

HIMALAYA MINDFUL LEADER

An opportunity for growth like no other.

FORWARD

Hello!

Thank you for expressing interest in our very special Mindful Leaders Himalaya retreat.

We like to think of the term 'leadership' as an idea that is relevant to everyone and not solely linked to business, work or individuals making decisions for others.

Learning ways to lead in our own lives on a daily basis means that we navigate everything in a clearer, more harmonious and functional way. This includes our work interactions, our parenting choices, our ability to establish and maintain healthy relationships in general and so much more.

This 12 day program has been carefully designed to offer you the perfect balance of practical and easy to implement theory - along with culture, adventure, stunning nature, time out - and an opportunity to grow as an individual along the way. There is enormous value for everyone who joins us on this trip.

WHO IS THIS RETREAT FOR?

THE ADVENTUROUS AND OPEN-MINDED

- CEO's
- Business owners
- Team leaders
- Company employees
- Parents wanting to explore more positive parenting strategies
- People with curiosity for personal development
- Those who like to travel and the outdoors
- Anyone looking for purpose, meaning and 'more' in life
- Everyone wanting to understand themselves and others on a deeper level

NOTE:

This program must be flexible according to the weather, local logistics and Indian bureaucracy. The flights into the mountains are quite often delayed or cancelled (we reschedule plans accordingly and all stay together). The weather while trekking can change quickly (we are equipped for all conditions). We sometimes trek and camp in snow. Our trekking itinerary is subject to last minute change and may include jeep safaris as well as the walking component. We eat only vegetarian food during this program.

If you are someone who can't be flexible to change – this is not for you.

If you are someone who can't go without your creature comforts – this is not for you.

If you are someone who prefers to play it safe and stay in your comfort zone – this is not for you.

WHAT TO EXPECT ON THE MINDFUL LEADER HIMALAYA PROGRAM.....

- Fly to Dehli International Airport and be greeted by a private transfer to your hotel.
- We spend the first couple of days in a trendy suburb of Delhi so you get to adjust into the wonderful flow of India with ease. We explore ancient sites, sample the hidden bars and restaurants reflecting modern India, take a ride in a rickshaw or two and of course begin the learning content of the program as well.
- Next, we take one of the most magnificent flights you could ever imagine, high up into the Himalayan mountains. This is a treat in itself. The sheer beauty of seeing the white peaks in the distance for the first time is overwhelmingly incredible and something you will always remember.
- We arrive in the Kullu Valley to be greeted by our Indian family and their jeeps, to take us on a scenic drive up the valley to our home-stay accommodation. This is a true blessing as this family are not just any family, they are the Holy family of the valley. Their house also happens to be the Krishna Temple which people visit from far and wide to be blessed. This will be your home too.

- Our days here start with morning meditation, stretching and gentle Pilates. We have certain hours in both the morning and the afternoon dedicated to learning program content, then plenty of free time to relax, read, stare at the mountains in awe from your sunny balcony, or walk through the forest down to the village below for a little exploration (and maybe a cheeky beer at the end of the day!)
- Then we walk for 7 days. Not in a busy trekking circuit with hordes of other people, but through remote, tiny villages where tourists are unseen. This is a very special privilege. Trekking with the local Holy man gives us a helping hand and we get to walk through villages that have their own 'caste' of people, some of who have never even seen a foreigner! It's a beautiful crossing of cultures and spectacular to witness with your own eyes.
- Our aim is not to 'conquer the mountain' but just to 'walk'. We walk slowly, even though we reach around 5000 metres. We walk as a group and let the learnings from the program filter through our bodies and into our being. We walk through forests and snow-capped peaks, cross rivers, traverse hills and high altitude fields: finding presence in each step we take to soak in the beauty and expanse of nature around us. It's breathtaking.
- While we trek, we are camping in the most stunning spots you can imagine. Horses carry our gear each day from campsite to campsite and you only carry a daypack with water, snacks and a weatherproof jacket. Our team of professional guides and cooks are there to help us set up camp, keep us full of warm tea and feed us wholesome meals. Each campsite has running water from a stream or river for washing, albeit a little chilly!
- Upon return to our home and family at the temple (and experiencing gratitude for a hot running shower like never before!), we get to rest, debrief and enjoy some down time. Most importantly, we spend time assimilating the lessons learnt and designing the future. We form buddy relationships to hold each other accountable to the changes we want to make after our return home.
- The following day we drive in the jeeps to the next main village up the valley towards the Tibetan border. This is a great chance to do a bit of shopping and cultural mingling before the end of the program.
- On our last night we invite our trekking guides, cooks and family, for a shared dinner in a village restaurant. We come together to celebrate the adventures and journeys we've shared, the friends we have made and memories we will take with us forever.
- The next morning we head back down the valley to the airport and fly to Dehli to make our homeward connections. In the past some people have chosen to stay on in Dehli and organise their own tours of the city or surrounds (at their own cost), which is also a great opportunity to see the Taj Mahal or the Old Dehli bazaars, if that's something you'd like to do.



