

Retreats and a fresh start in the mountains of Dagestan

Time to slow down.
Breathe deeply.



Your own pace in the mountains

Sleep well. Walk without rushing.
Read and rest outdoors.

We can find a place without TV
or Wi-Fi when you want
to disconnect from the noise.



Breath and movement

Yoga and gentle breathing sessions.
Come with your own instructor, or we can help find a specialist from Dagestan.

Illustration of a group session

Rest
in the orchards

Fruit orchards of
Rugudzha and Hindakh.

Mountain tea, a quiet morning
and time among the trees.



Illustration of an orchard setting



Rivers and mountains

Walk by the water
with views of mountain gorges.

For a more active day:
rafting on the Avarskoye Koysu
with instructors.

We will choose a route to suit the season and group.



Illustration of a guided walk

Three days for yourself

01 A scenic drive and a quiet evening.

02 A practice, a walk, tea and stars.

03 Sunrise on Mount Mayak with a guide, if you wish.

Example. We will plan the pace and programme together.

Tell us your idea

We can choose a place for your group and help arrange an instructor, meals and transport.

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Some images illustrate the proposed programme.

