



A I L Y A K



Unwind, Heal, Transform: A 3-Night Himalayan Retreat

*Art * Nature * Community * Love * Healing*

Ladakh, India || 3N/4D

What is Ailyak Retreat?

Ailyak Retreat is your invitation to reconnect with yourself.

Nestled in the serenity of the Himalayas, Ailyak Retreat offers a personalized healing program through Elemental Healing—guiding you to slow down, reconnect with nature, and return back home to yourself.



What makes it special?

Our retreat program intertwines your personal transformation with the healing of the Community and our Mother Earth.

Unlike other retreats, Ailyak has no fixed minimum stay. You're free to choose the length of your journey, allowing healing to unfold naturally.

Hosting only you—whether you come alone, with a partner, or as a small group—each experience is crafted solely for you, offering complete privacy, focus, and care.



Guided by ~ *Shaurya Shukla*

A few years ago, I was drawn to Ladakh, answering the mountains' quiet call. Struggling with trauma and autoimmune challenges, I found healing in the sacred landscapes, discovering the deep connection between self, community, and the earth. The mountains embraced me, and the earth nurtured me, guiding me to wholeness.

As a Certified Art Therapist and Yoga Instructor, I now share these transformative practices in the sanctuary I've created, where you can pause, breathe, and reconnect with your true self—cradled by the same mountains that once led me to healing.

Where — *Nubra Valley, Ladakh, India*

With its crystal-clear rivers, serene deserts, and vibrant cultural tapestry, Nubra offers an ideal sanctuary for Ailyak Retreat. Here, the altitude breathes life into your spirit, the tranquility calms your mind, and the community welcomes you with open arms.



Day 1: *Homecoming* Ether

Welcome Home to Ailyak

Take a breath, ground yourself,
and let the beauty of this space
settle around you.

When you're ready, join us for a
nourishing lunch, crafted to
welcome you in body and spirit.

Make yourself at ease - you're
exactly where you're meant to be!





Evening

- Grounding Ceremony & Self-love Rituals
- Ladakhi Herbal Medicine Workshop
- Personal Consultation with a local Herbalist

Gently wind up the day with...