SOMETIMES
WHEN YOU
ARE OUT OF
FLOW, IT ONLY
TAKES A SLIGHT
DIRECTIONAL
ADJUSTMENT
FOR COURSE
CORRECTION.



This truly is such a special trip and doesn't compare to anything you could ever just book from a travel consultant. We have been part of this family for 20 years, so the connection is deep and the rapport is strong. The combination of this relationship with the specifically designed learning content and incredible surroundings, offers an opportunity for growth like no other.

WHAT'S INCLUDED

- Hotel transfer from Dehli airport to your hotel (unless you choose to arrive earlier than the start date of the program for personal sight-seeing).
- 2 nights accommodation in Dehli
- All meals in Dehli
- Internal flights from Dehli to Kullu return
- All accommodation and transfers from arrival until departure in Kullu
- All meals at the temple and while trekking
- Camping gear (tents, mats, sleeping bags, walking poles etc)
- Our profound leadership and personal development program

WHAT'S NOT INCLUDED?

- Any extra sight-seeing organised outside of the program
- Gift shopping or personal purchases
- Meals in restaurants outside of the program itinerary
- Personal trekking gear (clothing)
- Indian Visa's
- International flights
- Travel insurance

PRICE

The 12 day program

\$10 000 AUD*

in total, including all the above mentioned

We require a \$2000 *non-refundable deposit upon booking your place, as numbers are limited to only 12 to keep the experience rich and your value at a maximum

Once the deposit is paid, we are now offering payment plans with monthly instalments to pay off the balance. In our experience, this is the favourable option as it doesn't knock the budget out and it makes a trip like this affordable and achievable. Something you will thank yourself for.

Full payment of the program is to be completed 8 weeks prior to departure date, unless you're on an agreed upon payment plan.



**MEDITATION
IS SIMPLY THE
PRACTISE OF
PAUSING TO
NOTICE.**



TESTIMONIALS

Here's what people have said about this incredible experience in the past.....

"The stillness that's present up here in the mountains is one of the most incredible gifts of this trip. Removing yourself from the real world for a period of time, to really come into yourself and shine a light internally has been absolutely profound"

"I now know how to be a better version of myself"

"I have learnt so many great tools to take home and implement into my family and work life straight away"

"If anyone has an opportunity like this to be in these mountains, they have to take it!"

"Pappu and Bebi are such beautiful people - certainly, without integrating into their family, this experience wouldn't be what it is. They are such a wholesome, lovely and caring Indian family which really set us up for an amazing couple of weeks"

"The content provided so many takeaways that anyone can implement into their life, giving them understanding and awareness for a calmer, happier existence"

"It's hard to put into words how amazing these mountains are. Nothing compares to the sheer size and impact that the Himalayas have on you. They are incredible and everyone should experience them"

"Bebi's food was delicious! I'm going to miss that little pink dining room and the laughs we all had in it"

"The trekking is a journey not only in a physical sense, but also in a development sense, a thinking sense and an emotional sense- every day brings something more and allows you to dig a little deeper and find new learnings and insights - in every area of your life"

"I felt so safe and supported every step of the way. Jem knows India well and even speaks some Hindi, so it felt good right from the start"

"Experiencing the Krishna Temple as part of the family and not just some tourist visiting was a privilege indeed"

"I had put off coming on this trip for more than a year and found every excuse not to commit to it, even though India had been calling me. I knew I had to get out of my own way and just go, so I did. I'm incredibly grateful now I gave myself that gift. I have learned so much about myself and the people I care about and I can't wait to get home and share it"

CONTACT US

If you feel like this trip could be for you or someone you know, and you'd like to chat to someone about it more, here's how you can contact us:

Phone: 0412 484 448

Email: hello@jemfuller.com

*Your deposit is used to purchase a non-refundable domestic flight within India and also to secure hotel rooms and transfers. These providers do not guarantee refunds. If the program is cancelled due to lack of minimum required numbers, we will transfer your deposit to an alternative program or refund your deposit in full.