

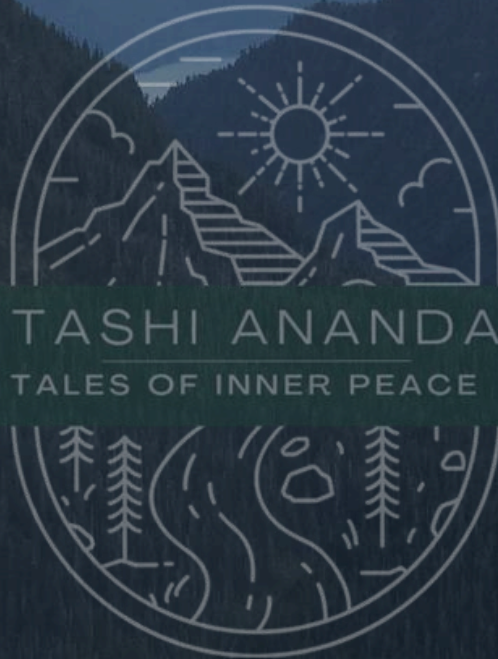
TASHI ANANDA



Tashi Ananda

Physician-Led Wellness Retreats

WellnessTaru in Collaboration with
Himachal Pradesh Tourism Development Corporation



Wellness Retreats | Starting at ₹14,126 |
Hotel Pinewood, Barog | Himachal Pradesh

TASHI ANANDA

Hotel Pinewood, Barog

We are delighted to announce the launch of a rejuvenating **Yoga-Wellness Retreat** at the serene and scenic **Hotel Pinewood, Barog** in collaboration with HPTDC.



Nested amid majestic pine trees Hotel Pinewood derives its name from its natural surroundings and offers an idyllic escape into nature. Located in one of Barog's most picturesque locations, the hotel provides a breathtaking view of the snow-covered **Churdhar mountain range**.

TASHI ANANDA

Hotel Pinewood, Barog

Most rooms features private balconies that open up to panoramic vistas, allowing guests to experience tranquility and nature at its finest. This peaceful setting, combined with lush landscapes and fresh mountain air, perfectly aligns with the theme of **holistic wellness and yoga**.

The retreat promises, a harmonious blend of mindfulness, relaxation, and spiritual rejuvenation, making it an ideal destination for those seeking inner peace and physical well-being.





Tashi Ananda

Tashi (བཀྲ་ཤིས་) in Tibetan signifies "auspiciousness and blessings," while Ananda (आनंद) in Sanskrit means "bliss and joy." Together, Tashi Ananda represents a sacred space for healing, transformation, and self-discovery—a sanctuary where individuals reconnect with themselves through science-backed holistic wellness practices.

Our retreats and workshops seamlessly blend ancient wisdom with modern therapeutic approaches, offering a unique fusion of yoga, mindfulness, naturopathy, and evidence-based lifestyle medicine.

- **Yoga, breathwork & Meditation** – Rooted in ancient yoga practices
- **Evidence-Based Wellness** – Backed by modern research and clinical insights
- **Sustainable Health** – Focused on long-term well-being and community care

Tashi Ananda

🌿 **Functional Yoga for Strength, Flexibility, and Stress Relief:** Yoga sessions focused on building strength, mobility, better posture, and resilience – adapted for beginners and regular practitioners alike.

🌿 **Breathwork & Mindfulness Training:** Learn breathing and mindfulness techniques to manage stress, anxiety, and boost daily mental clarity.

🌿 **Masterclasses on Sustainable Health:** Interactive wellness talks on reversing lifestyle diseases (diabetes, hypertension, obesity, anxiety) through practical, evidence-based changes.

🌿 **Nature Therapy & Mindful Walks:** Immerse in guided nature walks and mindful movement practices to recharge your mind and body.

🌿 **Deep Relaxation & Nervous System Reset:** Evening sessions like Yoga Nidra, and guided meditations to restore deep rest, better sleep, and emotional balance.

🌿 **Personalised Wellness Rituals You Can Take Home:** Craft simple, sustainable routines for mornings, meals, movement, and sleep to support long-term energy and vitality.

