

# Stepping Into Stillness – An Unplugged Trails spring retreat in Indian Himalayas from 20<sup>th</sup> – 27<sup>th</sup> May 2020

## Bunbuni, Parvati Valley, Himachal Pradesh, India

| Day  | Morning                              | Day program  | Lunch  | Activities  | Evening  |
|--|--------------------------------------|--|--|---|--|
| <b>20-9-2020</b><br><b>Welcome day</b>                                       |                                      | Arrive before dinner. Leave car at Barsheini Dam. 30m walk from Homestay in Kalga. | Lunch not included. Perhaps a walk in the village. | Introduction evening, talks, meditation and instructions. | Dinner and Evening discussions, reading, writing |
| <b>21-9-2020</b><br><b>Acclimatisation, exploration and warm up day</b>      | Morning Mediation and Breakfast      | Local Hike to Tulga, with meditation and talks (4-6 hrs)                           | Packed lunch                                       | Silent Walks, meditation and reading, writing.            | Dinner and Evening discussions, reading, writing |
| <b>22-9-2020</b><br><b>Acclimatisation, exploration and warm up day</b>      | Morning Mediation and Breakfast      | Hike to local forest and meadow going up towards Bandhak (4-6 hrs)                 | Packed Lunch                                       | Silent walks, meditation and writing,                     | Dinner and Evening discussions, reading, writing |
| <b>23-9-2020</b><br><b>Acclimatisation, exploration and recuperation day</b> | Morning meditation and Breakfast     | Chill day with an easy hike,( 2-3 hrs) pranayama and meditation                    | Packed Lunch or Lunch at a local café              | Preparations for the Bunbuni Trek                         | Dinner and Evening discussions, reading, writing |
| <b>24-9-2020</b><br><b>Trek up to Bunbuni 3200 m</b>                         | Early Breakfast                      | Leave for the Bunbuni Hike (6-8 hours)   | Packed Lunch on the way                            | Meditation on the way up                                  | Relaxation, Dinner, discussions. Tent Stay       |
| <b>25-9-2020</b><br><b>Exploring Bunbuni</b>                                 | Breakfast, meditation and discussion | Full day hike. Explore the local meadows and peaks.                                | Packed Lunch                                       | Silent walks, discussions, talks, writing, pranayam       | Dinner and discussions Tent Stay                 |
| <b>26-9-2020</b><br><b>Trek down to Kalga</b>                                | Breakfast, meditation                | Start to hike down (5-6 hrs)   | Packed Lunch on the way                            | Silent walks discussions on the way down                  | Dinner and discussions and sharing experiences   |
| <b>27-9-2020</b>   | Breakfast, meditation, final talks.  | Checkout from room after breakfast. Conclusive talks.                              | Lunch at homestay                                  | Departure post lunch                                      |  |

Our tools for reconnecting to simplicity and stillness, which are hiking, pranayama, meditation, writing, talking and observing, will be practiced during the day according to the natural rhythm of the group, the weather and environment.

There will be short stretching, tension relief classes on return from hikes.

PS: we have a fixed menu for food and drinks, anything apart from that would be charged extra.