



*Bespoke*

**MOUNTAIN BLISS**

DAY RETREAT

A TRANQUIL DAY RETREAT  
SURROUNDED BY MOUNTAIN BLISS

[anandagetaways.com](http://anandagetaways.com)



HOLISTIC WELLNESS  
*Mountain Bliss*

**UNPLUG FROM THE HUSTLE & BUSTLE OF  
LIFE AND EXPERIENCE A MOUNTAIN  
BLISS DAY RETREAT**



is here to curate your very own day retreat. A day of wellness and rejuvenation to reset and renew through wellness focused activities like yoga, guided walks, meditation, foraging, journaling and creativity set against the backdrop of beautiful mountain tranquility.



We are nature. Discover the sacred connection we hold with the natural world around us.



[travel@anandagetaways.com](mailto:travel@anandagetaways.com)

# Mountain Bliss

## DAY RETREAT

*Sample of what we can  
curate for you*

### Day Retreat

Arrival in the Mountains of Bliss  
Morning Awakening Yoga Flow  
Wholesome Breakfast  
Optional Workshop  
Nourishing Lunch  
Optional Workshop  
"Me Time"  
Departure with your cup overflowing

### Optional Workshops Include:

Mountain Meander Hike / Walk  
Yoga Nidra & Silence  
Mushroom Foraging  
Creative Clay or Painting  
Mindfulness & Meditation  
The Art of Breathing  
Farm to Fork Cooking  
Nature Mandala  
Cocoa or Tea Ceremony  
Design your own workshop

*Let's co-create together*

### REACH OUT TO US

✉ [travel@anandagetaways.com](mailto:travel@anandagetaways.com)

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**ananda**  
wellness holistic getaways