



THREE DEGREES EAST

From India, with love



The Shakti Reset

A transformative retreat for people seeking
balance, energy, and renewal

INDIA

DHARAMSHALA

32.2190° N, 76.3234° E

(23rd June 2025 - 29th June 2025)



Why You Should Join This Retreat?

“

Holistic Well-being

Mornings of yoga, pranayama-breathwork and movement to rejuvenate your body

”

“

Authentic Himalayan Experience

Local farm-fresh vegetarian meals, village visits, and cultural immersion

”

“

Deep Inner Peace

Evenings of meditation, mantra chanting, and soulful music for emotional healing

”

“

Nature's Healing Touch

Guided walks and nature-therapy sessions with an experienced specialist

”

“

Sacred Explorations

Visit monasteries, ancient temples, and immerse in Dharamshala's spiritual heritage

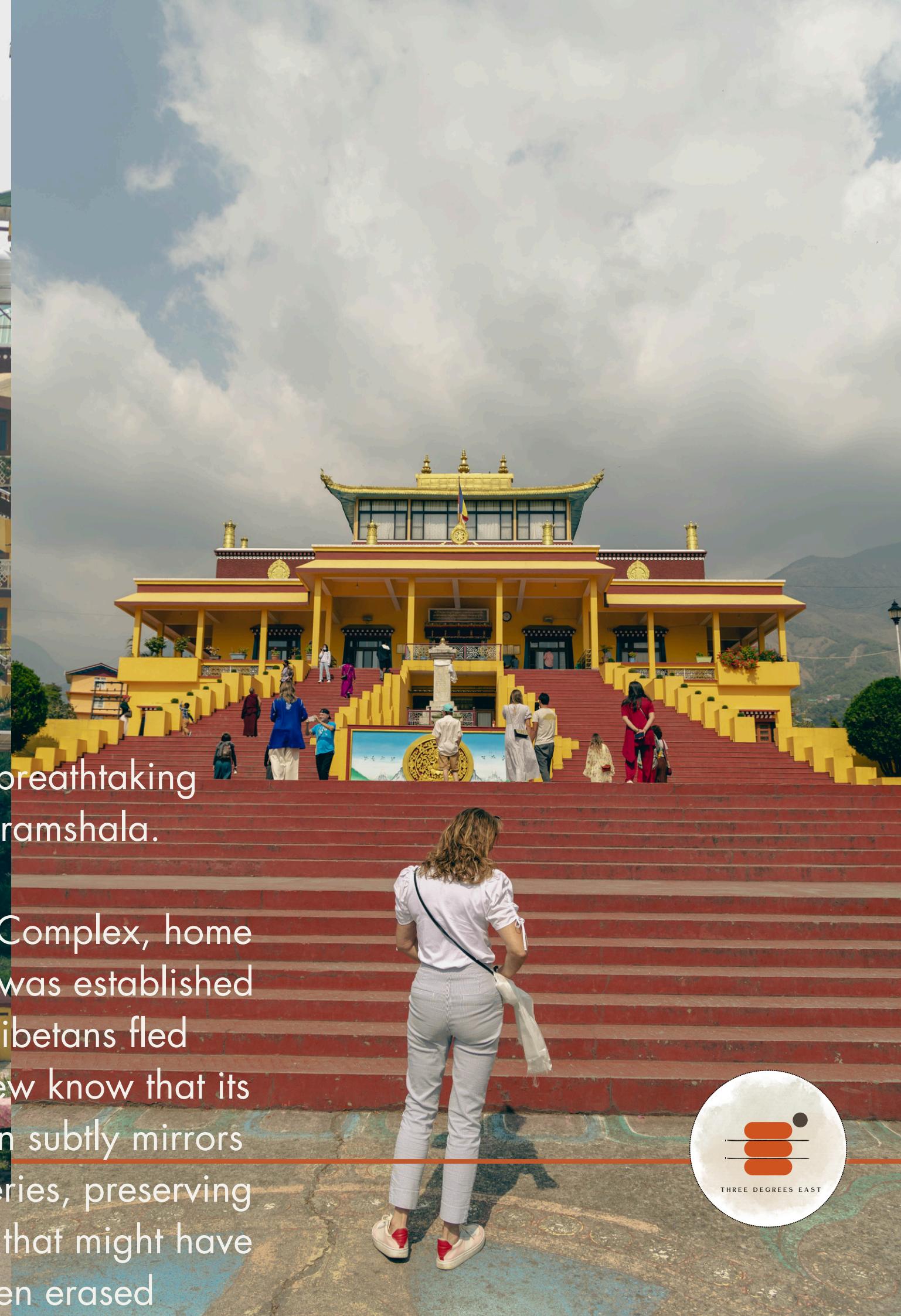
”





Experience the breathtaking beauty of Dharamshala.

