

Transformative wellness experiences in the heart of Hunza, blending ancient wisdom with modern practices.

Month	Retreat Theme
March	The Mind-Body Reset: De-stress & Restore
April	Vitality & Longevity: The Art of Aging Well
May	Nature & Nurture: A Deep Connection Retreat
	Metabolic Reset: A Sustainable Approach to Weight Management
June	Nature & Nurture: A Deep Connection Retreat
	Metabolic Reset: A Sustainable Approach to Weight Management
	Gut Health & Digestive Harmony
July	Restorative Sleep: Unlocking Deep Rest & Renewal
	Timeless Wellness: Anti-Aging & Cellular Rejuvenation
August	Metabolic Reset: A Sustainable Approach to Weight Management
	Nature & Nurture: A Deep Connection Retreat
September	The Mind-Body Reset: De-stress & Restore
	Restorative Sleep: Unlocking Deep Rest & Renewal
October	Inner Alchemy: A Journey of Self-Discovery
	Timeless Wellness: Anti-Aging & Cellular Rejuvenation
	The Mind-Body Reset: De-stress & Restore
November	Gut Health & Digestive Harmony
	Restorative Sleep: Unlocking Deep Rest & Renewal
December	Timeless Wellness: Anti-Aging & Cellular Rejuvenation
	Restorative Sleep: Unlocking Deep Rest & Renewal