



Bespoke MOUNTAIN BLISS

DAY RETREAT

A TRANQUIL DAY RETREAT
SURROUNDED BY MOUNTAIN BLISS

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

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

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 **ananda**
wellness *holistic getaways*