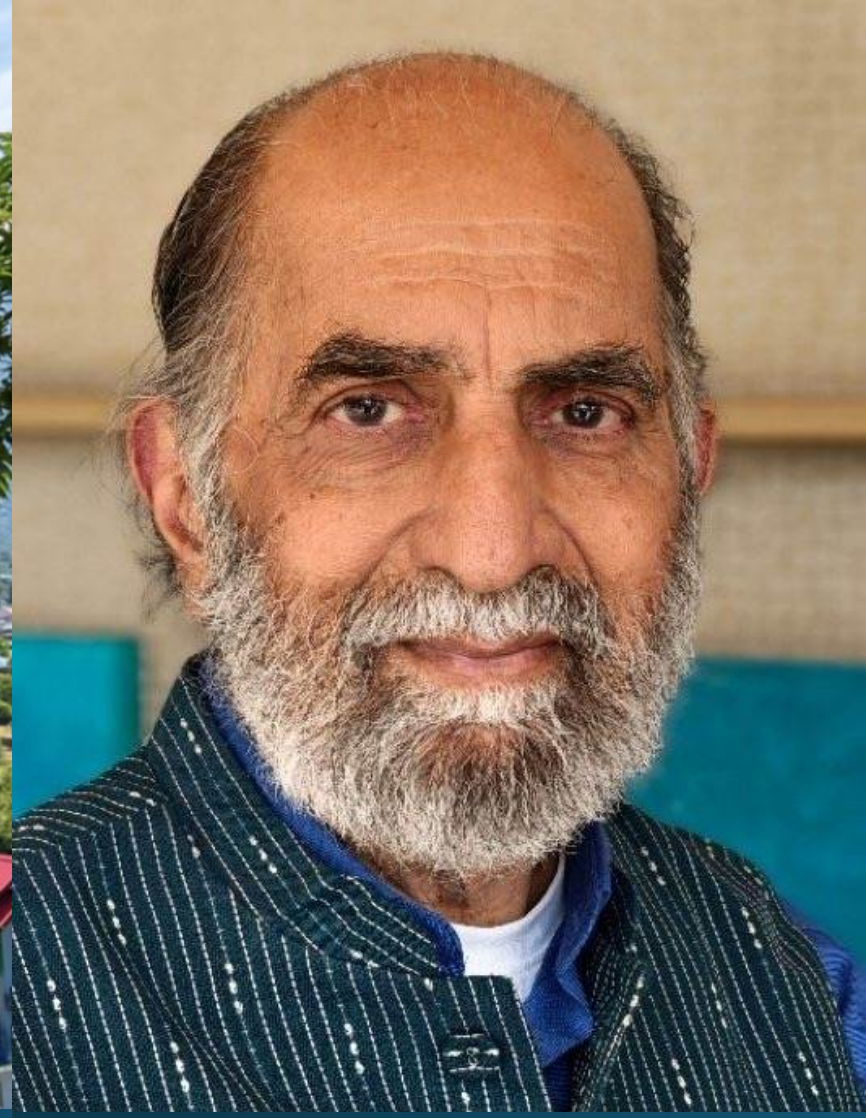




Silent Retreats in the Himalayas

Pranayama & Meditation

with Dr. Shrikrishna B. Tengshe





Recommended preliminary program:

Ayurvedic treatment











..or a gentle introduction to India on the beach in Kerala or Goa



Arrival via Dharamshala (Kangra) Airport

- We‘ll send you a taxi (Travel time less than an hour to the resort) -

Alternatively:

Arrival via Amritsar Airport

- 4–5 hour taxi ride to the resort, approx. 45 euros;
  it can be arranged by us upon request -

