

CLIMB  
YOUR  
MOUNTAIN

SELF  
MASTERY

# INDIAN HIMALAYAS

Master *your* Mountain

WALK THE MOUNTAINS. ————— REGULATE THE NERVOUS SYSTEM. ————— EMBRACE THE CULTURE.

May 23 - 29, 2026



## KATE FUENMAYOR

Founder of Self Mastery Outdoors

Kate is a certified Health Coach, Fitness trainer, and Yoga Teacher dedicated to inspiring a holistic approach to well-being. With a deep passion for movement, mindfulness, and the healing power of nature, she promotes a lifestyle that nurtures physical vitality, mental clarity, and emotional resilience. Through her diverse background and full-spectrum approach to wellness, Kate creates experiences that invite people to reconnect with their bodies, their purpose, and each other – investing their time, energy, and weekends in ways that enrich their lives and open new paths for personal growth.



## LULUA FAIZULLABHOY

Founder of Climb Your Mountain

For over 15 years, I've been climbing high altitude mountains around the world. The mountains have been my greatest teacher – shaping resilience, humility, and strength. Last few years, I've been guiding expeditions in Indian Himalayas and Africa.

I'm passionate about taking people outdoors, helping them break through physical and mental barriers, and rediscover what they're truly capable of – because it's never just about reaching the summit, it's about the person you become on the journey up the mountain.

A scenic mountain landscape featuring a deep valley with dense green and yellow foliage. In the foreground, a hillside with sparse vegetation and a few small buildings with blue roofs is visible. The sky is a soft, hazy orange, suggesting a sunrise or sunset. The overall atmosphere is serene and majestic.

THE JOURNEY OF A THOUSAND  
MILES BEGINS WITH A SINGLE STEP.

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*UNKNOWN*

# AT A GLANCE

## DURATION

7 Days / 6 Nights

## TRIP TYPE

Trek + Yoga + Cultural

## FITNESS

Moderate

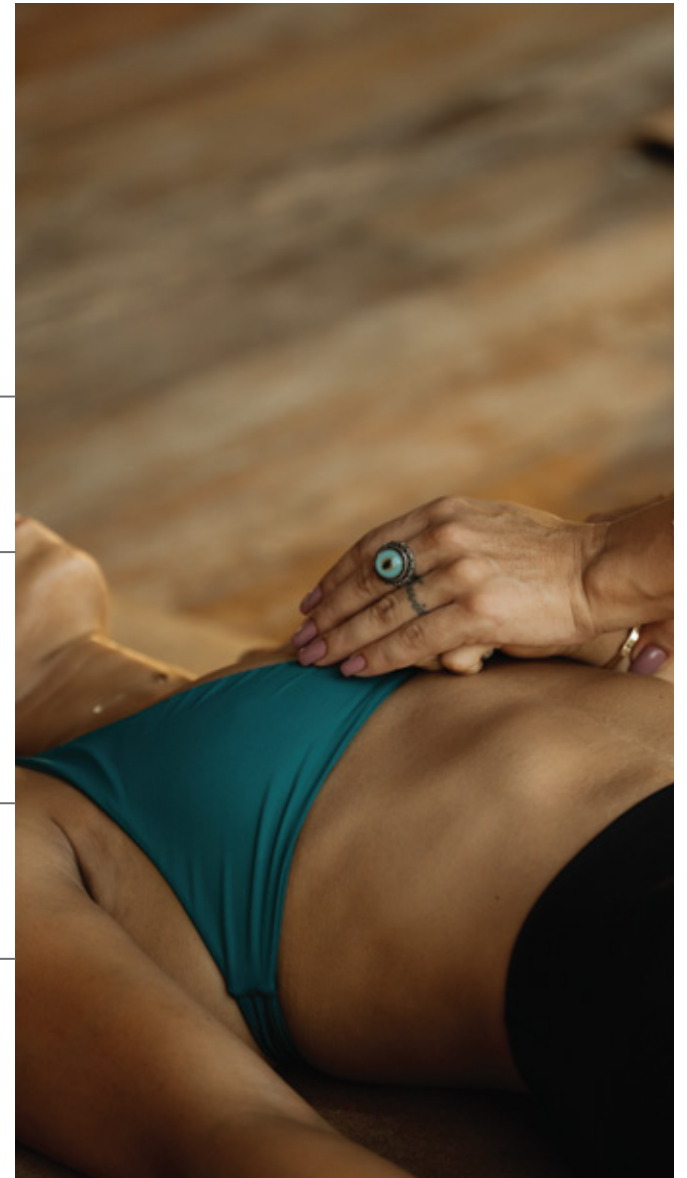
The gradient of the trek is moderate.  
This trek has elevation gain and downhill.

