



A TRANSFORMATIVE RETREAT BY
KOT KAILASH KUMAON
& AIKYAM RETREATS

VIRĀM

(VIH-RAA-M)

DATES: **AUGUST 14 – 17, 2025**

LOCATION: **KOT KAILASH KUMAON**
SHAUKIYATHAL, DISTT ALMORA

CURATED BY

KOT
KAILASH
KUMAON

वैक्यम्

The powerful experience
to pause. reflect. transform.

V I R Ā M

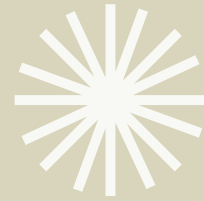
K A I L A S H
K U M A R O N

वैर्याम

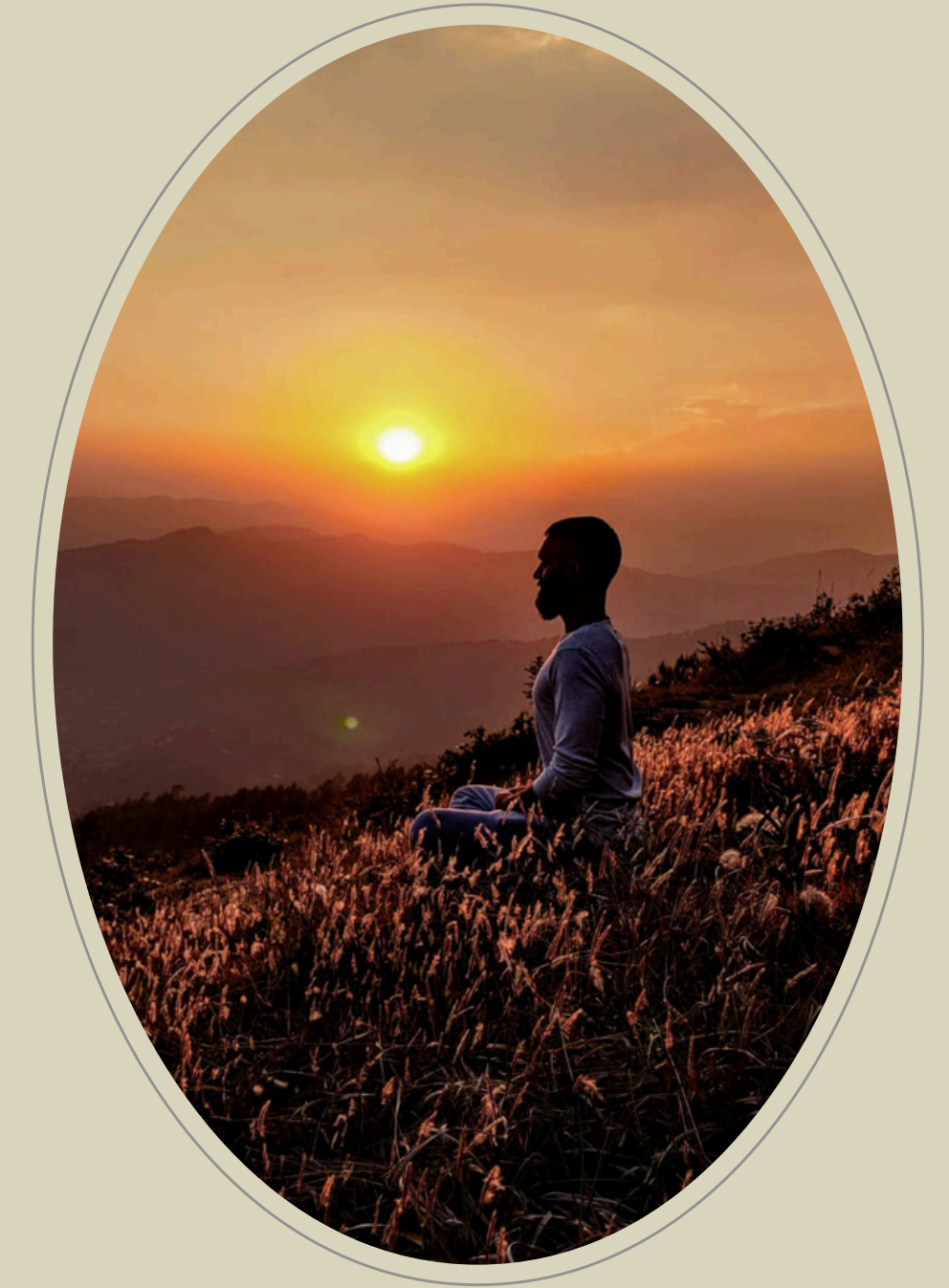
VIRĀM IS

A Return to Self

VIRĀM is truly an experiential retreat.