The Golden Temple
The holy site of Sikh Religion







View of the temple complex
from the roof of a recommended place to stay

ANTARAAL
Resort & Spa

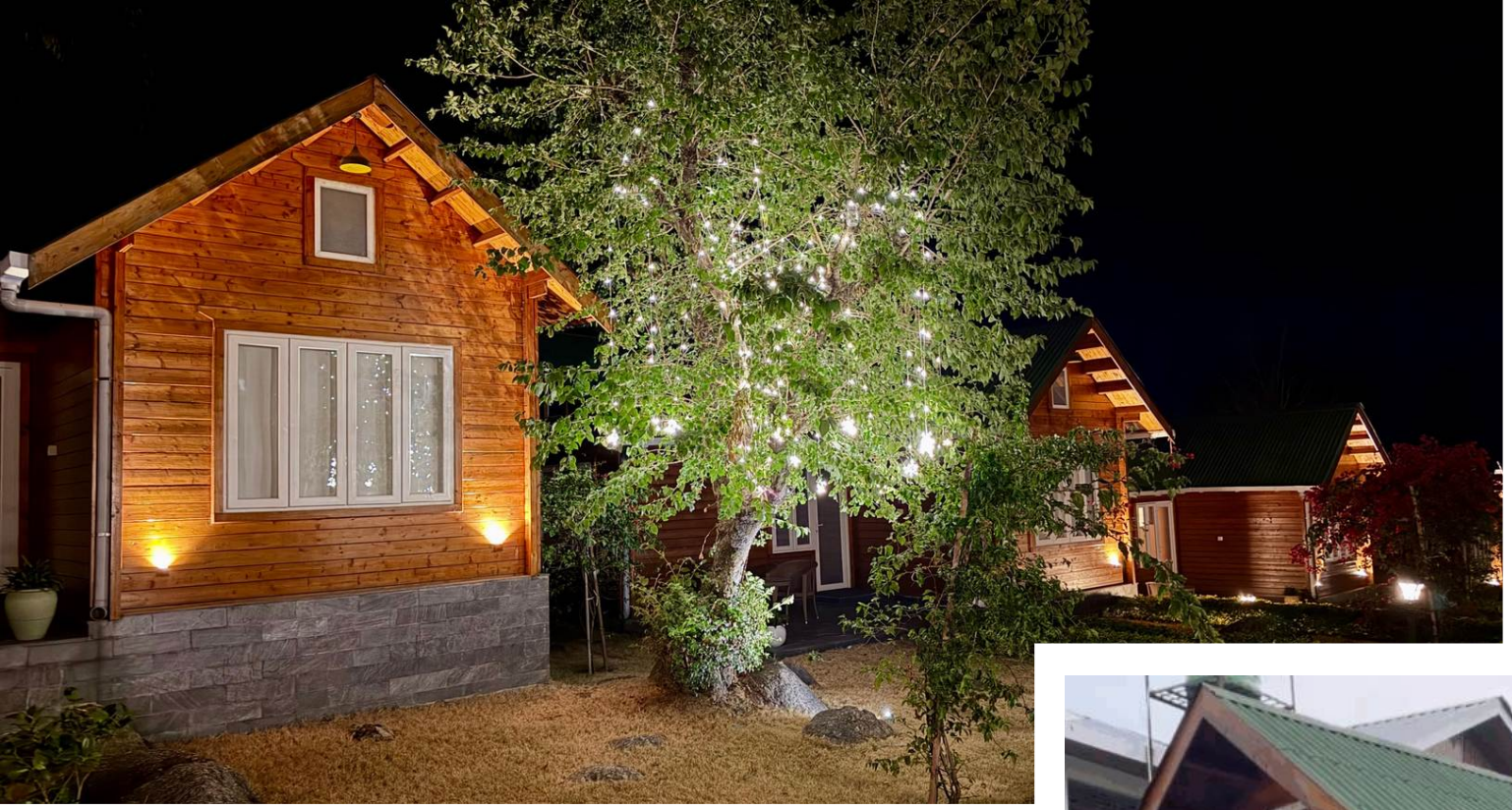
https://antaraalresort.com







Accommodation
in very comfortable vacation homes







Accommodation options

- 12 Wooden Vacation Homes
- Suite in the Main Building
- Single and Double Apartments (Wood)

- Booking for single or double occupancy







In the vacation homes:

- ❖ two rooms
- ❖ bathroom & toilet
- ❖ terrace

- Heating
- Flush toilet
- Shower
- Hot water
- Telephone, TV
- Wi-Fi
- Towels, hairdryer
- Toiletries



The estate is very secure

- It is fenced off.