## ACCOMODATION

Hotel + Camp

## EXPECTED WEATHER

Minimum day temperatures 12-14 C  
Minimum night temperatures 0 C  
No Rain / Snow



NO PRESSURE. NO PRETENDING. JUST SPACE TO BE.  
BREATHE, LAUGH, CRY, WALK. TOGETHER.



# ABOUT THE AREA

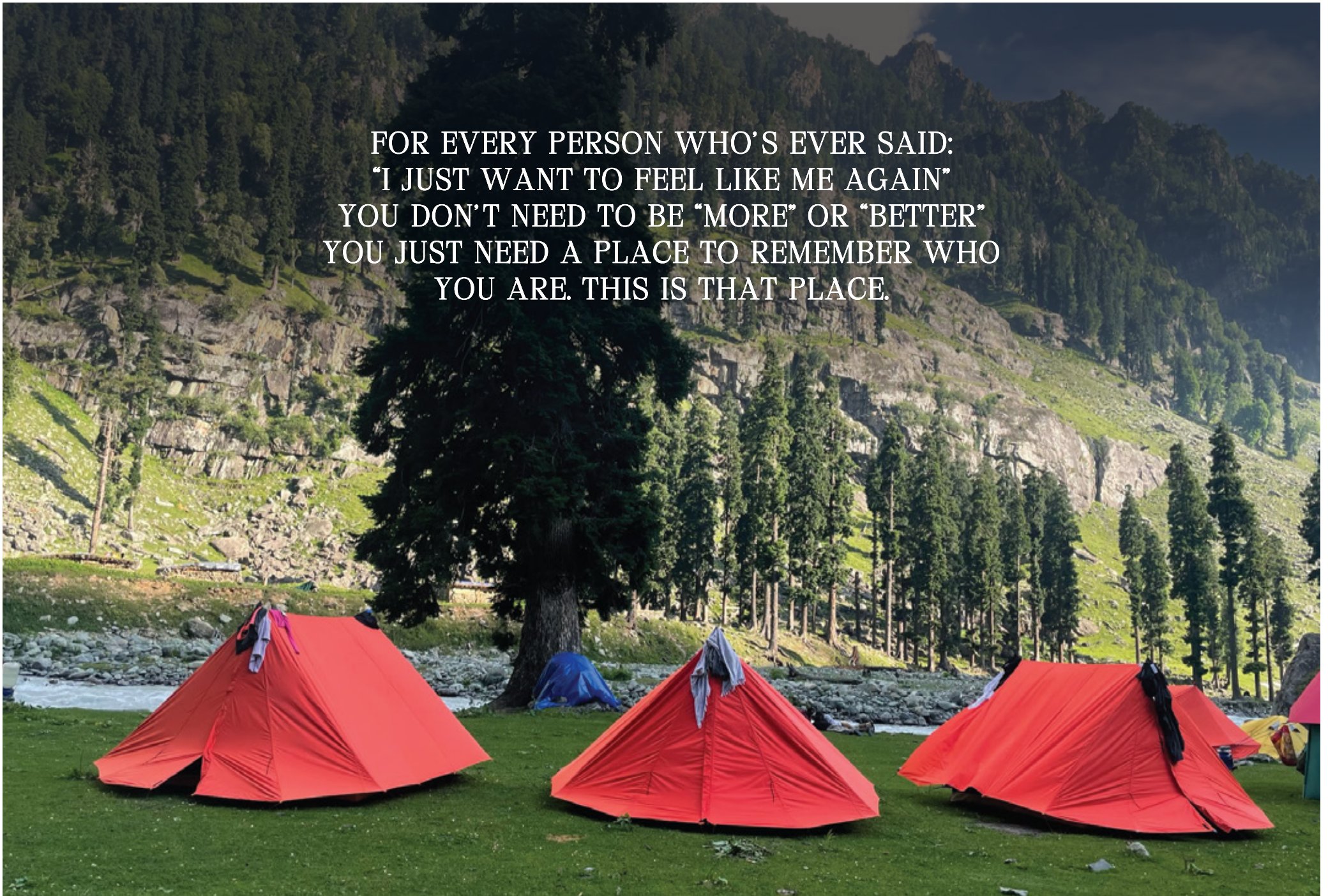
The Dayara Bugyal trek is often celebrated as one of the most scenic beginner-friendly treks in India. The vast rolling meadows here are said to rival the beauty of the famous Bedni Bugyal and Ali Bugyal, offering breathtaking panoramas of the Himalayan ranges. Adding to its charm is the rich cultural essence of the region, where local shepherds still bring their herds to graze on these high-altitude pastures, keeping alive traditions that have flourished for centuries.

