreat support from our team
- Parking
- Wifi connection
- 24-hour Basic First-Aid Support

EXCLUSIONS:

- Bike/Car, Fuel, Vehicle Expenses
- Taxi or Transportation Charges, unless specifically mentioned
- Meals & Beverages Not Mentioned in the Itinerary
- Alcoholic Beverages, Soft Drinks & Personal Refreshments
- Single Occupancy Supplement
- Vehicle Repairs, Breakdown, Towing, or Spare Parts
- Medical Expenses, Medicines, or Hospitalisation
- Travel, Medical, or Personal Accident Insurance
- Entry Fees or Paid Activities, unless specifically included
- Laundry, Room Service, and Other Personal Expenses
- Professional Photography/Videography, unless specifically included
- Additional Costs Due to Weather, Road Closures, Natural Events, or Other Unforeseen Circumstances

FOOD

We believe that nourishing the body is an essential part of every transformational journey.

Throughout the retreat, you'll enjoy freshly prepared, wholesome, and delicious vegetarian meals, thoughtfully selected to keep you energized and refreshed.
Our menu includes a balanced selection of breakfast, lunch, evening snacks, dinner, and refreshing tea, featuring a blend of local Himalayan flavors and comforting North Indian cuisine.

We also accommodate basic dietary preferences when informed in advance.
Every meal is more than just food. It's an opportunity to relax, connect with fellow participants, and enjoy mindful eating in the peaceful surroundings of the Himalayas.

- Healthy vegetarian meals
- Breakfast, lunch, and dinner
- Morning and evening tea
- Light refreshments and snacks
- Safe drinking water throughout the retreat
-

Fresh Food • Mindful Eating • Nourishing Every Journey

Meals Provided

- Breakfast
- Lunch
- Dinner
- Hi Tea

Diets Catered

- Vegetarian







LOCATION INFORMATION

Nestled amidst the serene Shivalik Hills at an altitude of approximately 2,250 meters (7,380 feet), Chail is one of Himachal Pradesh's most peaceful and picturesque hill stations.

Surrounded by dense pine and deodar forests, breathtaking valleys, and fresh mountain air, it offers the perfect setting to disconnect from the noise of everyday life and reconnect with nature.

Unlike crowded tourist destinations, Chail is known for its calm atmosphere, scenic beauty, and untouched charm.

Every sunrise paints the mountains in golden hues, while the evenings bring cool breezes and unforgettable bonfire moments beneath a sky full of stars.

During the retreat, you'll explore some of Chail's most beautiful locations, including Kali Ka Tibba Temple, peaceful forest trails, panoramic viewpoints, and winding Himalayan roads that make every journey as memorable as the destination itself.

Whether you're practicing yoga at sunrise, meditating in the silence of the mountains, riding through scenic roads, or simply enjoying a quiet walk among the pine trees, Chail provides the perfect environment to slow down, breathe deeply, and experience true inner peace.

Chail is not just a destination—it's where nature, adventure, and transformation come together.

Nearby Activities

- Trekking
- Wildlife watching



ORGANIZER

My mission is to combine yoga, meditation, adventure, and nature to create meaningful retreats that inspire people to reconnect with themselves, build resilience, and embrace a healthier, more balanced life.

Travel Beyond Destinations. Discover Yourself.



WEATHER INFORMATION

Since 2–4 October 2026 is still beyond the range of reliable day-by-day weather forecasts, no accurate forecast is available yet.

However, based on the historical climate for early October in Chail, you can expect the following:

Expected Weather (2–4 October 2026) – Chail, Himachal Pradesh

- Day Temperature: 20–22°C
- Night Temperature: 10–12°C
- Pleasant, cool mountain weather
- Mostly sunny to partly cloudy skies
- A slight chance of brief light showers
- Beautiful sunrises and clear mountain views are common during this time of year.

Note: Mountain weather can change quickly.

Participants should carry a light jacket and a waterproof layer even if the forecast looks clear.

SEASONAL INFORMATION

Perfect Weather for Retreat

Early October is considered one of the best times to visit Chail.