- Sacred Space Creation
- Nourishing Dinner

Day 2: Earth & Water

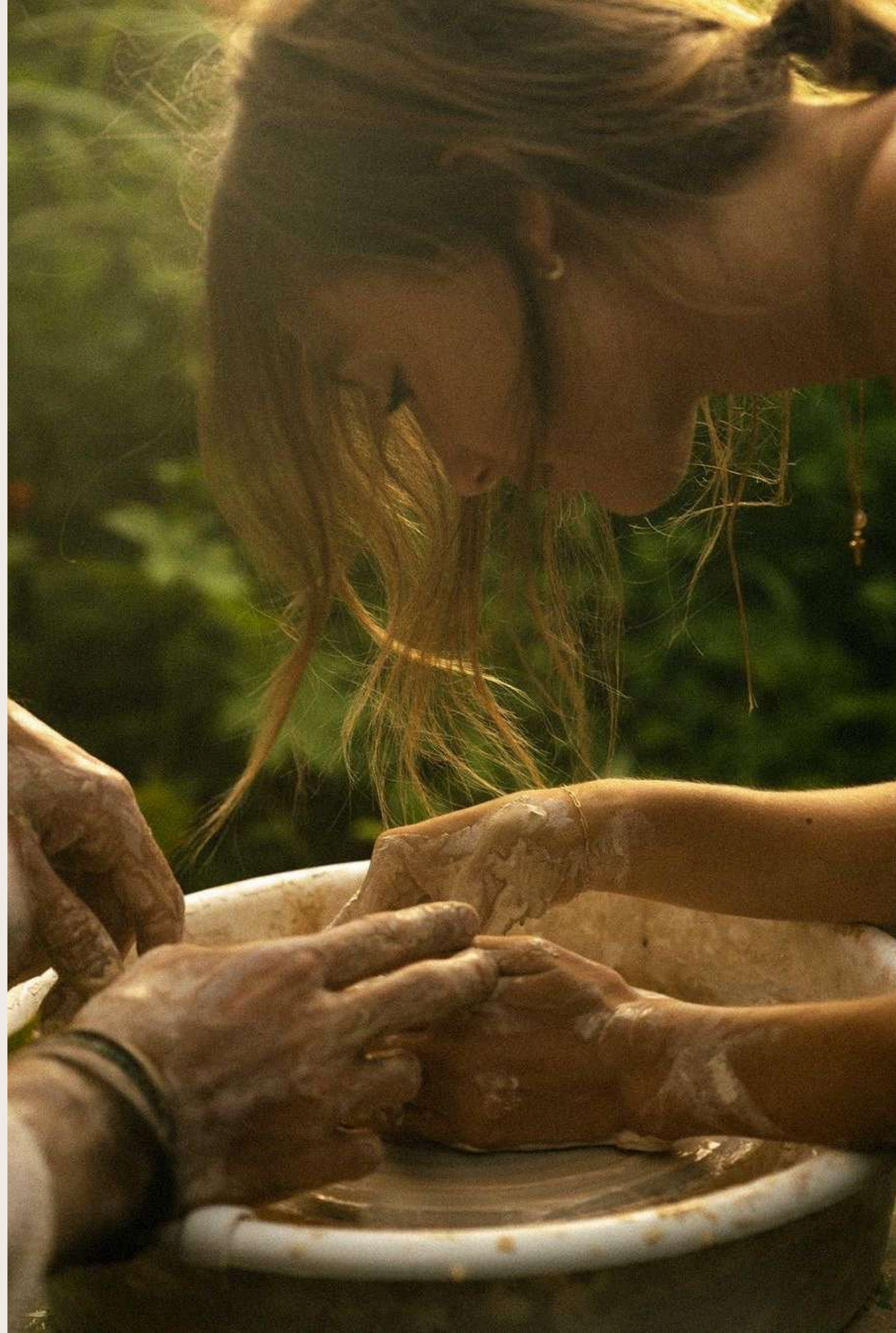
Morning

After a soul-filling breakfast,
we'll make our way for...

- Soulful Pottery Sculpting Session
- Healing Clay Mask Ritual in a mud pool

Afternoon

- Therapeutic Craft Workshop with local Himalayan Women





Evening

- Sacred River Immersion near Holy Lake
- Water-Inspired Art
- Elemental Flow Yin Yoga

Late Evening

- Cosmic Healing under the Milk Way Galaxy(Yoga Nidra)

Day 3: Air & Fire

Morning

- Meditative Hike to an ancient Monastery
- Connecting with the element 'Wind' via meditation
- Exploring Personal Freedom through Journalling

Afternoon

- Learn Ladakhi Secrets of Longevity with Farm to Table Lunch





Evening

- Ecological Reforestation Walk

Late Evening

- Sacred Fire Art Ritual
- Fire Dance to re-ignite the Inner Passion
- Farewell Feast with Locals (followed by Traditional Dance Performance)
- Gratitude Circle with Local Community

