



HEALING HEART
TRAVELS
PRESENTS

In Association with



GivBU
GIVE & BE YOU
Come as you are, leave lighter.

Peace & Joy

RETREAT

A 5-DAY JOURNEY OF
MUSIC, NATURE, LISTENING & COMMUNITY

ZIRO VALLEY, ARUNACHAL PRADESH

During the Ziro Festival of Music



24TH – 28TH SEPTEMBER, 2026

4 NIGHTS ACCOMMODATION

*A space to reconnect with yourself,
each other and the living world.*

*Slow down.
Listen deeply.
Live lightly.*



MUSIC & SACRED SOUND

Live music, sacred chants, vocal yoga, nada yoga, sound journeys & more



NATURE IMMERSION

Forest walks, scenic viewpoints, rivers, sunrise moments & ecological listening



CULTURE & CONNECTION

Meaningful Apatani culture experiences, local traditions, stories, crafts & shared meals



CONTEMPLATIVE PRACTICES

Meditation, tea rituals, yoga nidra, journaling, deep listening & mindful movement



VEGAN LIVING

Delicious vegan food, local ingredients & seasonal goodness



EVENINGS TOGETHER

Campfire circles, storytelling, acoustic music, connection & celebration



TEA & RITUALS

Local teas, mindful pauses, gentle rituals that nourish and ground

WHAT TO EXPECT

- ☞ Guided sound & nature experiences
- ☞ Creative expression & art of attention
- ☞ Tea appreciation & mindful moments
- ☞ Reflective writing & journaling
- ☞ Meaningful Apatani culture experiences
- ☞ Time for rest, reading & yourself
- ☞ Tree planting ritual & gratitude circle
- ☞ Take home reflections for daily life

INCLUDES

- ♥ 4 Nights Accommodation
- ♥ All Vegan Meals & Tea
- ♥ Retreat Companion Kit
- ♥ Vegan Recipe Book
- ♥ Local Experiences & All Activities
- ♥ Festival Access



*Immerse in the magic of the
Ziro Festival of Music, where cultures
meet, stories are shared and hearts unite.*

EXPERIENCE THE BEAUTY OF ZIRO VALLEY



ZIRO FESTIVAL
OF MUSIC



APATANI CULTURE
EXPERIENCES



SCENIC
VIEWPOINTS



HONG, HARI
& HIJA VILLAGES



KARDO SHIVA
LINGAM



KILE PAKHO
RIDGE



LOCAL MARKETS
& CAFE HOPS



FOREST WALKS
& NATURE TIME

TRAVEL CONSCIOUSLY ♥ LISTEN DEEPLY ♥ WALK GENTLY ♥ BELONG FULLY