

ambiance
RESORT • HUNZA

RESONANCE

An Ambiance Retreat

Every day is a journey, and the journey itself is home.

Matsuo Bashō



WHAT

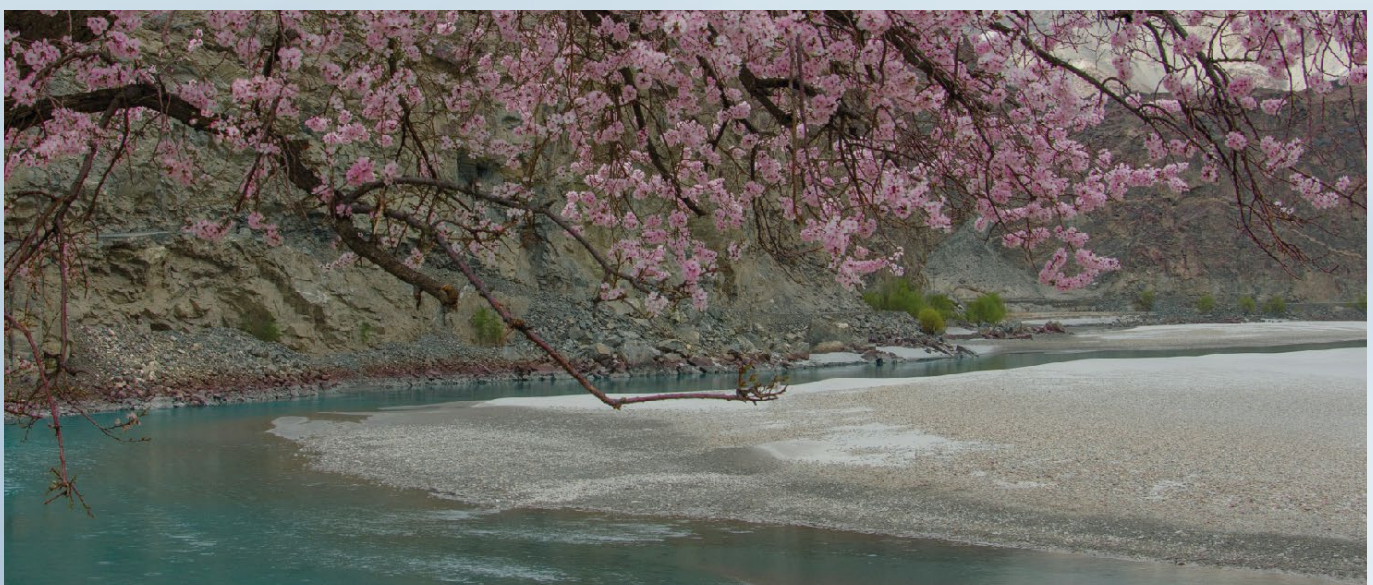
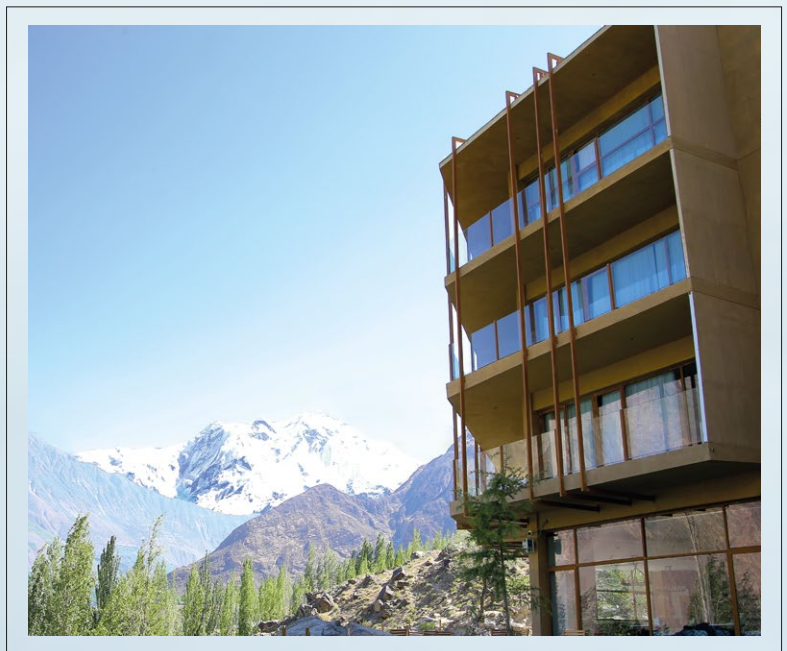
Resonance - An Ambiance Retreat is crafted as an experience that will bring you home to yourself, through a combination of yoga and meditation, all within the magical surroundings of Hunza. It is a journey to rugged lofty mountains, lush valleys, and awe-inspiring wonder. This is a journey to your inner self, your journey to inner harmony.

