



Discover the art of slow living! with Namrata Sheth



McLeod Ganj/Dharamshala



1st April – 5th April, 2024
(4 Nights, 5 Days)

The 6th edition fitness vacation with Namrata is about living and learning the art of slow living. In the world of multi-tasking, let's embrace the concept of slow living. Fitness vacation is an opportunity to be your authentic self with like-minded individuals. You experience all the fun of a vacation aligned with holistic health and wellness. This is the space you gift yourself with unique experience than normal vacations with friends and family. The purpose of fitness vacation is to return home with self-discovery, transformation, learning, beautiful memories, and rejuvenation.



About Namrata Sheth



Namrata is a Nutritionist, functional fitness trainer and guides in lifestyle management. She is based in Ahmedabad, Gujarat, India. She has been guiding people successfully in Nutrition, Therapy Nutrition, Sports Nutrition, designing a sustainable lifestyle and with her Scientifically designed exercise programs.

She conducts fitness vacation for everyone to experience something new apart from normal vacations. Here the vacation is with like-minded individuals who share similar values and goals. In day-to-day life, most of the time we are unable to relax, reflect, rejuvenate. She designs her vacations for physical, mental, and spiritual well-being.

About Fitness Vacation

1st April – Pick up from Dharamshala airport and drop at McLeod Ganj hotel.

Day-wise plan will be shared upon signing-up.

5th April – Checkout after breakfast and proceed for the airport.

Investment for the trip

Cost of the trip – 47,000/- (Twin sharing basis) & 60000/- (Single Occupancy)

Payment Options

1. Cheque/DD

For "Nutristudio"

2. Online Transfer/Deposit

Account Name: NUTRISTUDIO
Account Number 50200020305090
Bank Name: HDFC BANK LTD
Bank Branch: Bodakdev
IFSC Code: HDFC0000049

Inclusions

- Airport pick-up and drop in Innova or similar (5 passengers)
- Deluxe Room at Lemon Tree McLeod Ganj (On twin sharing) or Single Occupancy - 2 nights
- Luxury Camp Stay (on twin sharing basis) or single occupancy – 2 nights (Swiss cottage tents)
- All meals – Breakfast, Lunch, Dinner (as mentioned in the day-wise plan)
- Internal transport whenever required.
- All adventure activities planned for the fitness vacation.
- All workout and relaxation sessions

Exclusions

- Any personal expense- laundry expense, Telephone expense, Shopping, or any meals not mentioned in the trip cost, Beverages.
- Air tickets
- Anything which is not a part of the trip cost.
- Also excluded cost arising due to Bad weather, personal illness
- Any travel Insurance
- Personal Tips to locals

Contact Details

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