- Round-the-clock security

- Very safe area



The wellness center (a wide range of massages, beauty treatments, manicures, pedicures)



- Three hot meals & coffee/tea breaks
- In the morning: toast, cheese, jam, etc.
- Menu changes daily
- Dietary meals available upon request
- Mildly spicy – no problem for Europeans
- Wide selection of fresh fruits and vegetables
- Completely safe for your health
- Veeery tasty ☺

Vegetarian dishes, some are vegan




Cottage cheese with Green peas
MIXED LENTILS





Temperatures in January/February

- During the day, it's as warm as it is in early summer in Germany
- Rather cool in the evenings and at night (5–10 degrees Celsius)
- Almost constantly sunny
- Occasional brief periods of rain or thunderstorms are possible
- Low humidity
- Very clear and clean air
- No mosquitoes 😊



We’ll have this ready for you there (and also additional blankets, if needed).





The people in the neighbouring village

are very friendly and helpful.


ROYAL
ENFIELD


BORN TO BE
AWESOME
NEW YORK CITY
SINCE1989



Excursions in the surrounding area



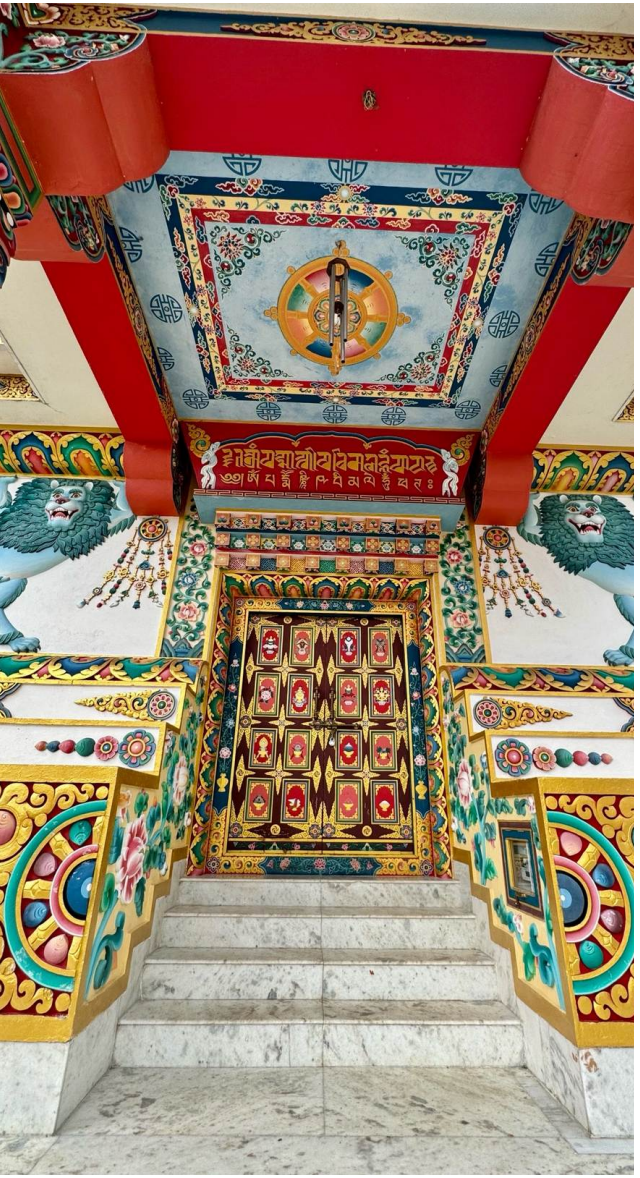


Dorzong Monastic Institute













The paths are also painted in bright colors.