Located in the Uttarkashi district of Uttarakhand, Dayara Bugyal is one of the most beautiful alpine meadows in India. "Bugyal" in the local Garhwali language means high-altitude pasture land. The trek opens up to sweeping meadows, dense forests, and Himalayan peaks like Bandarpunch, Srikanth, Draupadi ka Danda, and Gangotri range.

The lower stretches are draped in dense oak, rhododendron, and maple forests, where you may spot vivid wildflowers, mosses, and ferns carpeting the forest floor. As you climb higher, the forests open up into vast alpine meadows that bloom with seasonal flowers and grasses. The meadows are also frequented by local shepherds' flocks of sheep and goats



FOR EVERY PERSON WHO'S EVER SAID:  
"I JUST WANT TO FEEL LIKE ME AGAIN"  
YOU DON'T NEED TO BE "MORE" OR "BETTER"  
YOU JUST NEED A PLACE TO REMEMBER WHO  
YOU ARE. THIS IS THAT PLACE.



# HIMALAYAN RETREAT

This document outlines the structured architecture of the Himalayas retreat By Climb your Mountain integrated under the Self Mastery Outdoors ecosystem. It is designed as a multidimensional recalibration journey, not a vacation. We don't escape life. We prepare for it. Why multidimensional, because this retreat does not work on just one layer of a person. It activates several human systems at once.



## WHY THIS RETREAT IS MULTIDIMENSIONAL

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- **PHYSICAL DIMENSION**  
Trek. Altitude. Functional strength. The body is challenged in real terrain. Endurance and resilience are built, not imagined.
- **NERVOUS SYSTEM DIMENSION**  
Pranayama. Silence. Meditation  
This is performance physiology – not just relaxation.
- **MENTAL DIMENSION**  
Silent walks. Structured journaling. Integration blueprint.  
Clarity is trained. Identity is examined consciously.
- **EMOTIONAL DIMENSION**  
Tribal fire circle. Shaking therapy. Painting. Stored tension is released. Vulnerability happens in containment, not chaos.
- **SOCIAL / RELATIONAL DIMENSION**  
Silent walks. Structured journaling. Integration blueprint.  
Clarity is trained. Identity is examined consciously.
- **ENVIRONMENTAL DIMENSION**  
Mountains. Forest immersion. Cultural exposure.  
The external environment shifts perspective. Nature recalibrates scale.

AS PART OF THIS RETREAT, YOU'LL RECEIVE AN EXCLUSIVE  
SELF MASTERY ACTIVEWEAR PIECE, CREATED TO SUPPORT  
YOUR PRACTICE AMIDST THE HIMALAYAS.



# A STRATEGIC FUSION OF SELF MASTERY OUTDOOR & CLIMB YOUR MOUNTAIN



This retreat marks the convergence of two aligned communities built on one principle:

Growth is earned.

Self Mastery Outdoors trains inner alignment through movement, breath, discipline, and personal summits/

Climb Your Mountain stands for courage, the willingness to face elevation, resistance.

**BOTH COMMUNITIES BELIEVE  
GROWTH IS NOT THEORETICAL  
IT IS TESTED IN REAL TERRAIN,  
WHERE OUTDOOR LIVING  
SHARPENS RESILIENCE  
AND EXPANDS LIFE PERSPECTIVE.**

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We don't escape life. We prepare for it.

## DAY -1

# ARRIVAL

Drive from Dehradun to Kanataal. (Time - 2.5 hours)

**Overnight:** Stay overnight in a hotel

**Breath reset** (foundational pranayama)

**Quiet Opening circle: Pillar 1 Journaling**

- What drains me?
- What fuels me?
- What are you tired of carrying?

*Objective: Earn clarity, setting intentions*



## DAY -2

# REGULATION: MASTER YOUR STATE

Drive from Kanataal to Barsu. 4 hours

**Trek:** from Barsu to Barnala (2925 m).

**Distance:** 5 kms. Time: 4 hrs

**Overnight:** Stay overnight in camps.

- First 45 minutes of trek in silence Atop the mountains:
- Pranayama mechanics session (practice)
- Hatha Yoga
- Structured Journaling
- Pillar 2: Identity (Who am I becoming? (Who am I no longer?))