🌿 **Community Wellness Circles:** Connect, share, and grow with a like-minded community – find support, motivation, and inspiration for your wellness journey.

Package A : 2 Nights 3 Days

For those seeking a gentle yet profound somatic reset and emotional realignment.

DAY 1: RESET & REBALANCE

- 10:30 AM Arrival, Welcome Drink, Kits Distribution
- 11:00 AM Journaling & Emotional Awareness+ Yogic Personality + Stress Check
- 12:00 PM Science of Stress & Yogic Interventions Workshop
- 1:30 PM Sattvic and Silent Lunch
- 3:00 PM Yoga Nidra (Relaxation Theme) and Vagus Nerve Activation with Yoga & biohacks
- 4:30 PM Tea Break
- 5:00 PM Guided Trail walk + Flower Ritual + Emotional Release
- 8:00 PM Silent, Mindful and Sattvic Dinner
- 9:30 PM Sleep Hygiene & Night Rituals

1

RESET &
REBALANCE

2

INTEGRATION &
EXPRESSION

3

WELLNESS
COMMUNITY

4

SUSTAINABLE
PRACTICES TO BE
FOLLOWED AT
HOME



Package A: 2 Nights 3 Days

DAY 2: INTEGRATION & EXPRESSION

- 7:00 AM Outdoor Kriya + Yoga Therapy Session
- 9:00 AM Sattvic, Wholesome Breakfast
- 10:30 AM Talk: Simplifying Lifestyle Medicine
- 12:30 PM Mindful Grape Eating Meditation
- 1:30 PM Sattvic and Silent Lunch
- 3:00 PM Yoga Nidra (Integration Theme)
- 3:30 PM Sustainable Lifestyle and Everyday Wellness Rituals
- 5:30 PM Tea Break
- 6:30 PM Therapeutic art session
- 8:00 PM Silent, Mindful and Sattvic Dinner
- 9:30 PM Sleep Hygiene and Night Ritual

1

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DAY 3: GRATITUDE AND NEW BEGINNINGS

- 7:00 AM Outdoor Kriya + Yoga Therapy Session
- 9:00 AM Sattvic, Wholesome Breakfast
- 10:30 AM Final goodbyes



Package B: 3 Nights 4 Days

For those seeking a complete nervous system reset, deep rest, and lifestyle transformation.

DAY 1: GROUNDING & INTENTION

- 10:30 AM Arrival, Welcome Drink, Kit Distribution & Inauguration
- 12:00 PM Intention Setting, Yogic personality (AUM), Stress Self-Check
- 1:30 PM Sattvic and Silent Lunch
- 3:00 PM Guided Yoga Nidra
- 4:00 PM Digital Detox, Journaling Prompts & Nature Walk
- 5:00 PM Tea Break
- 6:00 PM Breathwork & Swara Yoga (Hands-On Practice)
- 8:00 PM Silent, Mindful and Sattvic Dinner
- 9:30 PM Sleep Hygiene and Night Ritual

1

GROUNDING & INTENTION

2

RESET & REBALANCE

3

INTEGRATION & EXPRESSION

4

WELLNESS COMMUNITY

5

SUSTAINABLE PRACTICES TO BE FOLLOWED AT HOME



Package B: 3 Nights 4 Days

DAY 2: RESET & REBALANCE

- 7:00 AM Morning Yoga, Neti Kriya & Breathwork
- 8:30 AM Sattvic, Wholesome Breakfast
- 11:00 AM Journaling & Emotional Awareness
- 12:00 PM Science of Stress & Yogic Interventions Workshop
- 1:30 PM Sattvic and Silent Lunch
- 3:00 PM Yoga Nidra (Non Deep Sleep Rest) and Vagus Nerve Activation
- 4:30 PM Tea Break
- 5:00 PM Guided Trail walk+ Flower Ritual + Emotional Release
- 8:00 PM Silent, Mindful and Sattvic Dinner
- 9:30 PM Sleep Hygiene & Night Rituals

