

APRIL 29TH - MAY 3RD 2026 | LADAKH, INDIA

YOUNIQUE RETREAT 2.0

The **YOUNIQUE** retreat isn't just another escape into the mountains. It's a medicine, in these times of short attention spans, loneliness epidemics, constant mode of survival & one-upping the other for the "gram".

Oxford dictionary describes the word **Retreat** as : to go away from a person or a place when you are unwilling to fight anymore.

We travel usually to escape the daily fighting with schedules and routines. But what if this fight was with us and within us? With Younique, we make a conscious connection - with oneself and with the mountains. Because the mountains don't just ground us but also support us while we reclaim our Power.

With Younique, you are not going away but going within... because **Life coaching is** not about fixing something, but **embracing all parts of yourself.**

It's about connection through

- movement & play
- guidance & reflection
- exercises in conversation
- tools as skill sets.

WHY JOIN A COACHING RETREAT?

To have a space to be who you are, identify patterns, blocks, and inner narratives so that you can reconnect with your intuition. Come create direction with us - gently, realistically, consciously.

Your Guide and your Host

Dee Kanjani - Life Leadership coach. Certified from the Jay Shetty certification school, USA known for her warmth, playfulness, and ability to ask questions that quietly shift something inside you. Her sessions feel light, humane, and deeply insightful – often opening doors you didn't know were closed.

Rootsvida - curator

Their belief? Travel should not be about how packed your schedules are, but have intentional pacing of thoughtfully designed itinerary that invites introspection. Their USP? Slow, meaningful, wholesome journeys that vibe with your soul.



HOSTS



THE INVITATION



INDUS RIVER CAMP

Our home for this journey sits quietly by the Indus River, surrounded by wide skies and open land. Days begin with the light filtering through the mountains. Evenings end with silence and the sound of the river. This is not luxury in excess – it is luxury in space, calm, and simplicity.

Cosmically, the April sky will feature a waxing, nearly full moon.

- Jupiter will continue to dominate the evening sky throughout the month, appearing very bright.
- Saturn will be visible in the morning sky during April.
- Mars will be emerging into the morning sky around this time

WHO IS THIS FOR?

This journey is for seekers, feelers & healers.

You feel stretched thin by everyday life.

Seeking some sort of a transition – personal or professional.

You want clarity without pressure.

You're curious about healing yourself without chasing cookie cutter transformation.

If you are longing for a mental, emotional, physical space to feel supported on your quest, this space was made for you.

Here you won't need answers, you just need willingness to come into YOUR power. .



YOUR DAILY SCHEDULE

DAY 01 - ARRIVAL & ACCLIMATISATION

(Arrival by 2:00 PM recommended)

4:00 PM | High Tea by the Indus River

Opening Circle

Coaching Exercise 1: "21 Questions" Journaling

Gentle Flower Walk by the River

8:00 PM | Dinner at Camp

Optional Stargazing (10:30-11:30 PM, weather dependent).

DAY 02 - JOY & SELF-EXPRESSION

7:00 AM | Yoga by the Indus River

8:15 AM | Coaching Exercise 2: Fun YOUUnique Cards

9:30-11:30 AM | Brunch, showers & rest

On-site Traditional Pottery Experience

4:00-6:00 PM | Free Time

(Rest, journal, river walks, optional 1:1 coaching or Shanti Stupa sunset)

6:00-8:00 PM | Coaching Exercise 3: JOY Cards

Dinner

DAY 03 - MEANING, HEART & PERSPECTIVE

Early Morning | Thiksey Monastery Morning Prayers

Breakfast on return

Coaching Exercise 4: "What Makes My Heart Sing?"