*Objective: Self Awarene*



## DAY - 3

# INTEGRATION

Trek from **Barnala** to **Dayara Bugyal** (3440 m).

**Distance:** 4 kms. **Time:** 4 hrs

**Overnight:** Stay overnight in camps

- Painting practice - externalizing internal state
- Shaking therapy session
- Bonfire
- Creative release night (movement + music + expression)
- Journaling



## DAY - 4

# SUMMIT DAY: CLARITY

Trek from **Dayara Bugyal** to **Dayara summit** (3807 m) and return back

**Distance:** 8 kms. **Time:** 6 hrs

- Walk trail
- Stillness practice at summit
- Restorative yoga session
- Structured Journaling



## DAY -5

# RELEASE & RECLAIM

Trek from Dayara Bugyal to Barsu (2300 m)

Distance: 9 kms. Time: 4 hrs

- Nature immersion (solo forest sit)
- Creative Release Night ( Bonfire + music +)
- An intentional closing ritual around the fire.
- Each woman writes down what she is no longer carrying, old identities, patterns, fears, expectations.
- Objective: The Question is simple, who are you not bringing back home, what is the version of you that you re leaving behind.
- Drive from Barsu to Landour. Time - 5 hours  
Overnight: Stay overnight in a cozy property  
Our vehicle will be waiting for us at Barsu to take us back to our home stay.



## DAY -6

# STRUCTURE FOR RETURN

## Exploring Landour / Mussoorie

- Extended pranayama + Yoga + Meditation
- Journal
- Closing commitment gathering (What I leave / What I claim)

