

Hindukush Wellness Retreat

REDISCOVER YOUR FREEDOM: AN IMMERSIVE JOURNEY

22-28 October | CHITRAL & MASTUJ



Reset Your Past... **Reclaim your future.**

This retreat isn't about escaping your life.
It is about returning to it with clarity,
resilience, and a freedom to transform how
you live, love & lead.

SANCTUARY OF RENEWAL

- **Co-facilitated by Patrice Khan PhD
and Amafah Mubashir**
- **Learn to regulate your nervous system
& create lasting change**
- **Daily wellness program with sound
healing, yoga, movement & meditation**
- **Morning hikes for the early risers**
- **Healthy, organic meals by celeb chef**
- **Deeply relaxing massage***

Day 1 | begin the journey

THURSDAY 22 OCTOBER

- Depart Islamabad 9am on the Hindukush Express luxury coach, privately booked for our group (9h drive to Chitral)
- Check in to your mountain-view room





Day 2 | setting intentions

FRIDAY 23 OCTOBER

- Amafah: a.m. yoga & closing sound bath
- 2 Immersion experiences w Dr. Patrice

Begin your journey by calming the nervous system, releasing accumulated stress, and creating the inner safety that allows healing, connection, and transformation to unfold.



Day 3 | release old patterns

SAT 24 OCTOBER

- Morning hike for the early risers
- Amafah: a.m. yoga & closing sound bath
- 2 Immersion experiences w Dr. Patrice
- Relax poolside to read or for journalling

Beneath every habit and pattern lies a deeper need. Through guided exploration, you'll reconnect with the wisdom of your body, heart, and authentic self.





Day 4 | heal the family story

SUNDAY 25 OCTOBER

- Amafah: morning hike & yoga
- 2 Immersion experiences w Dr. Patrice

Discover how subconscious beliefs and protective patterns influence your life and begin creating new possibilities rooted in awareness, resilience, and choice.