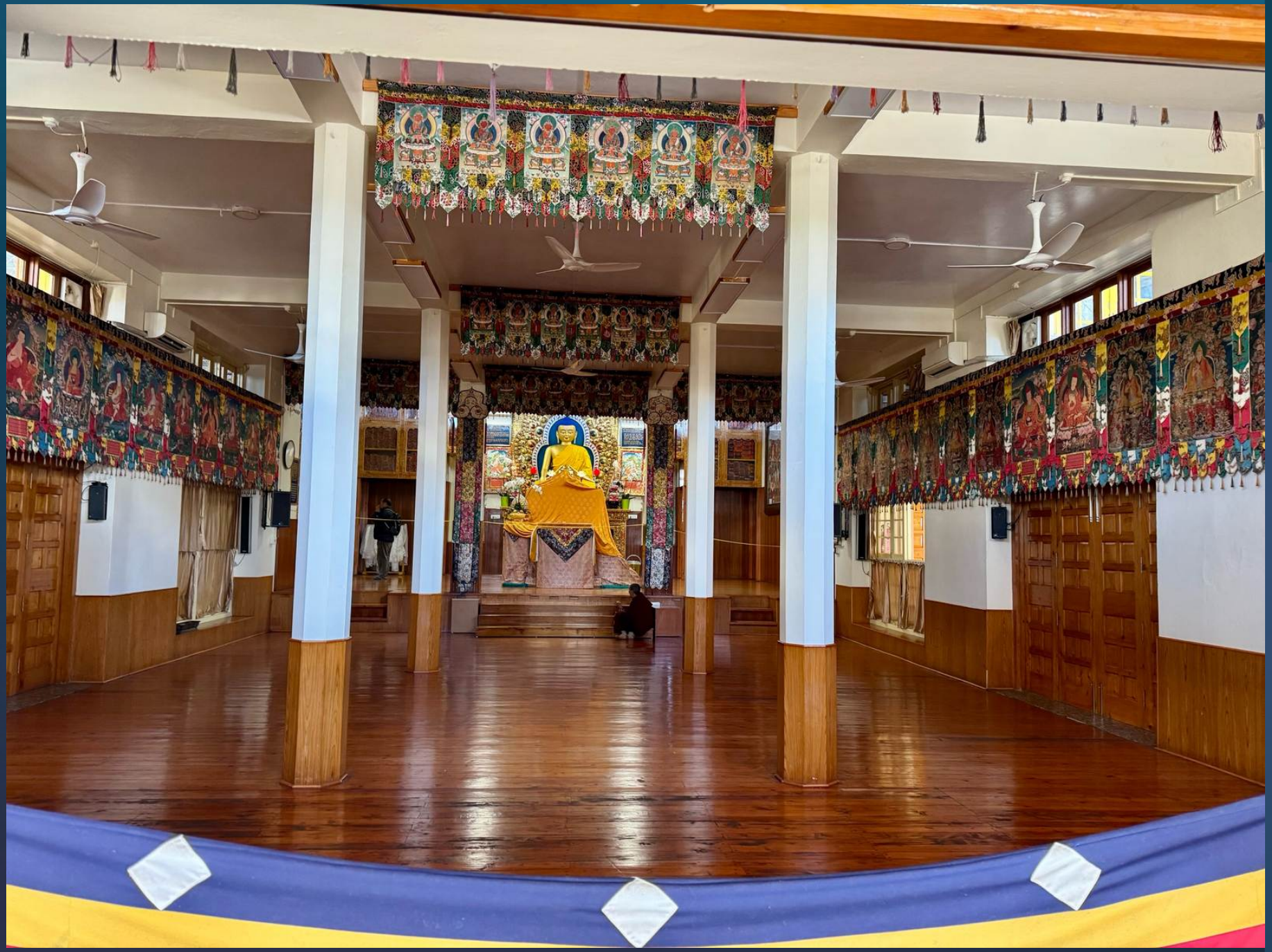


A Sikh temple under construction,
most likely to be completed by 2027

Dalai Lama Temple Complex in McLeod Ganj







The residence
of the Dalai Lama
If he is present,
blessings may be given.



Classic texts smuggled across the border and rescued at the risk of one’s life

In the temple of the Dalai Lama



Onkar, our wonderful guide





Highly recommended and particularly impressive due to the remarkably accurate diagnosis:

A visit to the Tibetan doctor at the Dalai Lama's temple complex

- Based on donations
- The associated pharmacy is located next door
- Medicines and dietary supplements can be reordered online and are very affordable for Europeans





Favorite Café in the Temple Complex





Tibetan Government-in-Exile


तिब्बती सर्वोच्च न्याय आयोग
TIBETAN SUPREME JUSTICE COMMISSION

Norbulingka Institute

for the Preservation

of the Artistic Heritage of Tibetan Culture













Norling Guest House at the Norbulingka Institut



Kalachakra-Temple in McLeod Ganj









Prayer flags are everywhere, as well as prayer wheels ...