*Objective: Ensure transferability into real life.*

## DAY -7

# RE-ENTRY WITH PERSPECTIVE

*Objective: Return expanded. Back home*

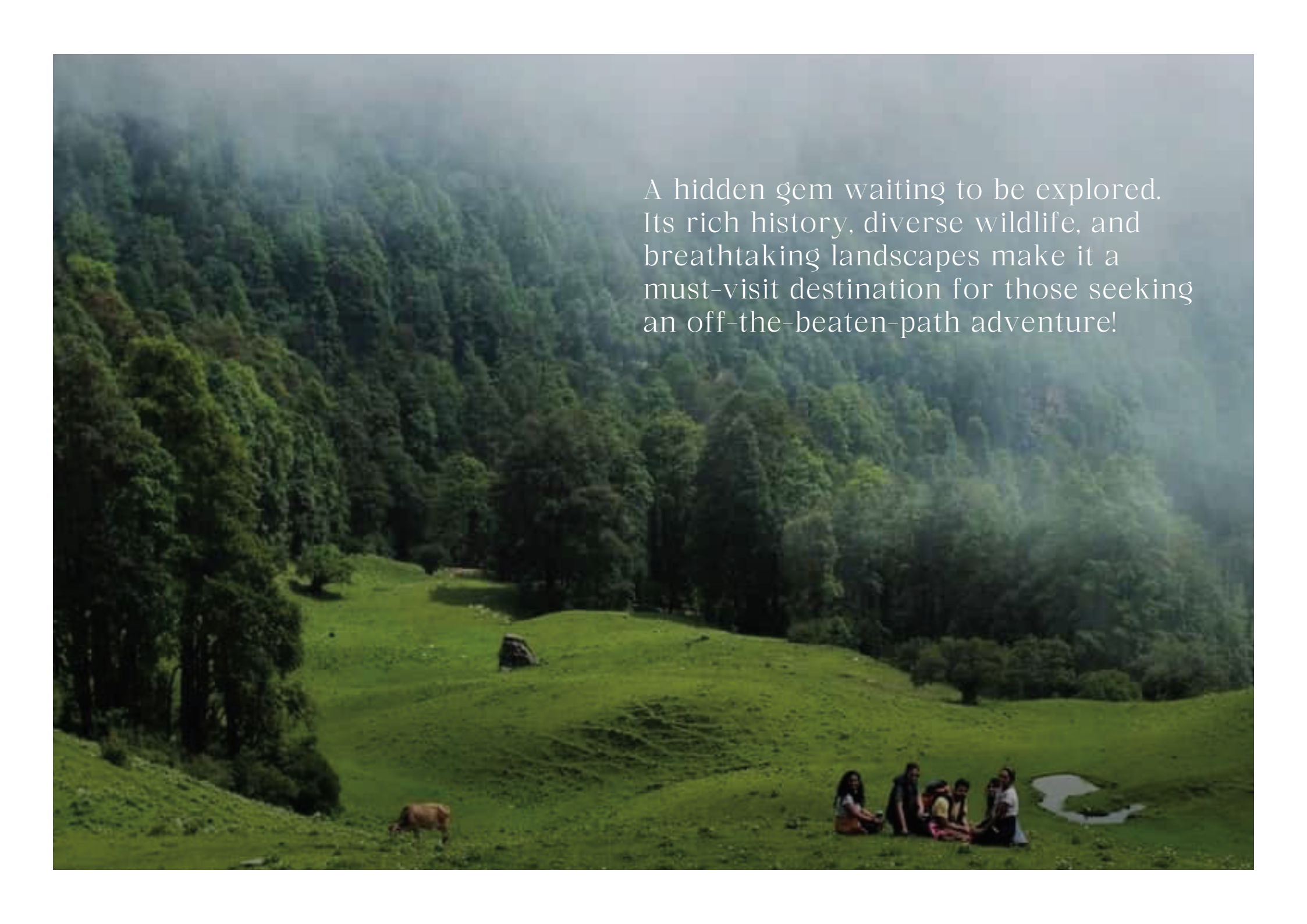
# POST TREK

- A stay in serene beautiful hill station town  
Exploring the cultural and charm of this place.
- Sisters' bazaar & landour bakehouse
- St. Paul's church, an 1840s cantonment church  
Notable for its rifle-notched pews.
- The highest vantage point in landour-lal  
Tibba-offers sweeping views of the himalayan  
Peaks on clear days.
- Doma's inn tibetan cafe
- Ruskin bond house
- Kellogg's Memorial Church and the Landour  
Language School





# A DAY IN MUSSOURI



A hidden gem waiting to be explored. Its rich history, diverse wildlife, and breathtaking landscapes make it a must-visit destination for those seeking an off-the-beaten-path adventure!

# SIMPLY BETTER

- Our trip leaders are certified Wilderness First Responders and are capable of handling medical emergencies in the wilderness.
- Our guides are trained naturalists and love sharing information about the local flora and fauna and also the culture.
- For our trek, we have new bigger tents and handpicked homestays for you with a special focus to provide you with an extremely comfortable stay and fresh food prepared by our chef.
- Before the trek, we will support you in getting ready physically for the trek and gear selection.
- Our guides are trained naturalists and love sharing information about the local flora and fauna and also the culture.
- After the trek, enjoy a thoughtfully planned day of cultural and educational experiences





YOU'RE NOT LOST.  
YOU'RE BEING CALLED BACK TO YOURSELF,  
TO THE WILD, TO YOUR TRIBE

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COME WITH US.