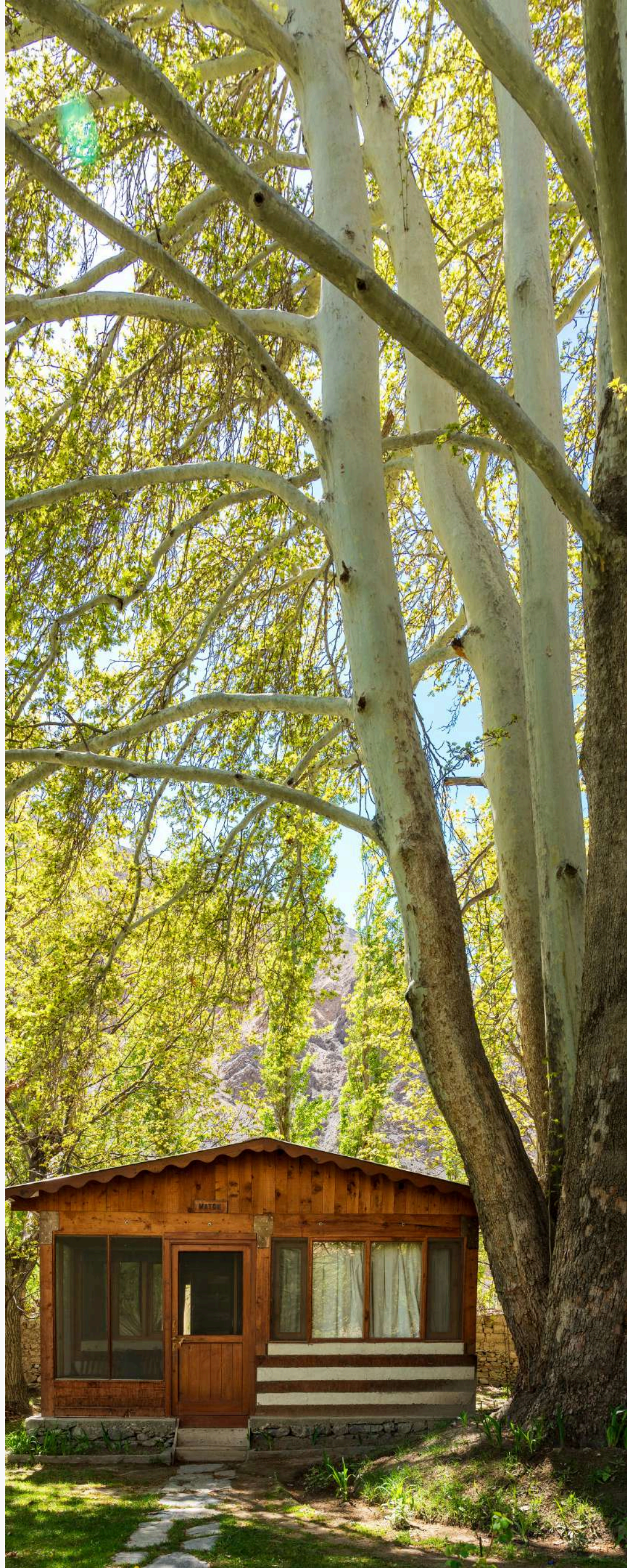


Day 5 | into nature, into yourself

MONDAY 26 OCTOBER

- Depart for Mastuj to see the fall colours
- Immersion experience w Dr. Patrice
- Evening cacao ceremony & bonfire

Reconnect with the earliest imprints of safety, belonging, and connection while opening your heart to new possibilities and a renewed sense of self.



Day 6 | return to Chitral

TUESDAY 27 OCTOBER

- Morning walk & mindfulness w Amafah
- Final Immersion experience w Dr. Patrice
- Farewell happy hour & dinner (we all wear white since its our last night)

Honour your journey, celebrate the connections you've made, and carry your intentions forward into everyday life.