DAY 3: INTEGRATION & EXPRESSION

- 7:00 AM Outdoor Kriya + Yoga Therapy Session
- 9:00 AM Sattvic, Wholesome Breakfast
- 10:30 AM Talk: Simplifying Lifestyle Medicine
- 12:30 PM Mindful Eating Meditation
- 1:30 PM Sattvic and Silent Lunch
- 3:00 PM Yoga Nidra (Non Deep Sleep Rest)
- 3:30 PM Sustainable Lifestyle and Everyday Wellness Rituals
- 5:30 PM Tea Break
- 6:30 PM Therapeutic art session
- 8:00 PM Silent, Mindful and Sattvic Dinner
- 9:30 PM Sleep Hygiene and Night Ritual

1

GROUNDING & INTENTION

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SUSTAINABLE PRACTICES TO BE FOLLOWED AT HOME

DAY 4: CARRY THE CALM

- 7:00 AM Outdoor Kriya + Yoga Therapy Session
- 9:00 AM Sattvic, Wholesome Breakfast
- 10:30 AM Final goodbyes

Pricing: 2 Nights 3 Days

Double Occupancy: ₹14,126 per person including GST

Single Occupancy: ₹16,142 per person including GST

What's Included:

Your retreat experience includes a cozy stay in the charming **Deluxe Rooms at Hotel Pinewood, Barog**.

Savor **nourishing sattvic meals** prepared with fresh, seasonal vegetables and authentic local dishes — all lovingly cooked by our in house chef using traditional, wholesome methods.

Your journey also features all **wellness sessions**, thoughtfully designed to rejuvenate your mind and body, along with a **specially curated wellness kit** to take a piece of your healing journey home with you.

What's Not Included:

Travel to and from Barog is not included. That said, we're more than happy to assist you with travel planning if needed.

Please note that any special requests, additional services, or personal orders outside of the standard package will be charged separately.

Pricing: 3 Nights 4 Days

Double Occupancy: ₹21,189 per person including GST

Single Occupancy: ₹24,213 per person including GST

What's Included:

Your retreat experience includes a cozy stay in the charming **Deluxe Rooms at Hotel Pinewood, Barog**.

Savor **nourishing sattvic meals** prepared with fresh, seasonal vegetables and authentic local dishes — all lovingly cooked by our in house chef using traditional, wholesome methods.

Your journey also features all **wellness sessions**, thoughtfully designed to rejuvenate your mind and body, along with a **specially curated wellness kit** to take a piece of your healing journey home with you.

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How to reach here

Getting to Barog is easy and scenic!

Here's how you can plan your journey:

By Road

Barog is well-connected by road. It's about a 1-hour drive (55 km) from Chandigarh. You can hire a taxi or drive via NH5, enjoying a beautiful, smooth ride into the hills.

By Train

Take the famous Kalka–Shimla Toy Train, a UNESCO World Heritage experience! Get off at Barog Railway Station — one of the prettiest stops on the route. It's a peaceful 5–10 minute drive from the station to our retreat location.

By Air

The nearest airport is Chandigarh International Airport. From there, you can book a taxi or hop onto a bus/train to reach Barog comfortably.

By Bus

Frequent Volvo and deluxe buses are available from Delhi and Chandigarh to Solan or Barog. From the bus stand, a short cab ride will bring you to the retreat.

About Barog

Welcome to Barog — a serene, untouched sanctuary nestled in the Shivalik hills of Himachal Pradesh. Away from crowded tourist trails, Barog offers an authentic connection to nature with its misty mornings, whispering pine forests, and timeless charm.

Here, life slows down. The cool mountain air, the historic Kalka–Shimla Railway, and the peaceful beauty of the hills create the perfect setting for true healing and rejuvenation.

At Tashi Ananda Retreat, you will experience the rare magic of Barog — a hidden gem that invites you to reconnect with yourself, in the heart of untouched nature.

Come for wellness. Stay for the soul.

TASHI ANANDA

**For inquiries,
contact us.**



www.wellnesstaru.com

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**FILL THIS FORM TO
RESERVE YOUR SPOT.**