

Yoshuku 予祝

The Art of Arrival

A RETREAT IN THE MOUNTAINS WITH
PADMAJAA IYER

EMERALD TRAIL, BHIMTAL
UTTARAKHAND, INDIA.

WHAT IS YOSHUKU?

The Japanese concept of **Yoshuku** is described as the subtle, profound art of living as though your prayers have already been answered.

What if the future you desire is not a place you are going to, but a place you come from?

We often wait for life to change before we celebrate. We wait for the outcome to feel the joy. But the mountains teach us a different rhythm.

You are invited to Bhimtal for a unique immersive experience rooted in the Japanese concept of Yoshuku—the subtle, profound art of living as though your prayers have already been answered.

This is not just a retreat; it is a practice in "pre-celebration," a space to design your 2026 not from a place of lacking, but from a vantage point of fulfillment.



THE SANCTUARY



Our home for these four days is Emerald Trail, a hidden gem perched 4,500 feet above sea level in the quiet hamlet of Jungaliagaon.

Far removed from the tourist trails, this eco-friendly boutique stay is cradled by dense oak and pine forests on one side and a sweeping valley on the other. It is a place of old-world colonial charm, where stone-walled cottages and fruit orchards invite you to slow down.

Here, the only playlists are the songs of Himalayan birds and the rustle of the wind through the trees. It is the perfect container for our work: grounded, wild, and deeply silent.



THE EXPERIENCE

BREATH & FOCUS

Ancient techniques to quiet the noise and sharpen the mind.

THE MIRROR OF NATURE

Journaling and contemplation amidst the cedar and pine

COGNITIVE PLAY

Activities designed to stimulate perspective and rewire how you view your year ahead

COMMUNITY & SOLITUDE

The balance of sharing space with kindred spirits and finding profound silence within yourself

CHOOSE YOUR JOURNEY

Option 1

The Shivratri Awakening

 February 12th – 16th,
2026

Immerse yourself in the
potent energy of
Mahashivratri.

Use the vibration of this
special time to destroy old
illusions and create new
paths.



Option 2

The Spring Perspective

 March 26th – 30th,
2026

As the seasons change, so
do we.

Focus on clarity, design,
and stepping into the rest
of the year with a
refreshed, expansive
vision.



SACRED EXCURSIONS (OPTIONAL)

During both retreats, we will arrange visits to the sacred Kainchi Dham and the ancient temples of Jageshwar.

Note:

These journeys are invitations, not obligations. You are completely welcome to join the pilgrimage or simply stay back to soak in the stillness of the estate.



PROGRAMME FEE

The practices and experiences in the retreat are offered in the spirit of trust and freedom. The guidance, the practices, and the holding of space are offered to you as a gift. **There is no fixed fee** for the retreat itself over the course of the duration of these dates.

You are welcome to offer a contribution (Dakshina) at the end, purely as your heart desires and means allow. Participants are only responsible for their personal travel expenses and the very affordable cost of accommodation and meals that are mentioned below.

Package Details & Inclusions

Inclusions: Stay, all meals (Breakfast, Lunch, Dinner), and taxi to Kainchi Dham & Jageshwar on the final day

Meals: Wholesome vegetarian spread
Breakfast: Main dish, toast, fruit, tea/coffee
Lunch/Dinner: Roti, dal, two vegetables, salad, curd

***Note:** *Special dietary requests require advance notice. Snacks /extras charged on actuals*

Essentials: Bath towels provided. Please carry your own toiletries

Service: Housekeeping service every alternate day

Tax: 5% GST applicable over and above the package cost.

	Per day / guest stay+3 meals	Taxi for trip to Kainchi & Jaageshwar	Total per person package cost in INR(5% gst extra)
Single Occupancy	INR 6000	INR 1400	INR 25,400
Double Occupancy	INR 3450	INR 1400	INR 15,200
Triple Occupancy	INR 3200	INR 1400	INR 14,200

LOCATION AND GUIDANCE

Getting There

Nearest Airports:

Pantnagar (PGH) and Bareilly (BEK).

Taxi charges to the venue from Bareilly is around INR 5500, and from Pantnagar is INR 4500.

Nearest Railway Station:

Kathgodam. The taxi will charge you around INR 2000 to take you to the venue.

By Road:

A scenic drive from Delhi or nearby cities takes you up into the Kumaon hills, leaving the noise of the plains behind as you ascend toward Bhimtal.



Google Maps Link

📍 Emerald Trail: <https://www.emeraldtrail.in/>

ABOUT THE FACILITATOR

PADMAJAA IYER



Padmajaa's wisdom is born from lived experience. Following a life-altering health challenge in 1998, she turned inward, uncovering the profound connection between mind, body, and spirit. That journey became the catalyst for her life's work: guiding others to move beyond survival and truly thrive.

Bridging the worlds of high-impact corporate leadership and holistic well-being, Padmajaa works with a diverse spectrum of individuals—from CEOs in boardrooms to children in community centers. She champions the art of conscious living, empowering people to navigate life with compassion, take radical responsibility for their joy, and design meaningful futures.

**Are you ready to arrive?
Come with an open mind. Come with a playful heart.
Come to unwind, to meet yourself, and to touch the sky.**

**Get in touch with the team at :
WhatsApp: +917899103548**