

WHERE THE BODY REMEMBERS

Hindukush Wellness Retreat

ISRAA SHAFI | 9 – 15 JULY



Retreat for Women & Men

YOUR CALL to step away from the noise

This is not a retreat to escape your life. It's a space to sit with yourself without distraction ... to gently unravel the weight of what you carry.

Allow yourself to:

- **Move**
- **Breathe**
- **Sit in silence**
- **Listen — to yourself & each other**

Expect:

- **Organic, curated meals**
- **Grounded living & no performance**
- **1-hour massage & lots of me-time**

Day 1 | depart Islamabad

THURSDAY 9 JULY

- 5pm depart on the Hindukush Express luxury coach, privately booked for our group (9h drive to Chitral)



Day 2 | arrive early at Chitral

FRIDAY 10 JULY

- Breakfast 7-10am / Lunch 1-2:30pm
- Enjoy reading by the pool & me-time
- Book a relaxing massage
- Sunset 90min gentle Hatha yoga
- Post-session dinner
- Mindful group conversation after dinner





Day 3 | travel to Mastuj

SATURDAY 11 JULY

- Morning hike for early risers
- 90min Hatha Vinyasa yoga, breathwork + bandha practice
- Breakfast
- Travel to Mastuj, dinner in the orchard
- Evening sound bath with vocal toning





Day 4 | wellness & self-care

SUNDAY 12 JULY

- 90min Hatha Vinyasa yoga, breathwork + bandha practice
- Cooking class with Natasha Qizilbash
- Time to journal or for a relaxing massage
- 45min sunset face yoga before dinner
- Breakfast, lunch & dinner in the orchard



Day 5 | wellness & excursion

MONDAY 13 JULY

- 90min Hatha Vinyasa yoga, breathwork + bandha practice
- Picnic lunch at scenic Matuj lookout
- 75–90min sunset face yoga + short sound bath
- Breakfast & dinner in the orchard



Day 6 | return to Chitral

TUESDAY 14 JULY

- 50min lymphatic drainage movement, breathwork + body tapping
- Breakfast
- Arrive at Chitral in time for lunch at Fokker Restaurant
- Choice to go watch mārkhōr at Chitral River or to chill out by the pool
- Closing ceremony & group photo (dress to express yourself: solid neutral tones)
- Farewell dinner





Day 7 | depart for Islamabad

WEDNESDAY 15 JULY

9am

- Breakfast, then depart on the Hindukush Express luxury coach, privately booked for our group (lunch midway, arrive by 7pm)



DETAILS
Your Retreat



Israa Shafi | @yogawithisraa

CERTIFIED YOGA & FACE YOGA TEACHER

Teaching for 10 years, Israa is certified in face yoga & neolifting (Dubai) and Hatha yoga & sound healing from the serene mountains of Nepal. She weaves ancient wisdom into modern practices that support both body and spirit. Israa's integration of therapeutic sound will help promote an emotional release and inner calm for you.



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 with sound, yoga, breathwork, bandha practice, face yoga, dance, lymphatic drainage movement
- 3N Hindukush Heights Hotel
- 3N Mastuj Fort
- 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

- **1-on-1 neolifting face massage (28k) & Tibetan chakra healing (22k) can be booked directly with Israa**
- Additional massage treatments
- Extra snacks & drinks
- Laundry service
- Gratuities





Price

EARLY BIRD UNTIL 5 JUNE

- Rs295k per person for double room / 2 guests
- Rs315k for single room / 1 guest

PRICE AFTER 5 JUNE

- Rs320k per person for double room / 2 guests
- Rs340k for single room / 1 guest



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.

Instagram

@hindukushholidays

Website

hindukushholidays.com