WHEN

May	21-26	2024
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WHERE

We take you from Skardu airport along the magnificent Karakoram Highway to Ambiance Resort Hunza in Aliabad, your ultimate retreat in luxury and comfort.





WHO

Jeannette Faruque

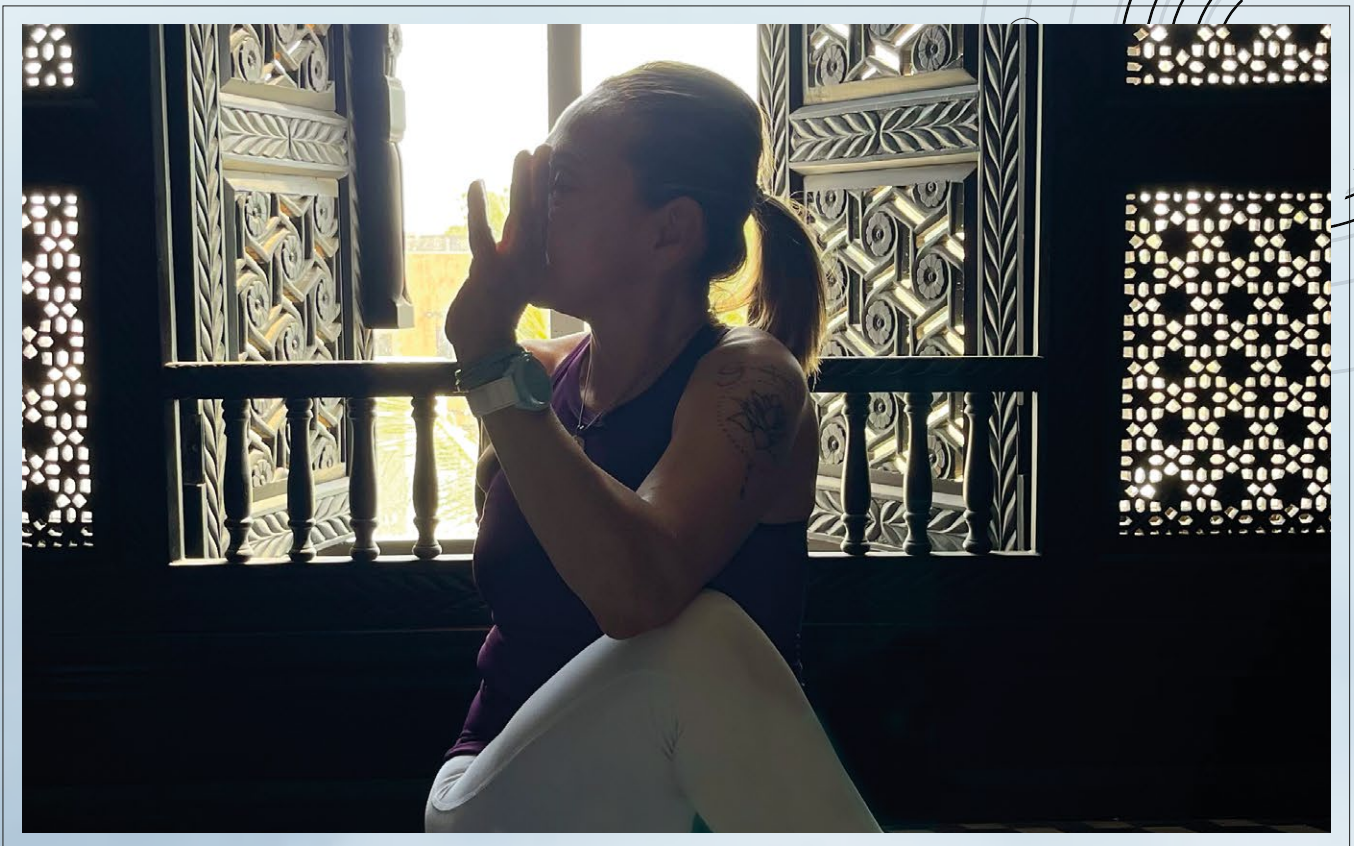
Jeannette's approach is to make each person realize, attain, and even exceed their own potential. A strong believer of the mind, body and soul connection, her powerful vinyasa yoga flow classes include grounding & centering, pranayama techniques, and asana practices that combine mental focus, controlled breathing, and body movements to help relax the body and mind for overall health.