Day 4: *Farewell*

Morning

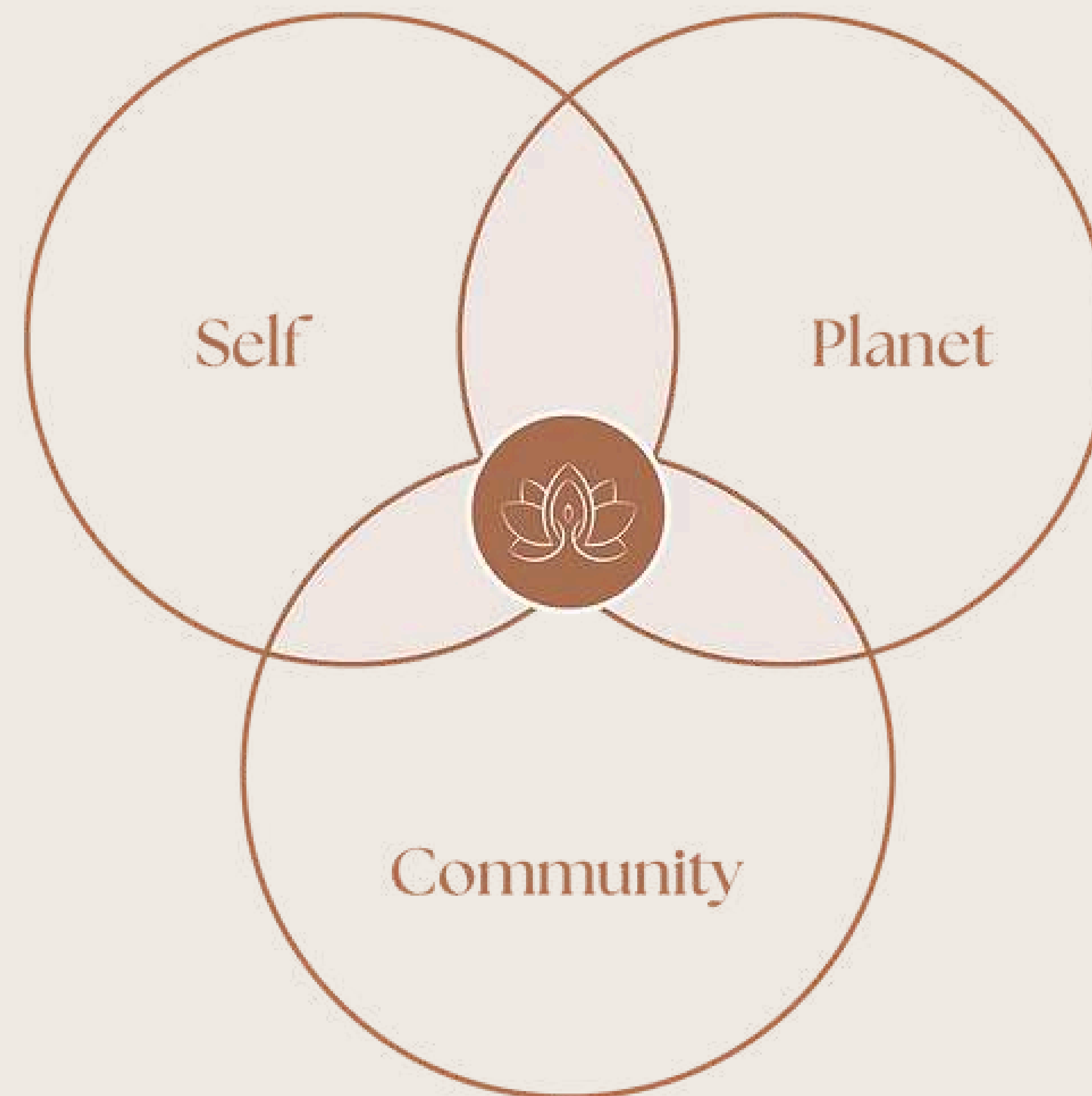
- Closing Ceremony
- A slow mindful breakfast
paying homage to the temple
- your divine body



By the end of the Retreat, here's how you'll have healed...

Self:

Each experience will bring you closer to personal transformation, emotional balance, and mental clarity, guided by the elements.



Planet:

With mindful, eco-friendly practices supporting fragile glacial ecosystem, you will leave more aware of your impact, honoring and respecting the earth..

Community:

Through connecting with locals, supporting their produce, and small acts of service, you will uplift the local economy and form meaningful connections.

What's More...



