



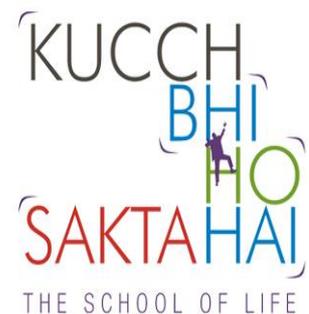
## A HIMALAYAN DISCOVERY OF LIFE AND LIVING *WITH ANUPAM KHER*

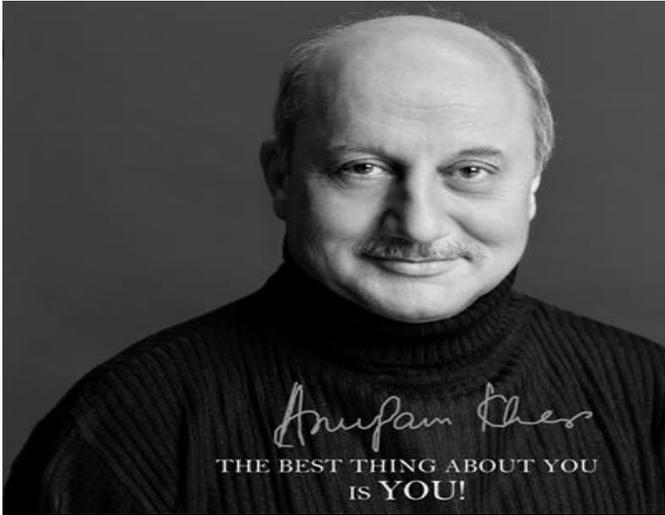


From Landour

**What is it?** A group retreat in the Himalaya with Anupam Kher. 8<sup>th</sup> - 12<sup>th</sup> March, 2014.

Imagine yourself in an exotic place deep in the Himalayan forest, 7500 feet above sea level and surrounded by high peaks. The scenery so surreal it forces you to disengage from the mundane, from the daily grind, the stresses and turn inwards to rediscover yourself. And to give a structure to this rediscovery, Mr Anupam Kher lends a helping hand through his specially designed classes in one of the most unique retreats in the Himalaya. Read on to discover more.





## Anupam Kher

In addition to being synonymous with the Hindi movie industry, Mr Kher is a much sought after speaker on self motivation and has lectured at the most prestigious universities and business schools in India, UK and USA. His best-selling book, 'The best thing about you, is YOU', already in its 10<sup>th</sup> reprint, forms the basis of this program. More about him here: [www.anupamkhercompany.com](http://www.anupamkhercompany.com)



## The school of life

Kucch bhi ho sakta hai- the school of life, is the culmination of techniques developed in the field of acting theory, psychology and neuroscience and their application to deal with the stresses and insecurities of urban life. The focus is on experiencing these techniques through specially designed situations that enable one to discover one's own uniqueness – that the best thing about you, is You.



## Kucch bhi ho sakta hai!

That's the theme of the retreat and living up to it will be the special session by the very special guest teacher – the indomitable [Rujuta Diwekar](#), India's top sports nutritionist and author of two best selling books. Her session will focus on how the right nutrition is critical for any self-improvement decision and practical/ doable techniques to ensure you always eat right, regardless of your lifestyle.



## Rokeby manor, Landour

Deep in the forest of pine and cedar, high above Mussorie lies one of the most exclusive properties in the Himalaya – the Rokeby manor, a fairy tale resort (if ever there is one) amidst acres of wild forest. The original wooden artwork combined with the best in luxury and the unbeatable views down the doon valley make it just the ideal place for the retreat. More details [here](#).

## Itinerary:

Date	Remarks	You have to...
<b>Saturday, 8<sup>th</sup> March</b>	Fly into Dehradun airport. Airport pickup and drive to Landour. 2 hours.	Book your flight to Dehradun. Plan to arrive between 1pm to 3 pm latest.
<b>9<sup>th</sup> – 11<sup>th</sup> March</b>	Two sessions with Mr Kher everyday. Sessions will include specially designed activities like role-plays, theatre games, swaps, etc - basically lot of fun. A day-by-day schedule will be provided on signing up.	Fill a detailed questionnaire on signing up which will shape the classes and customize them for you.
<b>Wednesday, 12<sup>th</sup> Mar</b>	After breakfast, drop at Dehradun airport. You have an option of extending your stay at Landour.	Book your return flight from Dehradun anytime after 11 am.

## Cost for the trip: The cost components of the trip are:

Daily classes with Mr Anupam Kher And special session with Rujuta.	Daily interactive sessions and activities with Mr Kher. 4 to 5 hours daily. An exclusive one on one session with Mr Kher for each participant. Workshop by Rujuta Diwekar on nutrition and exercise.
Stay and food	Premier rooms on twin sharing at the Rokeby manor (4 nights). Rooms will be allocated on first deposit- first room basis. All meals included. No extras.
Transportation	Ex- Dehradun airport, in and around Landour.

Cost of the trip = Rs 75000/- per person. (Rs 105000 for single occupancy).

Group size will be restricted to 12 and will be on first come first serve basis. To confirm your place, make the full payment through any of the modes given below. Please also check our Cancellation policy.

Payment options:

### 1. Cheque/ DD:

For 'Connect with Himalaya'.  
403, Ram Krishna Chambers  
Linking Road, Khar west  
Above Reebok showroom  
Mumbai -400052

### 2. Online transfer/ Deposit to:

Account name: Connect with Himalaya  
Bank: Axis bank  
Branch: Springfield- Lokhandwala, Mumbai  
Current A/C #: 415010200003681  
IFSC: UTIB0000415, SWIFT: AXISINBB002

## What to get along:

Ah, the Himalayan Spring! It's the time when the mountains begin to come out of their break, replenished and share their calm with everyone. Temp ranges from 5 to 20 degrees with pleasant days and cool mornings and nights. A detailed list of what to bring along, including some specific things for the retreat will be provided on signing up.

## Get connected:

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