VRIKSHALAYA
HIMALAYAN CENTER

Example of a Wilderness and Wellbeing Retreat Schedule.
December 2025

Step into a nurturing sanctuary in the Himalayan foothills, where the quiet wisdom of forests guides us back to wholeness!

Our Wilderness & Wellbeing Retreats invite you to spend six nourishing days walking ancient mountain paths, awakening the senses, and exploring how nature restores collective wellbeing. Through mindful wilderness walks, creative nature immersion, gentle yoga, group contemplation, chanting, and shared meals, you'll rediscover presence, clarity, and connection. Whether through a Sense Walk that anchors you in the moment, a Writers' or Artists' Walk that deepens perception, or a Gratitude Walk that opens the heart, each experience helps us listen more deeply- to the land, to each other, and to ourselves.

Set in Majkhali and the surrounding forests near Ranikhet, this inclusive retreat invites all abilities to experience simplicity, silence, community, and profound insight into our relationship with the living world.

If you feel called to reconnect with nature and explore wellbeing as a shared journey, we welcome you to join us.

To express your interest, please contact your guide Ajay Rastogi at ajayras@gmail.com.

Activities include:

Sense Walk to bring our attention to the present moment and enable us to reconnect with nature.
Nature Art Walk to enhance our awareness of the world around us and to enable us to engage with it creatively
Writers' & Artists' Walks to further deepen our observation of the wilderness and subsequently help us to bring perspective on its role in our collective wellbeing.
Advanced Sense Walk to become more attentive, aware and find answers to bring more clarity
Gratitude Walks to help us find humility, balance and action.

Example of a schedule. All our retreats are adaptable to your needs.

Duration: 6 nights and 7 days (including travel time)
Dates: 12th April – 18th April
Location: Majkhali and camping in the surrounding forests near Ranikhet
Rooms: Vrikshalaya Himalayan Centre
Physical ability: Average (Nature immersion is adaptable to all types of needs)
Altitude: 1800 mts
Climate: Pleasant/sunny days with cold mornings/nights
Season: Summer (Temp. High 28 deg C, Low 12 deg C)
Precondition: Ability to walk in silence
Nearest Station: Haldwani
Nearest Airport: Pantnagar
Facilitators: Ajay Rastogi (Foundation for Contemplation of Nature)
Contacts: Ajay Rastogi – +91 9758727
Insurance: Please inform us about medical conditions and bring own medications

Daytime details of the retreat

For every retreat, there are some common offerings for your to practice every day.
Food & Chai
Yoga
Wilderness Walks/ Nature Immersion (depending on physical ability)
Discourse, sharing and deep listening- We are neurodivergent friendly and verbal sharing isn't mandatory. We welcome our students who are non-verbal to write on paper. The papers will be placed in a bowl and read out by Ajay. Guidelines for sharing and deep listening will be provided. This is time should be as nourishing as possible.
Singing, music, chanting – We will learn some simple songs and chants

Day 1 - Arriving in Majkhali
Majkhali is a 30 minute drive from Ranikhet and easy to reach whether from the railway station in Haldwani (3 Hours) or from the Pantnagar airport (4 hours). Participants reach the location through self-organised transport with directional assistance from the hosts.
You are welcomed with Chai and water and a snack and the rest of the day is free to settle into one's village home-stays and get familiarised with the family and the landscape around. In the evening, we all gather together for a brief introductory Circle meeting followed by a welcome dinner. Nighttime is quiet personal time spent back in our home-stays.

Day 2 - Forest walk around Majkhali
Silence and Slowing Down: Nature works slowly and quietly. There is no rush and there is definitely no race. The objective for the day is to be silent and slow. After breakfast, we start the day with asanas and pranayama followed by a brief meditation.

Our core theme for the day is wilderness. We engage with the wilderness through some contemplative exercises along with a mindful walk. The objective is to set in a rhythm and pace that enables our ever-fluctuating attention to become present in the moment. We eat lunch and our evening meal together and the evening is reserved for circle discussions on the theme of wilderness & wellbeing.

Day 3 - Reconnecting with ourselves

We start our day with some yogic asanas, pranayama and a brief meditation. Today is dedicated to reconnecting with the wilderness and deepening our awareness of how we are all interconnected with all life. We shall be undertaking a forest walk with activities that reconnect us to nature. In the evening we have discourse and discussion on the importance of contemplation of nature and its role in reconnecting us with the wilderness.

Day 4 - Learning about Landscapes and Communities

Once again, the morning is reserved for setting the rhythm between body mind and spirit through some asanas, pranayama and meditation after breakfast. Then we dive deep into the landscapes that we are reconnecting with and building a relationship to. We try and understand what comprises a landscape and how our engagement with it connects or alienates us from the very source of the foundations of life.

Food plays a very significant role today in enabling us to build upon our understanding of establishing the linkages between interconnectedness of life and its ability to thrive. We learn about food systems and dignity of work.

Our evening discourse and discussion is on the interconnectedness and inter-dependence of all life, especially water, earth, air, food and communities.

Day 5 - Learning about Harmony, Peace and Nourishment

The essence of diversity is amplified by a common thread, nourishment, upon which all life depends. We dive deep into the concept of nourishment and how it plays an integral role in establishing the much-needed harmony amongst all life.

We walk into the wilderness and ponder impermanence, interdependence and peace. Our sharing circles help us to find varied perspectives amidst our common needs.

Evening discourse and discussion is on wellbeing and nature, from the perspective of yoga.

Day 6 - The Practice of Gratitude

Gratitude is the theme for the day and a thread in the whole retreat. Gratitude helps us cognitively, it calms the nervous system and feeds curiosity and creativity. This deepens inner resilience; a means to reconnect with nature and at the same time reclaim our place in nature in oneness. We delve into the importance of gratitude and reverence for the source of life and its ever-pertinent need to prompt us into meaningful action through active engagement as a collective. Evening discourse and discussion is an open-ended session with participant feedback, sharing insights and learning. We have guidelines for sharing – and deep listening - that you will learn on the retreat.

Day 7 - Onwards Journey
The retreat ends today and we say goodbye to each other, and wish each other the very best to those ready for the ongoing journeys. Ajay is available for follow up questions after the retreat on a zoom Q&A session.
We share our Gratitude, Insights and Blessings!

----------Culmination of Retreat----------

Included in the fee:
All accommodation for 6 nights including bedding
All meals and chai
Facilitator Fee
All sessions and activities
Yoga sessions and guided meditations
Forest walks
Exclusions
Insurance
Additional pre-booked activities

Not included.
Additional activities not prearranged
Expenses arising from any unforeseen circumstances, e.g. illness, etc.
Private local excursions
Insurance
Personal equipment

You are welcome to discover your Himalayan home amidst the trees.