- A call to the ones feeling fragmented, burnt out, or overwhelmed.
- Viram means pause – not as an escape, but as a return to your breath, your truth, your center.
- In a world of constant doing, VIRĀM invites you to Just Be.



V I R Ā M

K A I L A S H
K U M A R O N

वैर्याम

Meet your *Hosts*

Guramrita Oberoi

An ICF-certified coach and transformational facilitator with over 21 years of practice, she is recognized for her depth, clarity, and grounded presence. Her methodology blends science-backed tools—such as NLP, Positive Psychology, mindfulness, breathwork, and evidence-based wellbeing practices—with timeless healing traditions. Trained across diverse spiritual lineages, her work is a confluence of wisdom—where science meets soul, and growth is anchored in embodied awareness.



V I R Ā M

Pushkar Singh Negi

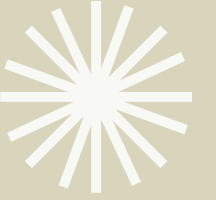
Founder, Kot Kailash Kumaon | Retreat Co-Host

A Kumaoni native, Pushkar brings over a decade of luxury hospitality expertise to Kot Kailash. He ran The Kumaon in Almora, worked at The Manor New Delhi and consulted for many greenfield resort projects. Deeply rooted in local culture and ecology, Pushkar curates soulful experiences intuitively that connects explorers and travellers with the land, its people, and the slow rhythms of Kumaoni life.



K A I L A S H
K U M A O N

वैर्याम



The Daily *Flow*

14 Aug | 3pm onwards: Arrival and Settling in
Sensitization of our philosophy & retreat flow, Intention
Setting & Blindfold Conversations and Integration Time.

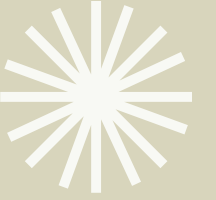
15 Aug: Releasing and Making Space – Emptying Out
Morning Movement & Breathwork, Shunyata Circle, Forest
Bathing Walk to Vridh Jageshwar, Silent Lunch, Integration
& Rest, Talk on nervous system, Fire Ritual, Yoga Nidra or
Night Satsang



V I R Ā M

K A I L A S H
K U M A R O N

वैद्यम्



The Daily Flow

16 Aug: Connection, Intuition & Embodiment

Somatic yoga experience, visit to The Jageshwar Dham, Rest and Reflection, Mandala and Cacao ceremony.

17 Aug: Integration and Return | Depart by 12 noon

Rhythm inspired Morning Movement, Closing Circle and Gratitude Ritual.