Day 7 | depart for Islamabad

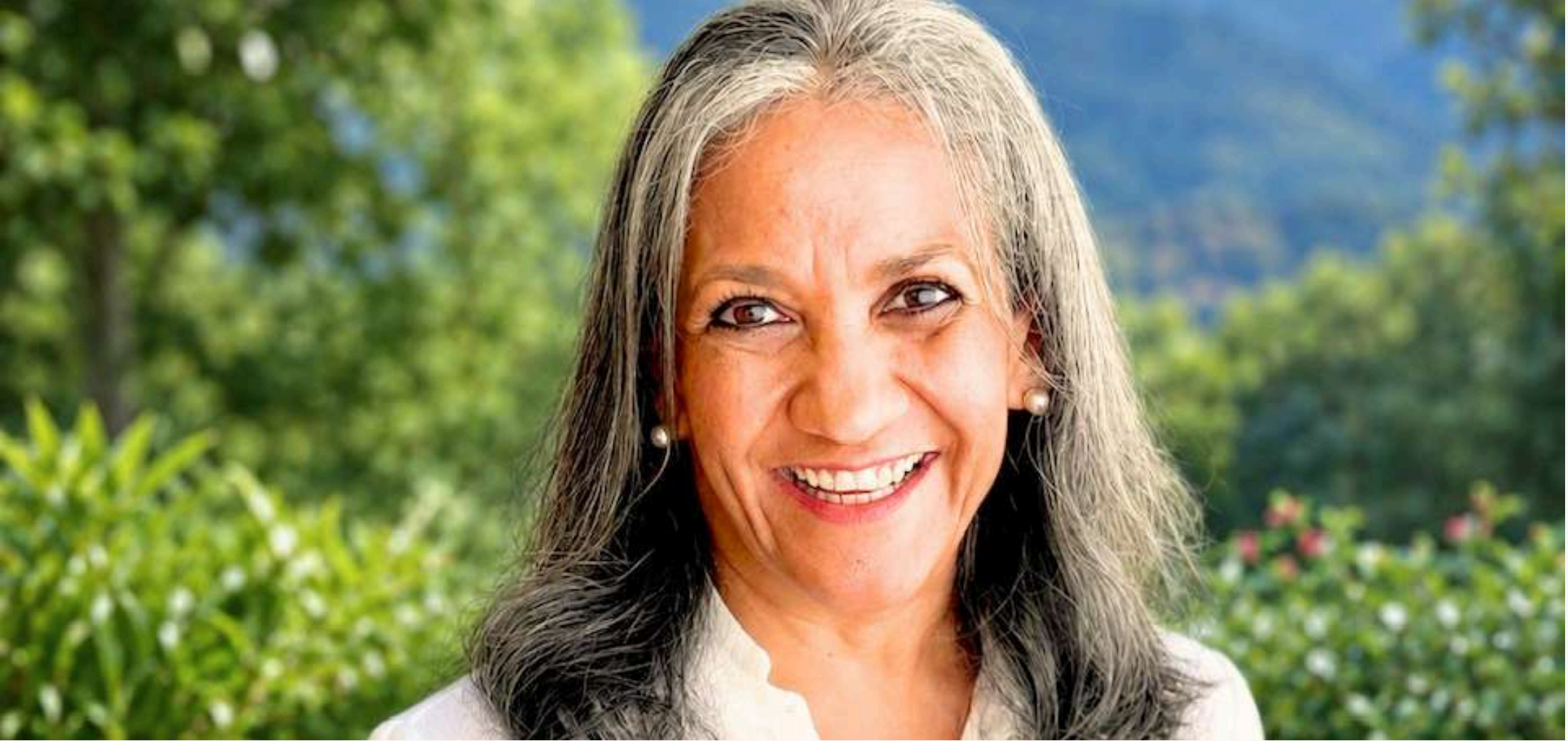
WEDNESDAY 28 OCTOBER

◆ 8am

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

A group of people are sitting in a circle on the ground, meditating under a large, leafy tree. They are wearing various colored clothing, including a pink shirt, a blue plaid shirt, a green hoodie, and a grey hoodie. The scene is outdoors, with a clear sky and other trees in the background. The text "DETAILS Your Retreat" is overlaid on the image, with a vertical line above and below the word "DETAILS".

DETAILS Your Retreat



Patrice Khan | PhD

ENERGY THERAPIST

◆ For three decades, Dr. Patrice has been integrating energy psychology, neuroscience, epigenetics, somatic psychology, and mindfulness into a compassionate, integrative approach to transformation. Through her signature programs: Freedom Codes, Reset Codes, and Heart Codes, she'll help you uncover and regulate subconscious patterns in your life.



Amafah Mubashir | Instructor

FOUNDER, ASANA WELLNESS KARACHI

◆ 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.

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



Natasha Qizilbash

CELEBRITY CHEF @if.natcancook



For your nutrition and nourishment, Natasha will be curating the entire menu. She will serve a variety of cuisines & specialty dishes using top quality ingredients & organic vegetables and fruits harvested from the Hindukush Heights Hotel gardens in Chitral & Mastuj.



Here's What's Included



ALL-INCLUSIVE RETREAT

- 6N Hindukush Heights Hotel
- RT transfer from Islamabad
- Daily wellness & counselling sessions
- Guided walks
- Breakfast, lunch & dinner, incl. beverages at meals
- 1-hour massage*
- Excursions mentioned in itinerary
- Transportation during retreat



Price

◆ **EARLY BIRD** UNTIL 7 SEPTEMBER

- Rs315k per person for double room / 2 guests (Chitral mountain view room)
- Rs370k for single room / 1 guest (Chitral mountain view room)

◆ **PRICE** AFTER 7 SEPTEMBER

- Rs330k per person for double room / 2 guests (Chitral mountain view room)
- Rs385k for single room / 1 guest (Chitral mountain view room)

What's Not Included

- Additional massage* treatments
- Extra snacks and drinks
- Laundry service
- Gratuities





The Fine Print

BOOKING

- To confirm your spot, a 50% deposit is required at the time of booking

REFUND & CANCELLATIONS

- We offer an 85% refund for cancellations made on or before 21- Sep
- For cancellations on or before 1-Oct, we offer a 50% refund
- Please note that cancellations after 1-Oct are non-refundable

FOR DEPOSITS & PAYMENTS

Account Name: HINDUKUSH HOLIDAYS

Account: 6986129319714100293

IBAN: PK65MPBL9861737140100293

Bank Name: HABIBMETRO



We curate luxury small group tours,
adventure holidays, horse safaris,
wellness retreats, and visits to Kalash &
Shandur Polo festivals in the
Hindukush Mountains of Pakistan.

Instagram
@hindukushholidays

Website
hindukushholidays.com