The monsoon has usually ended, the hills are lush and green, the air is fresh, and the temperatures are ideal for:

- Sunrise Yoga & Meditation
- Scenic Bike Rides
- Nature Immersion Walks
- Kali Ka Tibba Temple Visit
- Bonfire Evenings
- Sunrise & Sunset Viewpoints

WHAT TO BRING

Recommended Clothing

- Comfortable clothing for yoga and outdoor activities
- Light fleece or jacket for mornings and evenings
- A warm hoodie or sweater for the bonfire and night sessions
- Comfortable walking/trekking shoes
- A light rain jacket or compact umbrella (just in case)
- Cap, sunglasses, sunscreen, and a reusable water bottle
- Your own Yoga mat

Optional Upgrades

- Palace Lunch
- Extra Hotel stay day/ night

GETTING THERE

Book your flight to:

- Shaheed Bhagat Singh International Airport (IXC) in Punjab, India.
- Shimla Airport (SLV) in Himachal Pradesh, India.

Getting to the retreat is simple and flexible.

You are welcome to join the journey in the way that is most convenient for you.

- Ride Your Own Bike: Experience the scenic Himalayan roads alongside fellow riders.
- Travel by Your Own Car: Perfect for families, couples, or groups of friends.
- Hire a Taxi: Reach the retreat comfortably without driving yourself.
- Join as a Pillion Rider: If you don't have a bike, we can help connect you with a participant who has an available pillion seat, subject to availability and mutual consent.

Important Information

- Participants are responsible for arranging their own transportation unless otherwise specified.
- Fuel, tolls, parking charges, and personal travel expenses are not included in the retreat fee.
- Participants traveling together are encouraged to coordinate in advance for a smoother and more enjoyable journey.
- Detailed meeting point information, departure time, route map, and travel guidelines will be shared after your booking is confirmed.

No matter how you travel, by bike, car, taxi, or as a pillion rider, the destination is the same: a journey of adventure, connection, and transformation.

FREQUENTLY ASKED QUESTIONS (FAQS)

1. Who can join this retreat?

Anyone aged 18 years or above with a basic level of fitness and an interest in yoga, nature, adventure, or personal growth is welcome. Beginners are absolutely welcome.

2. Do I need prior yoga experience?

No. Our yoga and meditation sessions are suitable for both beginners and experienced practitioners.

3. Do I need to own a bike?

Not at all. You can join the retreat by:
Riding your own bike, coming in your own car, hiring a taxi, or joining as a pillion rider (subject to availability and mutual consent)

4. Is the retreat suitable for beginners?

Yes. All activities are designed to be enjoyable and accessible. You don't need any advanced fitness or riding experience.

5. What is included in the retreat fee?

The retreat fee includes accommodation, vegetarian meals, yoga and meditation sessions, guided activities, bonfire experiences, nature immersion, yogic games, and other retreat experiences as mentioned in the itinerary.

6. What is not included?

Transportation to and from Chail, fuel, tolls, parking, personal expenses, travel insurance, medical expenses, and anything not specifically mentioned under "Inclusions."

7. What type of accommodation is provided?

Participants stay in comfortable accommodations with shared or private room options (subject to availability and booking category).

8. What kind of food will be served?

Healthy, freshly prepared vegetarian meals, including breakfast, lunch, dinner, tea, and light refreshments.

9. What should I pack?

Comfortable clothes, a light jacket, walking shoes, yoga wear, personal medicines, toiletries, a reusable water bottle, sunglasses, sunscreen, and a rain jacket.

FREQUENTLY ASKED QUESTIONS (FAQS) -2

10. Is the retreat safe?
Yes. Participant safety is our priority. The retreat is conducted with experienced facilitators, planned activities, and First Aid & CPR support.

11. Can I come alone?
Absolutely! Many participants join solo. It's a wonderful opportunity to meet like-minded people and build meaningful friendships.

12. What if I have a medical condition?
Please inform us during registration about any medical conditions, injuries, allergies, or dietary requirements so we can prepare accordingly.

13. What is the cancellation and refund policy?
Please refer to our Refund Policy on the website for complete details regarding cancellations, refunds, and transfer requests.

14. Will there be mobile network coverage?
Most major networks work in Chail, but signal strength may vary depending on the location. We encourage participants to enjoy a partial digital detox during the retreat.

15. How many participants will be in each retreat?
We keep our groups intentionally small to provide a more personal, safe, and meaningful experience.

16. What makes YOGANTRA TRAILS different?
Unlike a regular trip, YOGANTRA TRAILS combines Yoga, Meditation, Adventure, Nature, Self-Reflection, and Meaningful Connections to create a journey that nurtures both your inner and outer well-being.

17. How do I reserve my seat?
Simply complete the online registration form, submit the required payment, and our team will contact you with your booking confirmation and further details.
Still have questions?