V I R Ā M

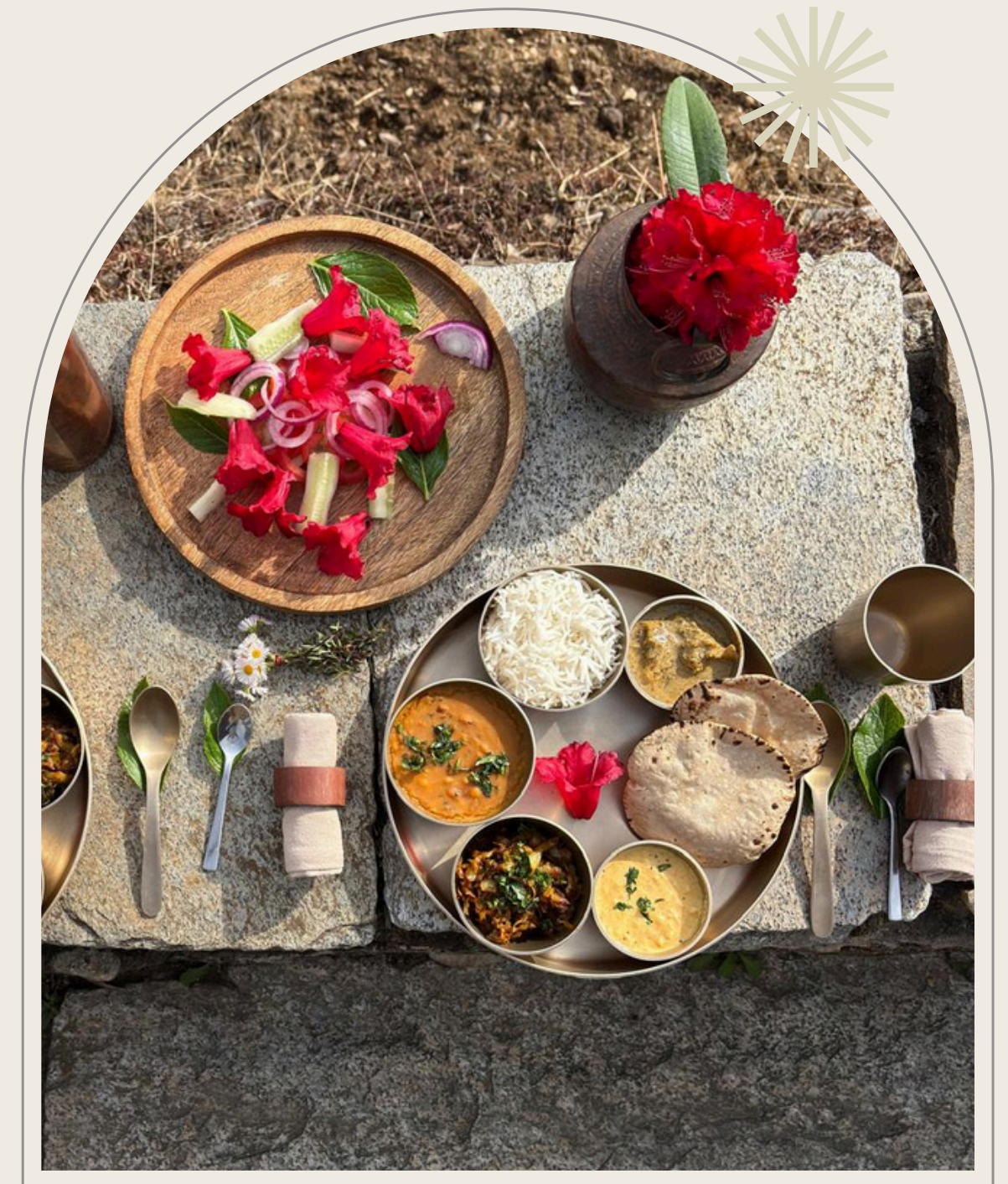
K A I L A S H
K U M A R O N

वैर्याम

THE FOOD EXPERIENCE

- 01 Locally sourced, seasonal, vegetarian meals
- 02 Traditional Kumaoni healthy recipes
- 03 Menus are designed for digestion and nourishment.

V I R Ā M



K T
K A I L A S H
K U M A O N

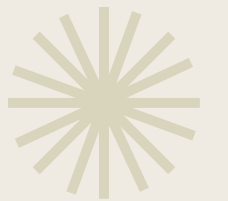
वैद्यम्



What you'll carry home

Take the Stillness With You

- Nervous system tools for daily calm.
- Rekindled intuition
- Embodied presence for life and leadership
- A quiet shift in how you move through the world



V I R Ā M

K A I L A S H
K U M A R O N

वैर्याम



Key Insights

VIRĀM

- Retreat Dates: August 14 - 17, 2025
- Venue: Kot Kailash Kumaon, Shaukiyathal, Almora

Retreat Cost: All inclusive

- Single occupancy: INR 49,999/-
- Twin Sharing: INR 44,999/- = (per guest)



V I R Ā M

K A I L A S H
K U M A O N

वैर्याम

Retreat Cost Inclusions

3 Nights / 4 Days Stay

In beautifully appointed Suites at Kot Kailash Kumaon—overlooking acres of forest cover; where every detail invites stillness and comfort amidst the serenity of Shaukiyathal, the quiet village of Almora; well connected by road,

All Meals – Nourishing & Wholesome

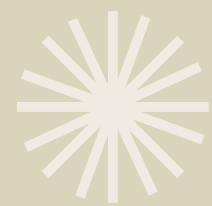
Savor delicious, vegetarian, whole-food cuisine, lovingly prepared using organic, locally sourced ingredients.