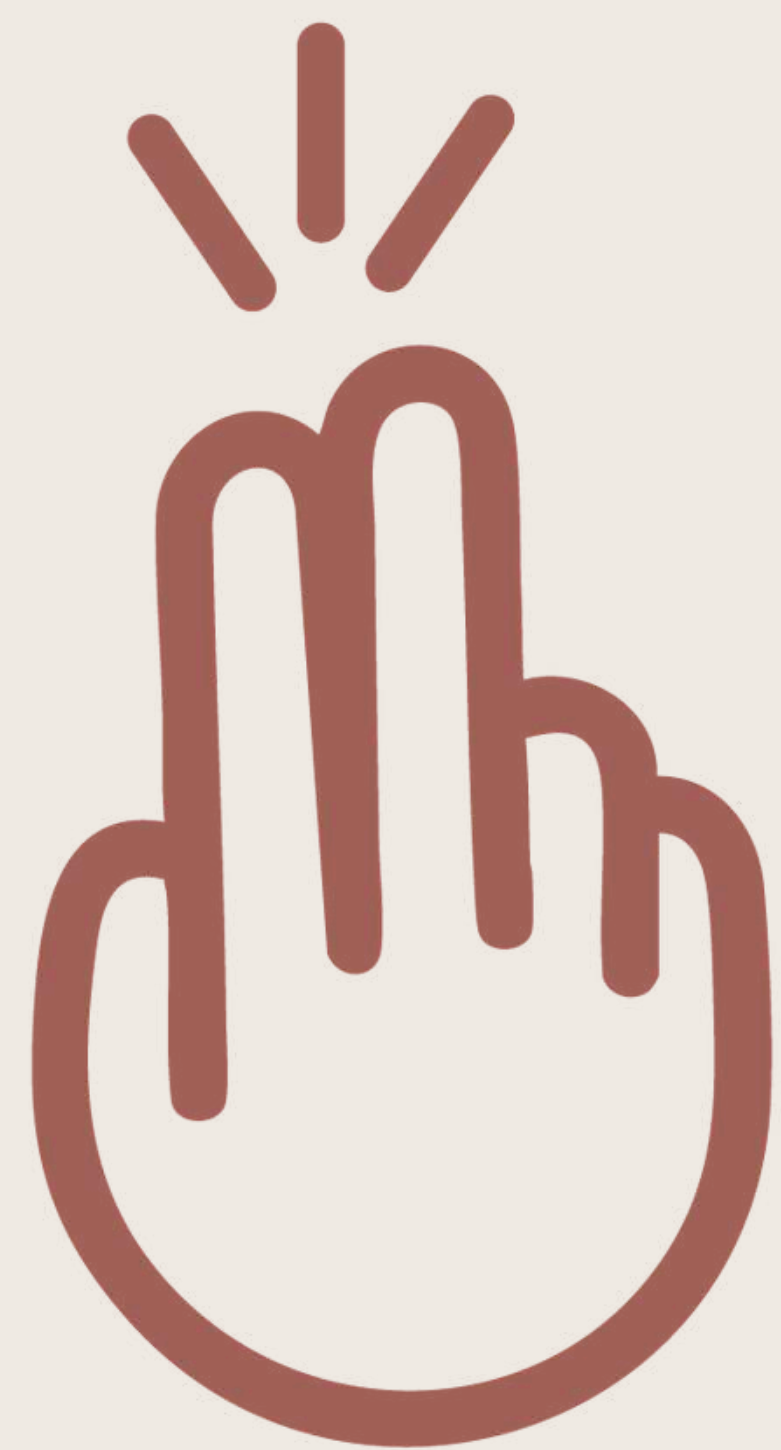
SPA*



Sauna



