



LADAKH YOGA RETREAT

With Ira Trivedi



ABOUT IRA TRIVEDI



Ira is a Yoga Acharya who holds the highest training from the Sivananda Yoga Vedanta Institute. She has two yoga shows in India - one on Doordarshan, India's national channel and the second on India Today, a leading English channel. She is the author of The 10-Minute Yoga Solution and My Book of Yoga (featuring Om the yoga dog). She is the founder of Namami Yoga, a charity that teaches yoga and life skills to underprivileged children. Ira teaches yoga around the world, and was part of the team leading the first International Day of Yoga (at Rajpath New Delhi) where two Guinness World Records were created- for the largest yoga lesson and for the most nationalities in a yoga lesson.





DATES

May 29 - June 3, 2025



LOCATION

Namra Hotel, Sham Valley

The Sham Valley is one of the most majestic and peaceful locations in Ladakh.



The Namra hotel is a family-run boutique hotel situated on the banks of the mighty Indus river. It is home to native species of trees, birds, wildlife, and freshwater streams. The food at Namra is cooked in the traditional Ladakhi style and is sourced from the property's organic gardens, orchards, and farms. The estate overlooks the ancient Tingmosgang caste monastery and is close to the Ang Vipassana valley and ancient monasteries of Alchi and Lamayuru.



ACCOMODATION



The Namra is a lovely family run hotel which is built in the traditional Ladakhi style. Rooms are comfortably fitted, full of light, and have all amenities for a comfortable stay. The Namra is one of the nicest hotels in Ladakh with beautiful gardens, orchards, a prayer room, a Buddhist temple, a library and more.

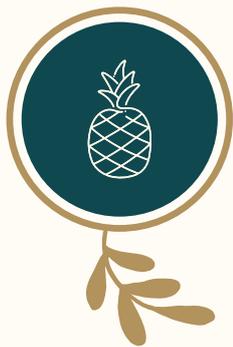
[Watch video here](#)



RETREAT HIGHLIGHTS



An immersion into the practice of Yoga, pranayama and meditation.



Explore in the spectacular Sham Valley.

Immersion into Ladakhi culture and way of life.



Soak in the spiritual vibrations of the Himalayas, ancient monasteries and the mighty Indus River.

A TYPICAL DAY



6:30 am- Morning walk in the valley

7:30 am- Hatha Yoga with Ira

9:30 am- Sumptuous Brunch

10:30 am- Excursions to Sham Valley, exploring monasteries, the local culture, Leh etc.

3 pm- High Tea

3:30 pm- Yin Yoga with Ira

6: 30 pm- Dinner served in the Ladakhi kitchen

8 pm- Evening activities such as crystal sound baths, bonfires, sound meditations, Dharma talks, etc



PRICING



4 Nights | 5 Days

***We are a registered charitable trust. All retreat payments are charitable donations and we will be issuing certificates for the same. This can be used to claim tax benefits.**

EARLY BIRD DISCOUNT OF INR 5000 TILL 31st MARCH

OCCUPANCY	SINGLE	DOUBLE	TRIPLE
REGULAR ROOMS	INR 85,000 + 18% GST	INR 50,000 + 18% GST	INR 45,000 + 18% GST
HERITAGE ROOMS	INR 95,000 18% GST	INR 60,000 18% GST	
TENTS	INR 35,000 + 18% GST	INR 30,000 + 18% GST	

18% GST





PRICING



INCLUDED

All Stay.

Brunch, dinner and afternoon tea. We don't advise having more than 2 meals during a yoga retreat. Room service is available at the hotel as per hotel rates.

All yoga classes, meditation plus talks with Ira.



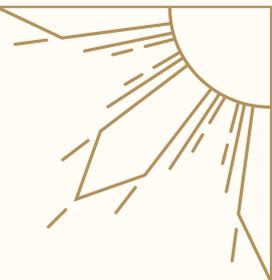
NOT INCLUDED

Airfare to Leh.

Travel to and from the hotel. We will put all guests in touch so that they can form groups for taxi share.

Sight-seeing /
Excursions

Any meals apart from meals announced on schedule. All room service charges are extra.





PAYMENT DETAILS



ALL PAYMENTS SHOULD BE MADE TO:

Account holder name: NAMAMI YOGA

Account Number: 164205000134

IFSC Code: ICIC0001642

Bank Branch: New Rajender Nagar

GPAY Number - 9643993439

UPI - Namamiyoga@icici

We are a registered charitable trust. All retreat payments are charitable donations and we will be issuing certificates for the same AFTER THE CONCLUSION OF THE RETREAT.





Terms & Conditions

- ONLY FULL PAYMENTS will be accepted
- All payments will need to be done 2 weeks prior to the retreat. If this is not done, then we will accept wait-listed participants and your spot is liable to be canceled. The onus of completing payments will be on the customer
- NO INSTALLMENT
- NO DISCOUNTS
- NO CASH PAYMENTS of any kind
- CANCELLATION- If you cancel 2 WEEKS before the start of the retreat date we can transfer 50% of your retreat amount to the next retreat within 1 year.
- NO REFUNDS
- This retreat CAN NOT BE TRANSFERRED to OTHER PERSON except for whom the retreat is booked for
- No alcohol, drugs or narcotics of any kind are allowed. At the retreat if you are found with these you will be asked to leave without any refunds.

For further detailed terms and conditions please visit <https://www.yoglove.in/retreattermsandconditions>



admin@yoglove.in



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<https://www.yoglove.in>



To book your flight and travel tickets, contact

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