

FOUR NIGHTS · KASauli, HIMACHAL PRADESH

Above the Pines

*Van Rāsa, a quiet new address in
the Himalayan foothills*



WHY THIS RETREAT

A new address in the Himalayan foothills

Van Rāsa opened in September 2026: a design-led forest retreat above Kasauli, still new enough to be undiscovered. Four nights with real shape: arrive slowly, restore the body, climb, then gather. Transfers, tables and timings are handled discreetly, so the days simply happen.

Newly opened

Scandinavian, English Classic and neoclassical interiors, private terraces and select suites with heated plunge pools.

Considered evenings

A glass-walled dining room, a Himachali Dham, a terrace bonfire and one night of live music.

Specialists, by name

Breath, sound, yoga and leadership sessions, each led by a practitioner with real credentials.

Pine and oak

Old forest trails, colonial lanes and, in winter, Dhauladhar views close by. Rare quiet, a short walk from the door.





THE SETTING

The forest does the hosting

Van Rāsa sits in forested hills above Kasauli, with Himalayan views when winter clears the air. Wellness, dining and sunrise practice are all on the property. The rest is a walk away.

Neer

Heated indoor pool, jacuzzi, ice bath, sauna, steam and skylit massage rooms.

Yoga Deck

A dedicated deck for sunrise practice among the pines.

Syahi

Thirty-foot glass walls, French-inspired interiors, a wood-fired kitchen and an outdoor deck.

The road climbs, the pace drops

Coaches from Delhi and Chandigarh, a chai stop in the pines, mountain-view tea at check-in.



17:30

Terrace Welcome

Drinks as the light drops over the hills. A few light rounds: your name, where the journey began, one thing you hope the mountains give you. Share as much as you like.

Why: easy introductions before dinner does the real work.

19:45

Dinner at Syahi

Long tables and mixed seating under the glass walls. Wood-fired pizzas alongside Himachali plates.

Why: the first shared meal sets the tone for four nights.

21:30

Early Night

A quiet close. Shuttles return everyone to their hotels.

Why: tomorrow starts at first light.

Body first

First light, then water, then breath.



06:45

Sunrise Yoga

*Led by Nikhil Bhushan, 500-hour RYT,
founder of NikatOm*

Practice on the Yoga Deck as the ridge brightens, then tea and fruit.

Why: the day begins with the body, not the inbox.

09:30

The Neer Rotation

Led by the Neer wellness team

Heated pool, jacuzzi, ice bath, sauna, steam and skylit massage rooms, taken in waves so the space never feels crowded.

Why: full use of Van Rāsa's wellness centre, at a civilised pace.

09:30

The Breath Lab

*Led by Rashu Verma, Oxygen Advantage
Instructor, IASH Sound Therapist*

Nasal breathing, CO2 tolerance and calm under pressure: a method grounded in measurable physiology. Runs alongside Neer.

Why: tools you can use in the next board meeting.

Into the pines, into stillness

Afternoon to evening.



13:00

Long Lunch

Unhurried, with time to wander.

Why: the rhythm slows before the walk.

15:00

Reading the Pines

*Led by Vanita of Kasauli Nature Walks,
former geography teacher*

A slow walk on the Gilbert Trail through pine and oak, reading trees, wild herbs and birdsong. Quiet at first, then a chai stop at the viewpoint.

Why: learn the forest by name.

17:45

Sunset at Sunset Point

Golden hour over the valley.

Why: the day's last long view.

19:30

Himachali Dham

The traditional leaf-plate feast of the hills, served the way it is meant to be.

Why: a meal rooted in place.

21:00

The Sound Bath

*Led by Vinieta Ahlawwat of Astiv Boddh,
sound healer and yoga instructor*

Singing bowls in low light, lying down, nothing asked of you.

Why: the deepest rest of the retreat, just before sleep.

Effort with a view, then fire

A morning on the ridge, an evening around the flames.



08:00

The Ridge Walk

Led by Vanita, with a local guide for the Kuthar Fort route

Two routes: a longer ridge walk to earn the view, or a drive to Kuthar Fort, the old Rajput residence, with a heritage walk. Breakfast boxes on the coach, picnic lunch at the trail end.

Why: a little effort makes the evening mean more.

15:00

Free Afternoon

Neer, a massage, a long nap or a game of pool in The Den.

Why: time with nothing scheduled is part of the design.

17:00

The Pine Ridge Quest

Hosted by the retreat team

Mixed teams follow a trail of clues around the property and nearby lanes, with a chai and pakora stop halfway.

Why: strangers become a team over small shared problems.

19:30

Dinner at Syahi

A table in the glass room after a full day.

Why: stories from the ridge, over a good table.

21:00

Terrace Bonfire

Woodsmoke, stories and guitars on the terrace. Board games in The Den for the night owls.

Why: the day closes around a fire.

Ideas by day, celebration by night



07:00

Breath and Stillness

Led by Rashu Verma

Breathwork and meditation on the Yoga Deck.

Why: a clear head before the day's work.

10:00

The Work-Life Reset

*Led by Shyamli Rathore, Master Certified
Forum Facilitator (YPO), leadership coach*

A practical session on energy, focus and habits. Small-group exercises are optional, and nobody is asked to share anything personal.

Why: ideas worth taking home, in the right room.

14:30

Mall Road and Christ Church

A free hour in Kasauli's colonial lanes: the 19th-century church, coffee, local sweets.

Why: a taste of the town's history.

16:30

The Healing Hour

Sound bath with Vinieta Ahlawwat

Choose a massage, a short sound bath or a quiet hour with a book.

Why: rest before the evening.

19:00

The Gala Evening

*Live music by Haqiqat Live, a Chandigarh
Sufi-rock fusion band, with a DJ set to close*

Cocktails on the terrace, a long dinner at Syahi, then music into the night. Last bonfire embers at 22:30.

Why: three days earn a proper celebration.

Down the hill, lighter



07:00

Yoga and Gratitude

Led by Nikhil Bhushan

One last morning on the deck. Each person writes a private intention on a card to keep. Sharing is optional.

Why: a quiet full stop.

08:30

Breakfast and Goodbyes

A slow breakfast before the road.

Why: unhurried farewells.

10:00

Departure

Coaches leave for Chandigarh and Delhi.

Why: a smooth road home.

GOOD TO KNOW

How the days run

Getting here

Chandigarh airport is about two hours away (59 km).
Delhi is a five to six hour drive. Coaches are arranged for everyone.

Weather

The walks, the bonfire and the gala evening each have a considered weather plan.

What to bring

Layers, a light jacket and sturdy walking shoes. Hill evenings run cool.

See you in the pines.

Photography: Van Rāsa Kasauli (press images); Christ Church and Gilbert Trail via Wikimedia Commons.