Midday Snacks & Evening Teas

Enjoy soul-soothing teas and nourishing bites between meals to keep you grounded and energized.

Guided Meditations & Self-Exploratory Sessions

Daily inner work practices that help you pause, reflect, and reconnect—with presence and clarity.

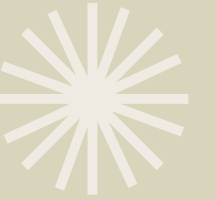


V I R Ā M

K O T
K A I L A S H
K U M A O N

वैर्याम

Retreat Cost Inclusions



Morning Movement & Breathwork Rituals

Begin each day with mindful movement and breathwork designed to gently activate and align your body and mind.

Local Cultural & Nature Experiences

Curated immersions into Kumaoni life, from forest walks, a visit to Jageshwar Dham; guided by those who know it best.

Professionally Edited Retreat Photographs

Receive a selection of professionally captured and edited photos—sent to you post-retreat as a keepsake of your time in retreat.

What's Not Included

To keep things transparent, here's what's not part of the retreat:

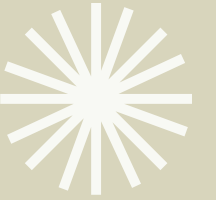
- Travel to and from the retreat (arrival & departure transfers)
- In-room dining, personal tips, and any additional food/beverage orders beyond the retreat offerings.

V I R Ā M

K A I L A S H
K U M A R O N

वैर्याम

FAQ



How do I sign up?

Secure your spot with 100% advance payment. We keep the group small and curated, so early confirmation is essential.

Our banking details are: KOT KAILASH VENTURES LLP

Account number: 091205002015 | IFSC: ICIC0000912 | UPI: kotkailash@icici

What's the cancellation policy?

Cancellations up to 15 days before the retreat are eligible for a 25% refund. After that, due to limited capacity, charges are non-refundable.

Where is the retreat located?

Kot Kailash Kumaon sits in Shaukiyathal, near Vridh Jageshwar, surrounded by forest silence and Himalayan stillness.

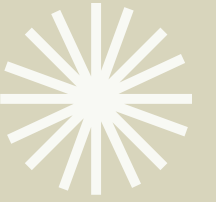
Search on Google Maps: [Kot Kailash Retreat](#)

V I R Ā M

K A I L A S H
K U M A O N

वैर्याम

FAQ



Getting Here – Your Journey to Pause

Nearest Railway Station: Kathgodam (125 km) – approx. 4-hour scenic drive

Nearest Airports: Pantnagar (150 km) – 5 hours by road & Bareilly (220 km) – 6 hours by road

By Road:

From Delhi NCR: Approx. 400 km / 9 hours drive through changing landscapes and beautiful hill roads.

Need a Reliable Cab to Kot Kailash Kumaon?

We work with trusted, reliable & safe local cab providers familiar with the terrain and route to Kot Kailash.

You can either: Reach out to them directly (contacts shared upon booking)

Or let us coordinate your pickup for a seamless journey. From railway station or airport to mountain top, we've got you covered.

V I R Ā M

K A I L A S H
K U M A R O N
K O T

वैर्याम

Why Invest in a Retreat With Us?

Kot Kailash Kumaon x Aikyam joins together for our first collaborative retreat; Virām – it is where the vision of Kot Kailash meets the soulful offerings of Aikyam.

Why this collaboration matters?

Aikyam & Kot Kailash share common ethos – intentionality, community, and sacred space. Together, we are co-creating a container for immersive experiences that are not just felt, but remembered.

Virām is a sanskrit word, means ‘to pause’.

This is not an escape. It’s a conscious slowing down.

V I R Ā M

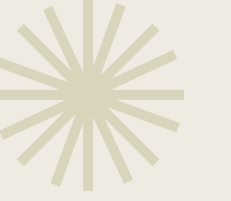


K O T
K A I L A S H
K U M A O N

अैक्यम



ARE YOU READY FOR VIRĀM



Come back to your breath.
Your rhythm.
Your truth.

Join us at Virām | August 14 – August 17, 2025

Limited Spots. Registrations now open.

WhatsApp: +91 98901 76014, +91 96502 64905

Email: info@kotkailash.com | Instagram: [kot.kailash](https://www.instagram.com/kot.kailash)

WWW.KOTKAILASH.COM

V I R Ā M

K A I L A S H
K U M A R O N

वैर्याम