OUR PRACTITIONER'S VISION

“ I have joined hands with Resonance - an Ambiance Retreat - to present a 5-day Chakra Cleansing Retreat. My Yoga sessions will aim to align the seven energy centers in our body to find the highest frequency within ourselves to resonate with our well-being and obtain harmony, balance & inner peace. Every session will have a set intention, with asanas that will help us align a particular chakra, the practice of pranayama, and guided meditation. Students will be able to recognize and self-correct imbalances in their chakra system ”

Jeannette Faruque
Owner & Head Trainer



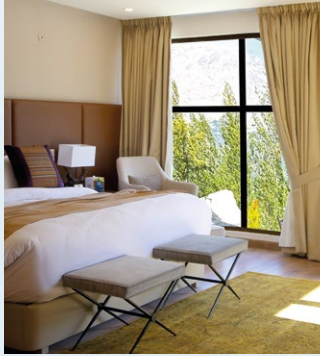


RETREAT OVERVIEW

- Morning practice
- Breakfast
- Relaxation or Excursion
- Lunch
- Evening practice
- Curated dinner menu



RETREAT PACKAGE



Early Bird Special (effective through April 28, 2024)

TWIN | **200,000**
SHARING | PER PERSON

SINGLE | **245,000**
ROOM | PER PERSON



Regular Package Rate (last date of registration is May 8, 2024)

TWIN | **220,000**
SHARING | PER PERSON

SINGLE | **270,000**
ROOM | PER PERSON

Limited spots available.

INCLUDED

- 5 nights accommodation at Ambiance Resort in Aliabad, Hunza
- Daily yoga sessions
- All meals at the Resort
- Excursion to Karimabad Bazaar, and the historic Altit and Baltit Forts
- Excursion to picturesque Passu via Attabad Lake
- Excursion to Eagle's Nest
- Return ground transportation from Skardu airport to Ambiance Resort Hunza*

** This is only applicable to participants who are arriving in Skardu by road or air. Airport pick and drop may be arranged for participants who are flying into Gilgit airport with additional charges.*

NOT INCLUDED

- Transport to Skardu from your city of origin
- Optional excursions beyond those planned
- Laundry services
- Gratuities



TERMS & CONDITIONS

- An advance payment of 50% is required to book your spot. Registrants who cancel before May 14, 2024 will be entitled to an 85% refund. Cancellations between May 14 and May 18, 2024 will be entitled to a 50% refund. In the case of flight cancellation, registrants will need to provide evidence of their cancelled flight to claim their refund.
- Participants are required to inform us in advance of any allergies or medical conditions that could negatively impact their experience.
- Each registrant will assume sole responsibility for any risks associated with such travel to a remote location; each registrant agrees to indemnify Ambiance and agrees to not hold Ambiance liable in the event of force majeure or any unforeseen incident.
- Ambiance reserves the right to remove anyone from the retreat whose conduct negatively impacts the enjoyment of the other guests or disrupts the retreat. The cost of this removal will be borne by the participant.
- Ambiance reserves the right to modify retreat itineraries at any time due to unforeseen circumstances or circumstances beyond Ambiance's control.
- Any payments made to Ambiance constitute your acceptance of the terms & conditions set out herein.

STEP 1

To register, please fill out the form below.
forms.gle/Bby69qd915KVfwwf9

STEP 2

Payment information

Bank Name: Askari Bank Ltd
Account Title: Future Hospitality Services Pvt Ltd
Account Number: PK47ASCM0003490424444742

STEP 3

Share a screenshot of proof of payment at
wellnessretreats@ambiancehotels.net

For further information, please call or whatsapp our Experience Manager:
+92 301 845 9874

Or email us at wellnessretreats@ambiancehotels.net

AMBIANCE RESORT HUNZA

Pakistan's first art & wellness resort, located in Aliabad, Hunza, Ambiance offers spectacular views of the majestic peaks of Rakaposhi, Ultar and Shimshal. Block one has 36 luxurious rooms, all with private balconies and unmatched mountain views; these include three grand suites with wrap-around balconies for panoramic views. Two independent villas and a new block with 20 accommodations are set to open in late 2024.

The Art Café has an extensive menu featuring delicious continental, Pakistani, and Hunza's own local cuisine. As with other Ambiance properties, Ambiance Resort Hunza also places great importance on the promotion of art, and especially emerging artists. Collectively our properties showcase over 600 original artworks from 200+ emerging and mid-career artists.

Our wellness center, opening at the end of summer 2024, will be fully equipped for your holistic healing and rejuvenation. Featuring state-of-the-art facilities and a range of therapeutic services, it is designed for your ultimate relaxation and wellness. Our Resonance Retreat is a small first step towards offering wellness services that draw on traditional wisdom and practice, along with cutting-edge contemporary modalities.

AMBIANCE HOTELS & RESORTS

- Launched in October 2020 in Gulberg, Lahore, Ambiance is Pakistan's first boutique art hotel
- In May 2022, Ambiance Boutique Art Hotel opened its second property in Karachi near Do Talwaar
- Ambiance Resort Hunza – a one-of-a-kind art and wellness resort was launched in July 2023
- In November 2023, The Vibe by Ambiance opened its doors in Murree

To learn more about Ambiance Hotels & Resorts, please visit [ambiancehotels.net](https://www.ambiancehotels.net)





View of the mystical Hunza night sky
and Rakaposhi from our rooftop