The Tsuglagkhang Complex, home to the Dalai Lama, was established in 1960 after Tibetans fled Chinese rule, but few know that its architectural design subtly mirrors Tibet's lost monasteries, preserving a cultural blueprint that might have otherwise been erased



THREE DEGREES EAST

Living

Stay in cozy cottages designed for comfort and relaxation.

Choose from cottages with single or twin occupancy.

Enjoy the serene lush green surroundings, and modern amenities.





Dharamshala derives its name from the Sanskrit words “Dharma” (righteousness, duty, or religion) and “Shala” (sanctuary or dwelling). Traditionally, the term “Dharamshala” referred to rest houses built for travelers, particularly pilgrims, offering them shelter and hospitality.

A perfect space for you to rest, re-energise and find balance.



THREE DEGREES EAST

Meet your Yoga and Wellness facilitators



Pasna

Co-Founder, Nature-Based Wellness Specialist

With years of expertise in nature-based interventions for mental and physical well-being, I bring evidence-backed techniques to our guided nature walks, helping you reconnect with yourself through the healing power of nature."

Born in India and raised between India and the UK, Pasna has spent years in designing and leading successful programs for women in Scotland, focusing on healthy ageing and holistic wellness, curating and leading Happiness-Wellness retreats for them. Her approach blends ancient wisdom with modern science, ensuring that every retreat experience is deeply restorative, practical, and transformative.



Shilpa

Co-Founder, Yoga Teacher & Menopause Wellness Guide

As a yoga teacher in my 50s, I've personally navigated the shifts of menopause and experienced the profound healing that movement, breath, and nature bring. I understand what it means to seek balance, strength, and renewal."

Born and raised in India and living in the UK for nearly three decades, I deeply understand the desire for women to travel, explore, and heal. My retreats are designed to honour Western sensibilities while offering the most authentic Indian wellness experiences, combining time-honoured traditions and rituals with practical, accessible well-being practices.





Kirtan evenings, the sound of flowing river, flute recital by local artists
will help you find deeper calm and peace





PRANA



CHANT



Itinerary

Date	Day	Description
23rd June 2025	Day 1	Arrive in Dharamshala, Lama blessings, 600 yr old temple visit, Restorative yoga and introduction to sleep rituals
24th June 2025	Day 2	Inner Child Awakening, visit to monasteries, Restorative Yoga & Introduction to Abhyanga (Ayurvedic self massage)
25th June 2025	Day 3	Morning Yoga, village walk, journaling & practice to Awaken the Inner Child, kirtan evening
26th June 2025	Day 4	Nature-based-Intervention for healing, Visit to Dalai Lama Temple Complex & other spiritual buildings set amidst deodar forest, flute session, Restorative Yoga Practice
27th June 2025	Day 5	Morning Yoga, visit to Tea-Estate & ancient temples, particularly known for positive energy, Sleep Rituals & Restorative Yoga Practice
28th June 2025	Day 6	Morning Yoga, nature based intervention - journaling, reflection, journey, Visit to Dharamshala Bazaar, Kirtan evening
29th June 2025	Day 7	Morning Yoga, check out and return to Delhi



Book Now

Prices starting from **£1100 for twin sharing** (including accommodation, 3 meals per day, all entry tickets).

Inclusions - Morning Yoga, Restorative Yoga, Inner Child Awakening Practice, Lama Blessings, Meditation, Visits to Monasteries, Ancient Temples as per the itinerary, Airport Transfers from Dharamshala airport, Kirtan, Stay in Cottages, 3-Meals per day, including one special Kangri Dham Thali

Exclusions - Flights, Visa, Travel Insurance, Health Insurance

Drop a message at



+44 141 4591029;
WhatsApp - +447825840489

Email



namaste@threedegreeseast.com



Website

<https://threedegreeseast.com>