Yin Yoga



EFT Tapping

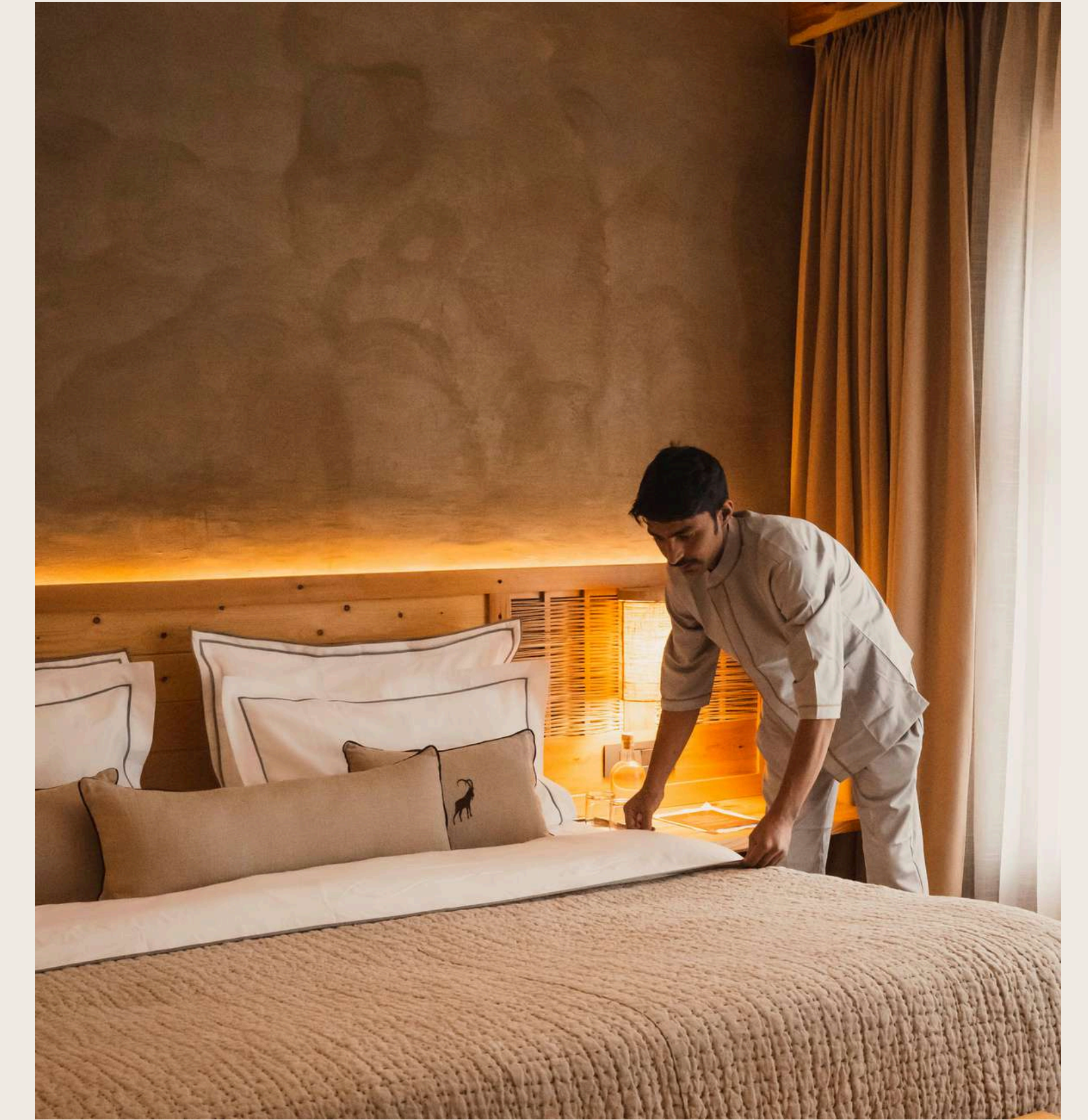