# COST

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## WHAT'S INCLUDED

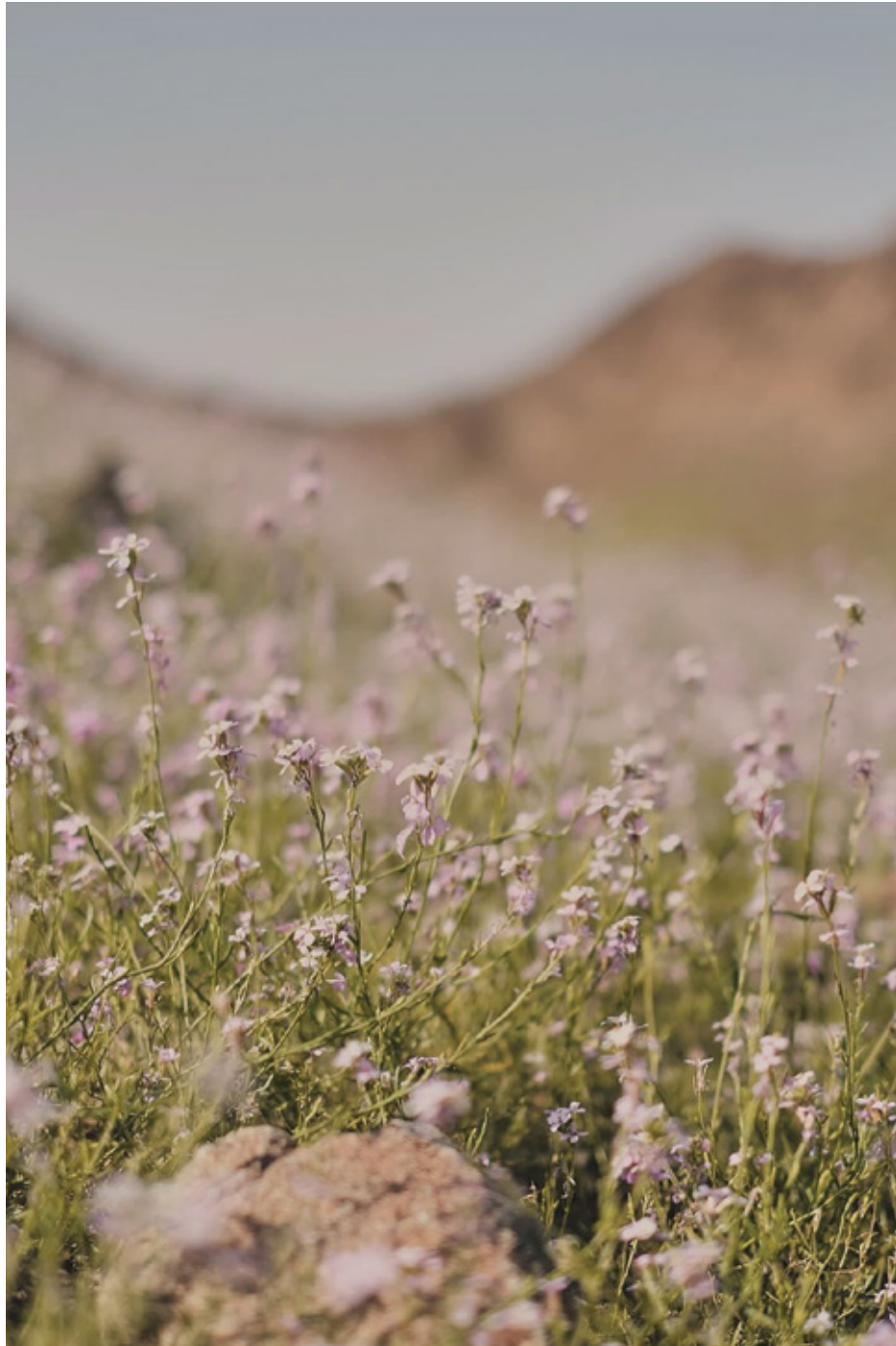
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- Pick up from and drop to Dehradun airport and transportation during the stay
- All meals from arrival Day 1 to breakfast on Day 7
- Stay includes hotel, camp & retreat (double sharing)
- Permissions, forest entry charges
- Trip leader and certified guides
- We carry medical first aid kits on all our treks
- Common gear provided like tent, sleeping bags etc.
- Bag pack offloading charges (Duffle bag)
- Chef homestyle fresh food with variety of cuisines
- tote bags with gifts and all materials included for the activities offered like painting and journaling.
- Activewear from Self Mastery
- 5% GST

## WHAT'S EXCLUDED

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- Flight international and domestic tickets
- Visa
- Travel Insurance
- Extra meals / drinks purchased during the travel
- Rentals for personal gear. (You're expected to bring your personal gear)
- Tips



# PAYMENT

- 50% at registration
  - 50% 30 days before the retreat
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## Cancellation

*If you cancel*

- 60 days before the trip: We can refund 90% of the registration amount (10% processing charges to be deducted)
- Between 45-30 days before the trip: We will refund 50% of the registration amount.
- Within 30 days before the trek starts: No refund (Full registration amount will be deducted)t

# GEARS

- Day Backpack 20-25L
- Duffle bag
- Shoes 1 waterproof trek shoe & 1 camp shoes
- Socks 2 pair thin wool and 1 pair of thick wool
- T shirts 2-3 dryfit t-shirts (short and long sleeves)
- Trek pants 2 quick dry summer trek pants & 1 warm pant
- Shorts / tights
- Thermals 1 pair of top and bottom thermals
- Fleece 1
- Down Jacket 1 Parkha down jacket
- Rainwear 1 waterproof jacket
- Bag cover
- Yoga mats with Straps
- Balaclava / 1 Neck Warmer
- Glove woollen
- Hat / 1 woollen Cap
- Trekking pole

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(stating you are fit for the trek. We reserve the right to not take you on the trek if you fail to produce this)

*Note: Gears like mountain boots, down jacket etc. can be rented.*

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FOR INQUIRIES AND CUSTOM PROPOSALS



Community-Led Wellness Experiences | UAE-Based | Global Reach

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