12:30 PM | Royal Culinary Experience & Lunch at Stok Palace

Return by 4:30 PM

Coaching Exercise 5: Compass of Life (with tea)

Dinner followed by Tarot Session

DAY 04 - VISION & CELEBRATION

6:30 AM | Downhill Cycling from Hemis Breakfast & rest

11:00 AM | Coaching Exercise 6: Vision Board & Postcards to the Future

Lunch & Free Time

(Optional rafting, market visit, dress-up, chai-biscuit conversations)

6:00 PM | Closing Celebration

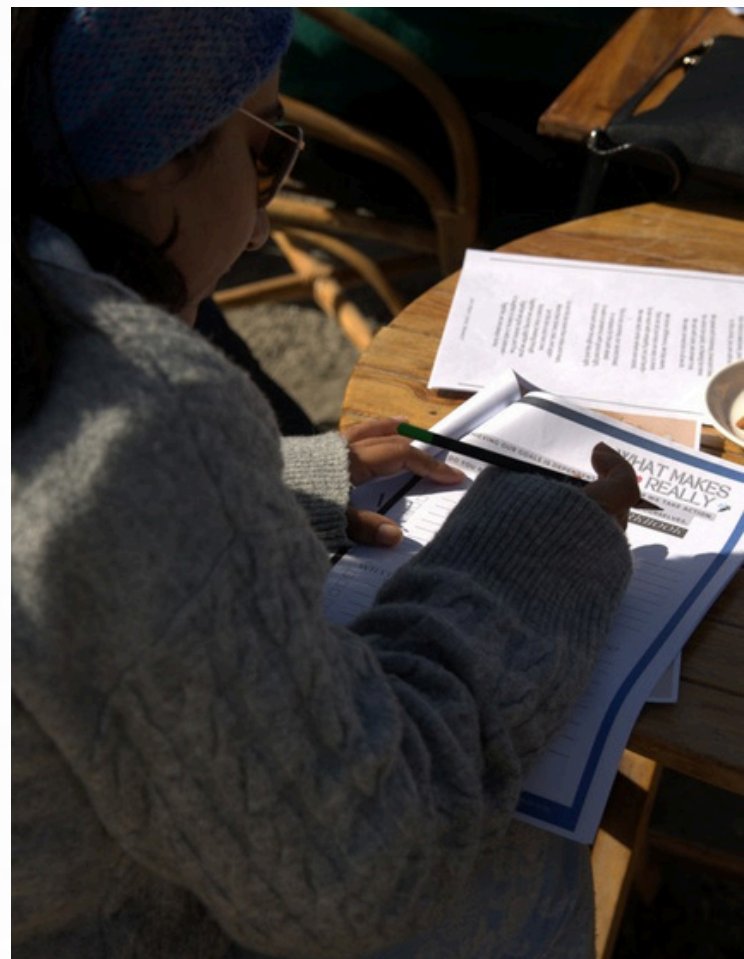
Pizza by the Fire + Pyjama Party

DAY 05 - CLOSURE

Morning Closing Circle

Breakfast

Goodbyes & airport transfers as per flight timings



HIGHLIGHTS



Daily Mindful Movement

Gentle practices by the Indus River to help connect your body with the place, acclimatize, release tension, and be fully in the present – guided with sensitivity to altitude and energy levels.



Guided Reflective Practices

Daily exercises designed to create clarity, deepen self-awareness, and direction – using journaling, cards, vision work, and guided inquiry



Monastery Prayers

Attune to higher frequencies through early morning prayers at Ladakh's most prominent monasteries – not as spectators, but as silent participants in a living tradition.



Royal Culinary Experience at Stok Palace

A traditional Ladakhi lunch inside a living palace – where heritage, hospitality, and everyday life continue to coexist, offering a rare glimpse into Ladakh's royal past.



A Play with Clay

Root into Earth and experience how your mind works when you work with clay guided by Ladakh's oldest potter family. A grounding, tactile experience full of patience and play.



Cycling

A journey downhill through open valleys and mountain roads – no pushing, no rush – just breath and landscape aligning.



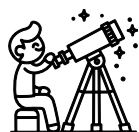
Tarot, Intuition & Evening Reflection

An evening session using this psychological tool for insight into your subconscious, and a conversation to help integrate your inner journey.



Closing Circle

A long & joyful final evening by the wood fired pizza oven, music, laughter, and a sober party – celebrating your Power and shared connection.