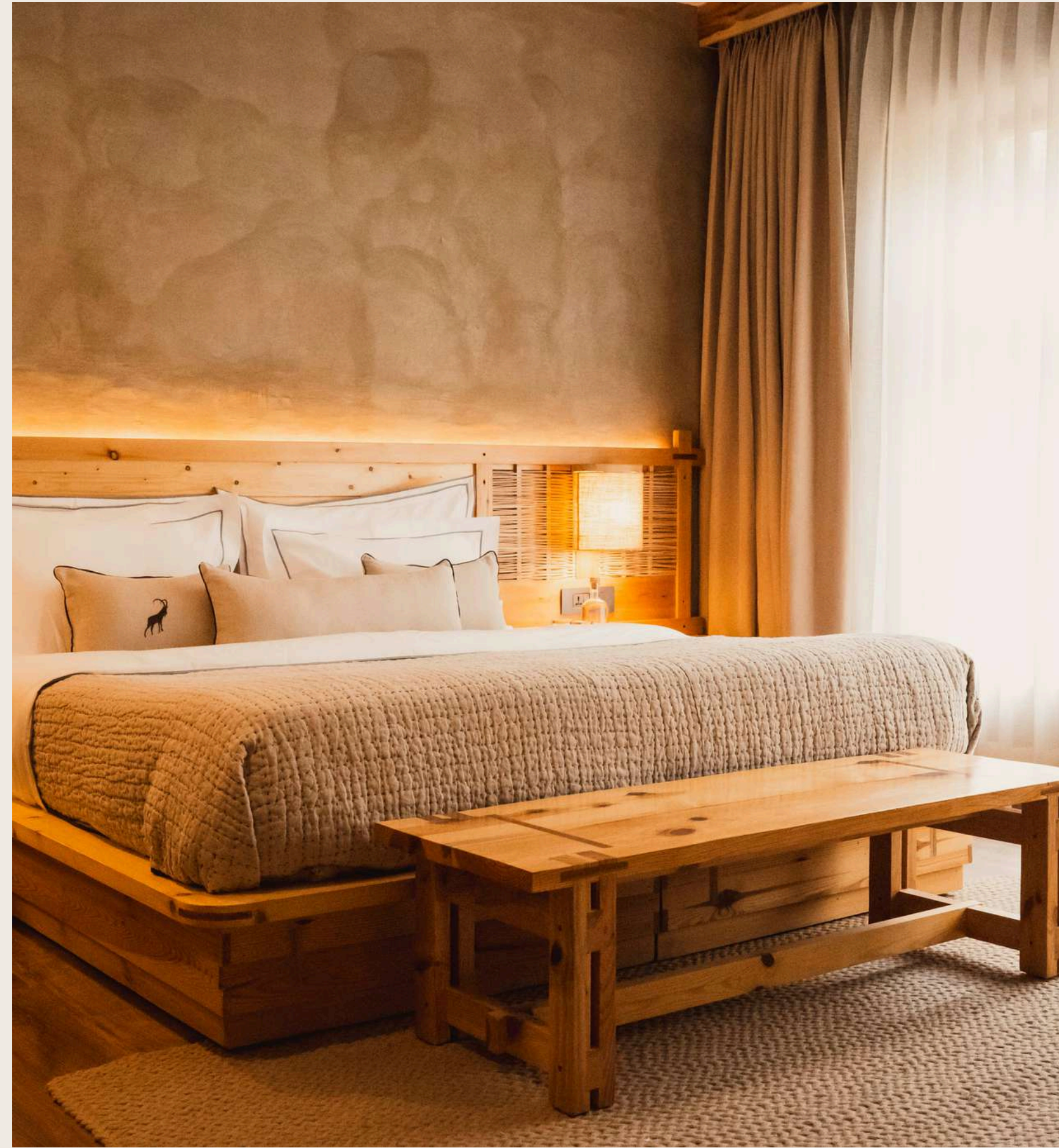


