



LCHANG NANG

SUNSET YOGA AT THE SAND DUNES



A yoga session at the tri-junction of three mountain ranges with an amazingly vast expanses of green fields in front of Nubra and Shyok rivers.

Event Brief :

- A mindful walk (3.5km) through the Sumur local market.
- Yoga session at the meadows.
- The art of mindful drinking tea - Tea meditation

Discover the combination of physical and mental exercises that for thousands of years have hooked yoga practitioners around the globe.

TIME : 2 hours approx
EVENING: 4:30 - 6:30

BE. HERE. NOW.

RS 2000/PERSON (INCLUDES HERBAL TEA TO KEEP YOU HYDRATED)

** Guests are requested to carry a small backpack with the bottle of water and Jimpo.*