Stargazed Quiet Nights by the Indus river

Wake up to the sound of the Indus flowing beside your room – starry evenings under clear Himalayan night skies, minimal light pollution inviting rest, silence, and awe without effort.

EXPERIENCES IN LADAKH



THIKSEY MONASTERY

A morning where silence teaches you more than words. We leave early – at Thiksey Monastery. As we enter, we hear the low hum of chanting already in progress. Morning prayers here are not a performance for visitors. It's a continuation – the same rhythm that has been held for centuries. You'll notice young monks moving with ease between elders, pouring tea, adjusting robes, smiling softly. **Many people don't realise that their breathing has changed until much later.**



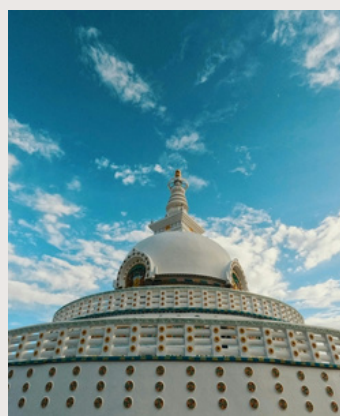
HEMIS MONASTERY & THE ROAD BETWEEN

When you drive towards Hemis National Park, the road cuts through open land, flanked by mountains that feel less like scenery and more like witnesses. Hemis Monastery is the largest and one of the most significant monasteries in Ladakh. It belongs to the Drukpa lineage. The walls hold stories of invasions, weather, and time. Later, **we cycle downhill from Hemis, the experience shifts from stillness to flow.** Just gravity, breath, wind, and landscape moving past you.



STOK PALACE

Stok Palace is not frozen in history. It is still home. The royal family continues to live here. As you step inside, you'll notice – heirlooms alongside everyday objects, history coexisting with normal life. The walls hold stories of Ladakh's past. **Lunch here is a quiet highlight.** Traditional Ladakhi dishes are served, you eat slowly, not because you're told to – but because the space asks for it. Many guests realise later that this lunch stayed with them longer than any monument visit ever has.



THE POTTERY EXPERIENCE

You sit down. You touch the clay. That's it. There is no right way to do this. Clay responds immediately. It doesn't care about your plans, your profession, or how "creative" you think you are. It responds only to pressure, patience, and presence. Most people start by trying to control it. It collapses. Then something shifts. Pottery has been practiced in Ladakh for generations – not as art, but as necessity. Vessels for water, storage, daily use. People often laugh here – at themselves, at the unpredictability, at the simple joy of making something imperfect. You don't take home a masterpiece. **You take home a memory of being fully present.**

FIND THE SPACE THAT FEELS RIGHT FOR YOU



THE SUITE

(1 unit only)

The largest room on the riverside, essentially a Chalet with extra space to live in. It has a separate living room and elevated views like that of the Stok Kangri peak. Details you'll love:

- Extra-large bathroom
- Sofa-bed in living area
- Even wider views of mountains from within your room

INR 70,000 PP + GST

THE CHALET

(2 units only)

The Chalets are the heart of riverside living at camp – raised gently above the ground so the landscape feels part of your room. The verandah invites long hours of tea, journaling, or quiet looking outward. Details you'll love:

- King-size or twin beds with luxe linens and Rajasthani quilts
- Eco-conscious amenities
- Writing desk for reflection or email

INR 70,000 PP + GST



THE CABIN

(2 units only)

Located on the eastern edge of the property, the Cabins offer privacy and serenity without losing connection to river and mountains. Built with wood and stone – and each with its own garden – they feel like personal hideaways. Details you'll love:

- Private verandah and garden
- King-size bed and writing desk

INR 66,000 PP + GST

THE COTTAGE

(3 units only)

The Cottages are our most comfortably authentic rooms, built from local mud bricks, wood, and glass, with verandahs that invite the river in. Details you'll love:

- Views of the Indus and Shey Palace
- 180° shower view toward the mountains
- King-size or double bed with rich bedding

INR 66,000 PP + GST



WHAT'S INCLUDED & NOT



"You may not remember every detail of these places. But you will remember how they made you feel. And often, that's where the real journey begins."