Art Therapy



Nutritional
Diet

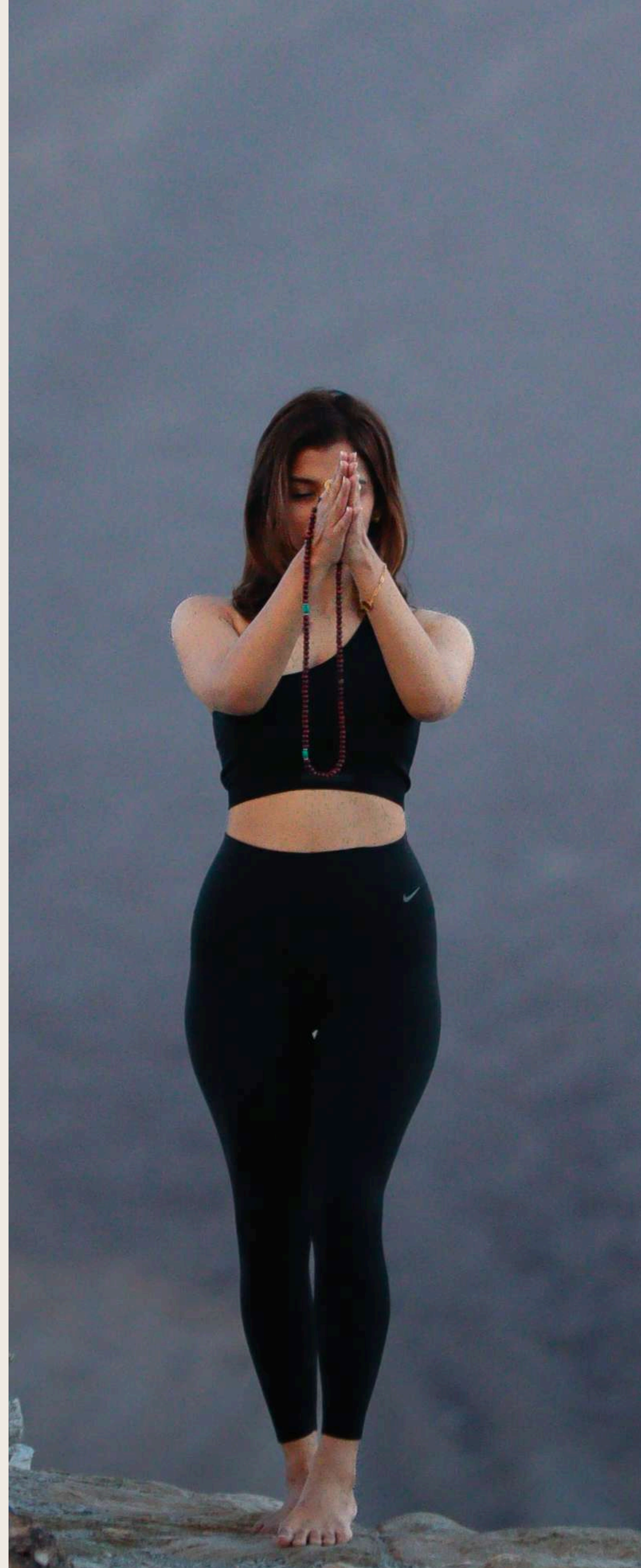
Accommodation: *Luxe Himalayan Escape*



What's included in the Healing Journey?

- A luxurious accommodation
- Three nourishing meals daily
- Self-Care Ceremonial Kit
- Two 60-min SPA sessions
- Unlimited Sauna Session
- A personal consultation with a local Herbalist
- Ailyak's Signature Wellness Experiences — healing the Self, Community, and Planet led by Shaurya Shukla
- A Pre-retreat consultation session & Post-retreat consultation Sessions

It also holds the sacred energy and love devoted to creating this safe, transformative space for you.



What's not included?

- Transportation (available upon request with additional charges)
- Airfare
- Visa Fees
- Insurance
- Sightseeing Fee in Nubra Valley Additional Shopping or extra meals
- Additional Treatment or Consultation

Package Price:
\$1800 // ₹1,50,000 + GST per *Pax*





Please Note

1. Our healing program is intuitively guided by the facilitator, allowing for adjustments to suit the unique needs of each participant.
2. Experiences connected to Community and Mother Earth are subject to availability and may vary depending on the resources and environment at the time.
3. The package cost is per person. To seek information on the couple or group price, please fill the number of pax accordingly.
4. *Additional Charges will be levied on extra Spa Sessions
5. A note on fees - A portion of your retreat fee will not only honor the craftsmanship of the Ladakhi people but also will support the healing of Ladakh's fragile ecosystem through vital earth-restoration projects.

Payment Policy

50% ADVANCE is to be paid & balance of total package price can be paid 30 days before the date of arrival

Cancellation Policy

- If cancellations are made 30 days before the date of travel then 25.0% of total tour cost will be charged as cancellation fees.
- If cancellations are made 15 days to 30 days before the date of travel then 50.0% of total tour cost will be charged as cancellation fees.
- If cancellations are made 0 days to 15 days before the date of travel then 100.0% of total tour cost will be charged as cancellation fees.

Submit your application to begin this exclusive, transformative experience.

Apply Now Link : [Invite Only](#)
Email: contact@ailyakretreat.com
WhatsApp : [+918826877338](https://wa.me/918826877338)



“Where the mountains breathe, and the winds
whisper forgotten dreams, come & find Ailyak
— the gentle art of simply being.

— Shaurya Shukla, Your Guide for
Ailyak Retreat