

Self Love Wellness Retreat

AMAFAH MUBASHIR | 29 April - 3 May



Retreat for Women

Your journey of Self Discovery

It's all too easy for women to get caught up in the demands of daily life. This retreat is a supportive space to learn more about yourself & develop healthy habits that promote self-care.

- **Full Wellness Program with sound healing, yoga, breathwork & meditation + a cacao ceremony**
- **Guided journalling**
- **Therapeutic excursions**
- **Healthy, organic meals**
- **Morning hikes for the early risers**
- **Deeply relaxing full body massage**

Day 1 | depart Islamabad

TUESDAY 28 APRIL

- 6pm depart on the Hindukush Express luxury coach, privately booked for our group (8h drive to Chitral)



Day 2 | arrive at Chitral

WEDNESDAY 29 APRIL

- Breakfast 7-10am
- Enjoy reading by the pool & “me time”
- Book a relaxing massage
- 5pm wellness session
- Lunch & dinner at hotel



Day 3 | retreat immersion

THURSDAY 30 APRIL

- Morning hike for early risers
- Breakfast, lunch & dinner at hotel
- Wellness sessions morning & evening
- Time for journalling by the pool
- Book a relaxing massage





Day 4 | wellness & excursion

FRIDAY 1 MAY

- Morning wellness session
- Excursion to a peaceful salt mine for a therapeutic sound healing session
- Picnic lunch at scenic lookout point
- Time for journalling by the pool or to book a relaxing massage
- Breakfast & dinner at hotel



Day 5 | wellness & excursion

SATURDAY 2 MAY

- Breakfast, lunch & dinner at hotel
- Morning wellness session
- Afternoon excursion to watch local herds of mārkhōr at Chitral River
- Closing meditation ceremony (we all wear white since its our last night)
- Happy hour by the pool
- Farewell dinner





Day 6 | depart for Islamabad

SUNDAY 3 MAY

8am

- Breakfast, then depart on the Hindukush Express luxury coach, privately booked for our group (lunch midway, arrive by 8pm)



DETAILS
Your Retreat



Amafah Mubashir | Instructor

FOUNDER, ASANA WELLNESS KARACHI

◆ You're going to love Amafah's warm, authentic & inclusive approach, reflected in her gentle balance of strength & openness.

For over 10 years, Amafah has led local & international retreats, creating nurturing spaces for self-discovery and connection.

Trained in yoga (Thailand) & certified in Reiki healing, she is sought out for her experiential & transformative classes & healing sessions.



Natasha Qizilbash

CELEBRITY CHEF @if.natcancook

For your nutrition and nourishment, Natasha will be curating the entire menu. Based on her passion for international travel, Natasha serves a variety of cuisines & specialty dishes using top quality ingredients & organic vegetables and fruits harvested from the Hindukush Heights Hotel gardens.



What's Included

- Full Wellness Program, including sound, yoga, breathwork & meditation sessions + a cacao ceremony & guided journalling
- 5N Hindukush Heights Hotel
- All meals mentioned in itinerary
- 1-hour full body massage
- Excursions mentioned in itinerary
- Transportation during excursions
- RT transfer from Islamabad

What's Not Included

- Additional massage treatments
- Extra snacks & drinks
- Laundry service
- Gratuities





The Fine Print

BOOKING & PAYMENT

- 50% deposit required to confirm your spot
- Balance due 30 days prior to retreat

REFUND & CANCELLATIONS

- Cancellations 60 days prior to retreat receive a 90% refund
- Cancellations 45 days prior to retreat receive a 50% refund
- No refund within 30 days of retreat

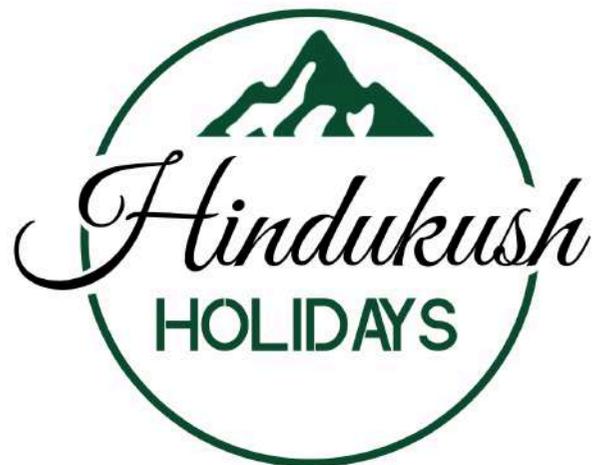
FOR DEPOSITS & PAYMENTS

Account Name: HINDUKUSH HOLIDAYS

Account: 6986129319714100293

IBAN: PK65MPBL9861737140100293

Bank Name: HABIBMETRO



We curate bespoke group tours,
adventure holidays, pony treks,
yoga retreats and visits to local
festivals in the Hindukush region
of Northern Pakistan.

Let's Connect
@hindukushholidays