Inclusions

- Daily Movement sessions
- Breathwork session
- Pottery wheel session & piece
- Royal Culinary Session & Lunch at Stok Palace
- Cycles for the scenic morning
- Guided reflections
- Meditations
- Vision Boards
- Telescopic Star & planet gazing
- Airport pick-up & drop (as per group flight timings)
- Accommodations (twin sharing)
- Daily breakfast, selected lunches + high tea & dinners
- Transfers as per Itinerary
- Permits
- Closing Celebration Dinner
- Traditional Pottery Experience (on-site)
- All retreat material kit



Exclusions

- Flights to and from Leh
- Travel insurance
- Personal expenses
- Optional activities during free time
- Anything not mentioned under inclusions

THINGS YOU SHOULD KNOW

STAYING AT INDUS RIVER CAMP

This is a nature-led stay, not a city hotel. Rooms are comfortable, clean, and intentional. Wi-Fi exists, but you'll notice you use it less.

ABOUT LADAKH & ACCLIMATISATION

Ladakh is a high-altitude destination. We keep the first day intentionally light to allow the body to adjust. If you'd like extra time to acclimatize, you may book an additional night before the retreat with us as an add-on.

Weather & Clothing (29 April - 3 May)

Days are cool and sunny. Nights can be cold. We recommend: Warm layers (thermals, fleece, jacket). Comfortable walking shoes, Sunglasses, sunscreen, lip balm, A light scarf or shawl

AFTER THE RETREAT - EXTEND YOUR JOURNEY

If you'd like to explore the terrain after the retreat, we're happy to help you plan your extended stay.

Suggested:

- Indus River Rafting
- Magnetic Hill & Sham Valley Tour
- Nubra Valley (Sand dunes, monasteries)
- Pangong Lake extension.

DEPOSIT & CANCELLATION POLICY

- A 25% non-refundable deposit is required to confirm your spot
- Balance amount to be paid 30 days before arrival
- Cancellations : more than 30 days before retreat: refund minus deposit & bank fees
- 14-30 days before: 75% refund minus deposit
- 7-14 days before: 50% refund minus deposit
- Less than 7 days: no refund
- No refunds for early departure
- Deposits may be transferred to another person or retreat (subject to availability).

FORCE MAJEURE

In the event of natural disasters, weather conditions, government restrictions, or circumstances beyond our control, Rootsvida reserves the right to modify, reschedule, or cancel the retreat. Participant safety is always prioritized. In such cases, suitable credits or alternatives may be offered.



RESERVING YOUR SPACE & THERE AFTER

- Ladakh being a high altitude region, kindly confirm you are medically fit to visit the place before booking.
- To Book, connect with our team at +91 93895 94994 with your preferred stay option
- Reserve Your Spot - Only 25% deposit to confirm, with 7-day peace-of-mind guarantee. Rooms are allocated based on first-come-first-serve basis. You can request for triple sharing.
- Bank Details:
 - **Company Name: Rootsvida Experiences Private Limited**
 - **Bank Name : HDFC Bank**
 - **A/C No. : 50200090072121**
 - **Branch : HDFC, Ballupur Branch, Dehradun, Uttarakhand**
 - **IFS Code: HDFC0001399**
- Receive Your Welcome Pack - Travel tips, arrival info, what to pack, FAQs
- Schedule an Optional Call - Chat with our team to answer questions and help you prepare
- Pay the rest 75%, 30 days before the Trip starts
- Arrive in Leh - Our friendly driver will pick you up the morning of your retreat. Begin the Journey to reclaim your Power.

FINAL NOTE

Rootsvida & EPLT Together, host retreats that feel:

- Safe and non-judgmental
- Structured yet spacious
- Deep without being heavy
- Joyful, humane, and real

We walk alongside you – not ahead of you.



HOSTS