We didn’t see any beggars,

just this woman,
for whom we bought some
rice at her request.

Masroor Rock Cut Temple

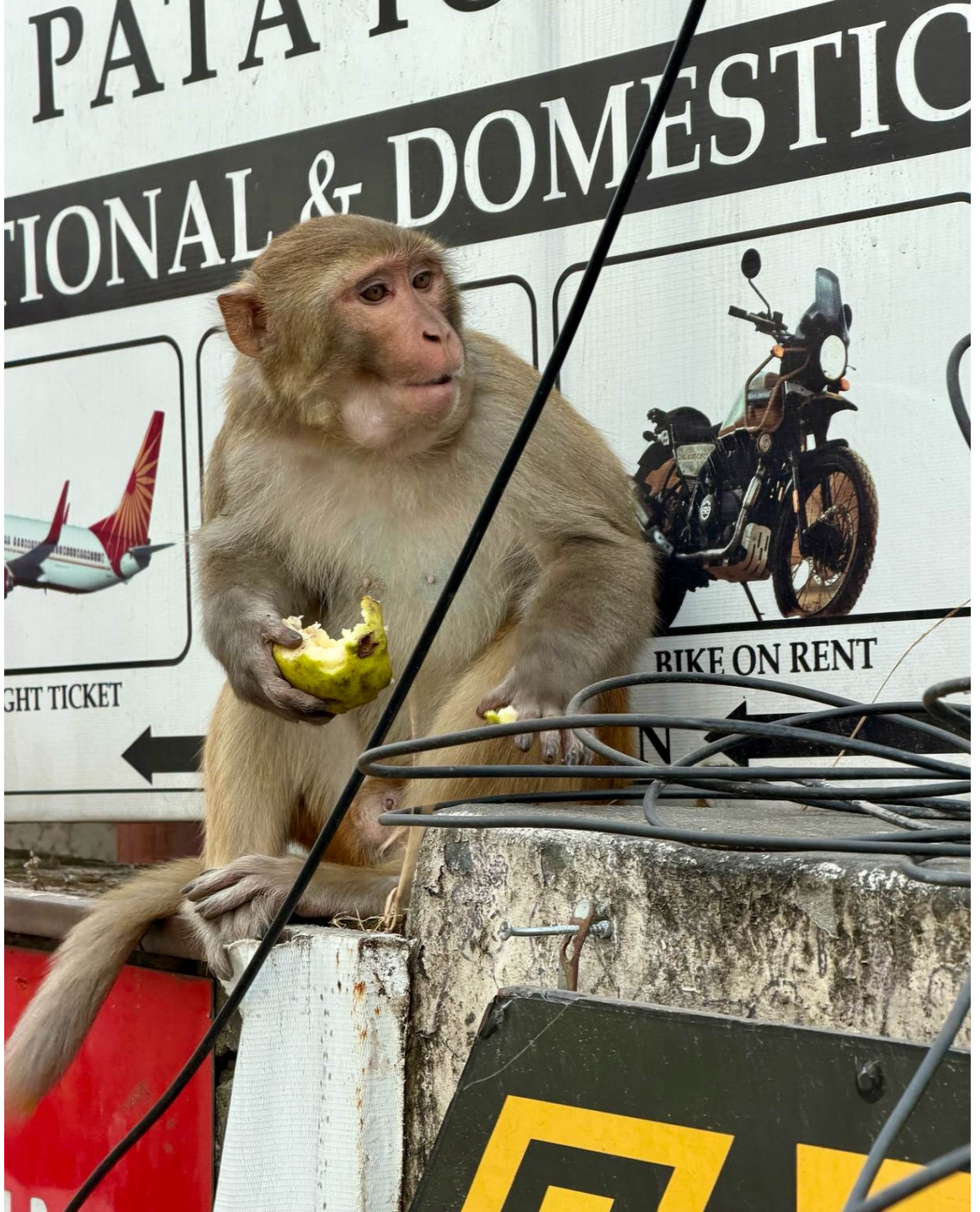


Nirmala Devi Temple






They live in the surrounding
area, but not at the ANTARAAL


PATA
TIONAL & DOMESTIC
GHT TICKET
BIKE ON RENT
N

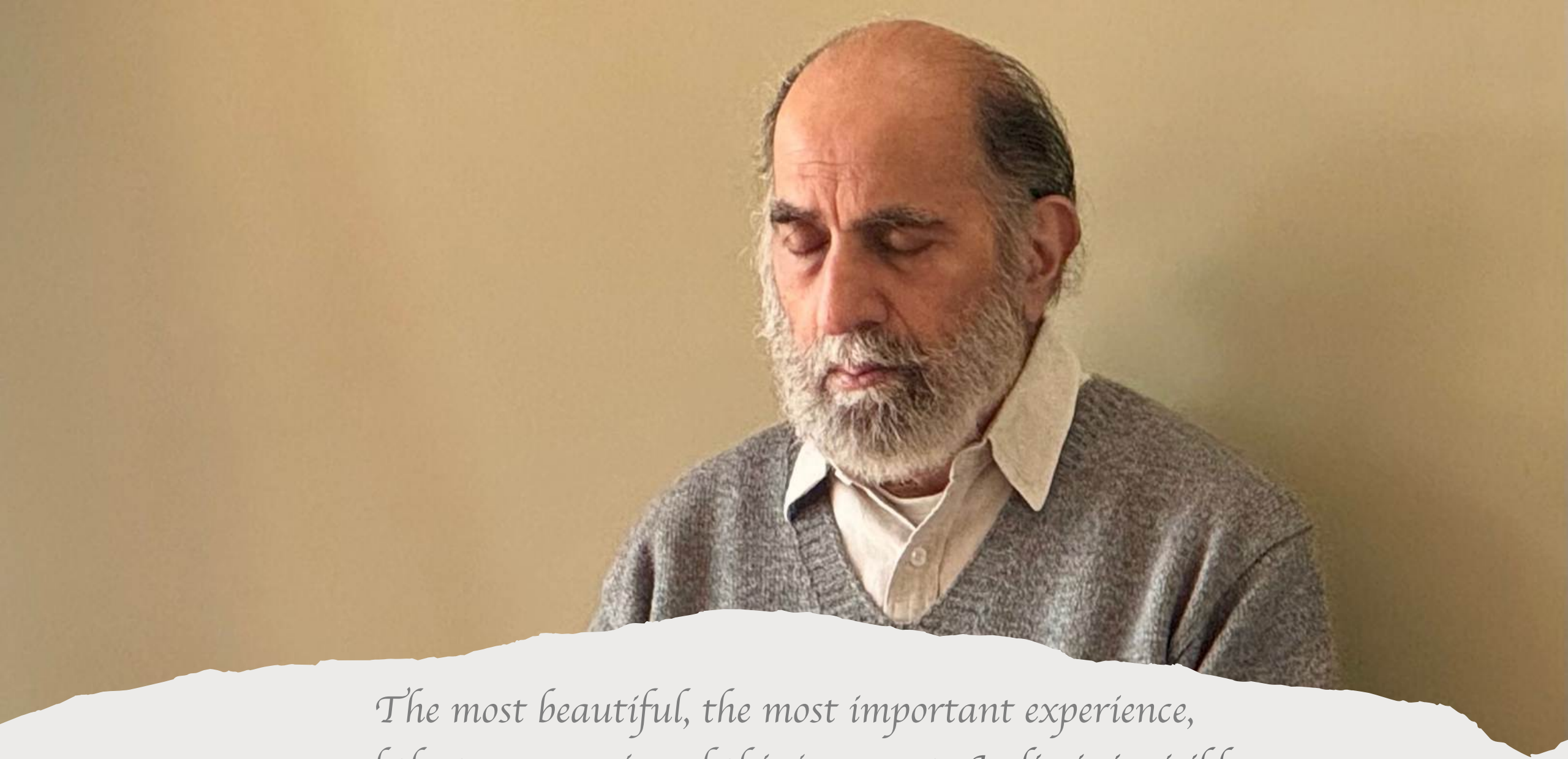


Naddi View Point






The evening glow over the mountains, every day different.



The most beautiful, the most important experience,
and the true meaning of this journey to India is invisible,
it can only be experienced on one's own inner journey.

Perhaps your soul, too, will rise like

a phoenix from the ashes…

A very warm welcome,

to sharing this experience with us!



View from the hallway window
of the main building at ANTARAAL