We're happy to help! Feel free to contact the YOGANTRA TRAILS team via phone, WhatsApp, or email. We're here to make your retreat experience smooth, comfortable, and memorable.

GRATITUDE & CONNECTION

Take a meaningful moment to pause, reflect, and appreciate the journey—the experiences, the lessons, the beauty of nature, and the people who shared it with you. Through gratitude and heartfelt connection, we celebrate not only the memories created but also the positive energy and relationships we carry forward beyond the retreat.

PROHIBITION

To ensure a safe, respectful, peaceful, and positive experience for everyone, the following are strictly prohibited:

- Illegal drugs or prohibited substances
- Drinking and driving or riding under the influence
- Reckless or dangerous riding/driving
- Weapons or illegal items
- Harassment, abusive behaviour, or disrespect towards any participant
- Damage to nature, property, or littering
- Disturbing other participants or disrupting retreat activities
- Any activity that compromises the safety of the group
- YOGANTRA TRAILS reserves the right to remove any participant whose behaviour threatens the safety, dignity, or well-being of the group, without refund.
- Respect the journey.
- Respect nature.
- Respect each other.
- Non-vegetarian food.

PAYMENT POLICY

- 30% of the trip cost at the time of confirmation
- 70% of the trip cost is due 7 days before the departure date

CANCELLATION POLICY

Cancellation Period	Refund
31 or more than 31 days before departure	100% Refund
30 - 22 days before departure	90% Refund
21 - 16 days before departure	75% refund
15 - 8 days before departure	50% Refund
7 days or less before departure / No Show	No Refund

ABOUT US

At YOGANTRA TRAILS, we believe that true travel is not about ticking destinations off a list—it's about discovering a deeper connection with yourself, nature, and the people around you.

Born from a passion for yoga, mindful living, adventure, and the majestic Himalayas, YOGANTRA TRAILS creates experiences that inspire both outer exploration and inner transformation.

Our retreats are thoughtfully designed for people who wish to pause, step away from the noise of everyday life, and reconnect with what truly matters.

Whether you're riding through scenic mountain roads, meditating beneath the open Himalayan sky, walking through peaceful pine forests, or sharing stories around a bonfire, every moment is created with purpose.

We don't simply organize trips. We create experiences that leave lasting memories, meaningful friendships, and a renewed perspective on life.

I have been in the field of Yoga for 25+ years. I visited 15 Countries for yoga, organised the International Day of Yoga, and made a world record. I am an Ex-PGIMER yoga teacher

OUR VISION

To build a global community where travel becomes a path to wellness, self-discovery, and meaningful human connection.

OUR MISSION

To create transformational retreats that combine yoga, adventure, mindfulness, and nature, helping people reduce stress, improve well-being, and return home with greater clarity, balance, and purpose.

THE YOGANTRA TRAILS PROMISE

At YOGANTRA TRAILS, we promise to create more than just a trip. Every journey is thoughtfully designed to bring together adventure, wellness, nature, meaningful connections, and self-discovery. We are committed to providing a safe, supportive, authentic, and memorable experience where you can step away from your routine, reconnect with yourself, and return home with renewed energy, fresh perspectives, and memories that last long after the journey ends.

Our Promise:

Come as you are. Explore freely. Connect deeply. Return renewed.

Travel • Transform • Transcend

WHAT MAKES US DIFFERENT

🌿 Yoga with Purpose

Yoga is not just an activity—it's a way to reconnect with your body, mind, and soul.

🏍️ Adventure with Meaning

Every ride and every trail is designed to inspire freedom, confidence, and self-discovery.

🌲 Nature as the Teacher

The forests, mountains, and silence of the Himalayas become an integral part of your transformation.

🤝 Community over Crowds

We believe in small groups, meaningful conversations, and genuine human connections.

✨ Transformation Beyond the Retreat

Our goal isn't just to give you two memorable days—it's to help you carry the calm, clarity, and confidence into your everyday life.

LAST DATE

Total seats are 15. When all the seats are booked, the registration will automatically stop.
Waiting List seats are only 5.

YOGANTRA TRAILS
(Where Yoga Meets Adventure)
Sector 66, Mohali, SAS Nagar, District Mohali, India

Call Us
Vivek Kapoor
Founder – YOGANTRA TRAILS
+91 9971231121
“Available: Monday to Sunday | 9:00 AM – 7:00 PM”

Follow Our Journey
Instagram: @yogantratrails
Facebook: YOGANTRA TRAILS
Website: www.yogantratrails.com

REGISTER NOW

REGISTER NOW