





YANA SYNAPSE _ BREATHE HIMALAYA

Experiential Anthropology through Yoga

Where: LADAKH - NORTH INDIA

When: JULY (07/05/2026-07/15/2026)

 Ladakh Sarai · Leh, Himalayas

 05–15 July 2026

"En Ladakh no escalamos montañas, las abrazamos."


This is not a retreat. It is a deep immersion in the body, silence, and inner truth.

For 10 days, we will inhabit the Himalayas as a living Temple:

breathing, moving, releasing emotional layers, entering silence, and remembering who we are when all the superficial falls away.

Includes:

- Daily yoga (flow, restorative, somatic)
- Meditation and pranayama
- Danza Trance Extática
- Canto Tántrico Tibetano
- Masterclass Astrología Kabbalística
- Sanación sonora y lumínica
- Full day of silence
- Conscious excursions in Ladakh
- Integration and closure circles
- Accommodation at Ladakh Sarai
- Internal transportation + local guide

 Small group (6–10 people)

 Close and human companionship

Immerse yourself in an initiatory journey where you will connect with the essence of the local culture and discover its treasures.

Dear travelers, explorers, connoisseurs of worlds and parallel realities, wanderers of the Earth, this journey is for those who feel the call to stop, empty themselves, and return with clarity.

You are about to open your heart to the embrace of Mother India, the "great school," the more-than-country, the Indian continent; a living Goddess who embraces with love and sheds light on our most dormant parts to accelerate the awakening to a more human reality. Ladakh, with its profound Buddhist essence, welcomes us, the Golden Land of the Buddhas. A journey at high altitude, with high energy intensity, rest, and a deep rebirth for the soul. Smiles, pure gazes, a kaleidoscope of images, perceptions that awaken ancient memories. You come to silence, listen, enjoy, share, let go, and understand through recognition, memory, and re-signification. Ten days to surrender to the experience, amidst ancestral rituals, nature, music, and Yoga with an anthropological perspective.

I-INVITATION TO THE JOURNEY

INCLUDED SERVICES:

ACCOMMODATION (9 nights)

Place: Ladakh Sarai Resort - Himalayas North India

It offers: Accommodation in a private luxury Eco Resort. Mud-Hut Room or Chalet-style rooms surrounded by vibrant mountains with nature views. Amenities include: a choice between single or double rooms with private bathrooms equipped with toiletries and other amenities to ensure a comfortable and relaxing stay. Air conditioning, free Wi-Fi throughout the hotel, room service, laundry, lounge area, patio, Yoga Shala, in-room breakfast option, and all meals included at the Resort. Comfort, exclusivity in the content and experiential services of spiritual tourism. The program is flexible, embracing the qualities of Yoga: fluidity, respect, and compassionate surrender.

BREAKFASTS, LUNCHES, AND DINNERS: ALL included from the arrival at Ladakh Sarai.

Breakfasts, lunches, and dinners are delicious dishes with vegan and vegetarian options and will be served at the accommodation. Total immersion in local cuisine. (Includes only mineral water)

EXPERIENCES: including ALL SCHEDULED ACTIVITIES from the arrival at Leh Airport (Ladakh) that are self-funded

Yoga Sessions: Asanas workshop, Pranayama, Meditation, Philosophy, and Satsangs. Complete film documentation of the trip.

TRANSPORT included from arrival for all scheduled experiences:

Van/Minivan or Taxi/Private Driver throughout the entire trip

OTHERS included

Main guide speaking Spanish and English.

International Yoga Teacher, facilitator of retreats and cultural gatherings.

Driver and native guide throughout the entire circuit.

Local musicians, artists, and therapists.

NOT INCLUDED SERVICES

International flight to Delhi, you can opt for the direct flight to Leh, the airport where the first meeting will take place.

The international flight to Leh - Ladakh airport is at your expense depending on the day of arrival and departure that interests you; you can be advised on extending your travel experience in India.

Visa - We recommend the Electronic Tourist Visa (ETA) (Personally, I recommend the 5-year visa).

Travel insurance.

Extra drinks not included in meals, dinners, or scheduled activities.

II. EXPERIENTIAL ITINERARY

TRIP ITINERARY

*Indicative schedule:

Objective: Heal the body, liberate the mind, and reconnect with the soul in a space of rest and expansion.

Day 1: Arrival and accommodation

Opening circle: Presentation of the retreat and welcome to everyone. Alignment of individual intentions for the 10 days. Welcome ritual - Light dinner - Gentle relaxation ritual - Brief meditation to anchor the energy.

Objective: Create a safe, peaceful, and open environment.

Day 2: Connection with the Earth

Gentle Welcome Yoga: Pranayama + restorative asanas - Guided meditation connecting with the earth. Brief mindful walk through Ladakh Sarai.

Afternoon: Time for introspection and journaling. Workshop on connecting with the earth element (symbolic planting of seeds or stones). Talk about the feminine energy of the earth.

Night: Gentle Tibetan tantric chant to relax the mind.

Objective: To root oneself, to find stability and calm in the body.

Day 2: Excursion to a Buddhist monastery in Ladakh

Recommended location: Hemis Monastery or Thiksey Monastery

Objective of the excursion: Deepen the understanding of local spirituality and connect with ancestral wisdom.

Activity:

Visit to the monastery, participation in a brief guided meditation at the monastery, silent walk around the surroundings.

Conversation about Tibetan Buddhist philosophy and its influence on the local culture of Ladakh.

Integration technique: After the visit, a brief group meditation and reflection can be conducted, focusing on the impermanence, stillness, and silence experienced in the monastery.

Day 3: Emotional Release

Tomorrow: Morning sadhana + ecstatic dance to release blocked energy and open the emotional channel: Conscious breathing and emotional release thru movement.

Afternoon: Guided meditation to release past emotions - Workshop on how energy is stored in the body and how to release it (emotional release thru the body).

Nite: Time for integration, writing in a journal, and sharing experiences.

Objective: Release repressed emotions and heal the mind and body.

Day 4: Connection with the Sky

Tomorrow: Yoga: Energizing Asanas to Open the Heart and Expand Consciousness - Meditation to Connect with the Energy of the Sky.

Afternoon: Tibetan Chant Workshop: Expansive Sounds that Connect with the Universe - Time to Share Experiences.

Nite: Stargazing, stillness, silence.

Objective: Elevate the spirit and connect with universal consciousness.

Day 4: Integration hike in the Nubra Valley

Recommended location: Nubra Valley (3-4 hours from Leh)

Objective of the excursion: Connect with the energy of the mountains and the desert.

Activity:

Guided walk through the sand dunes or the cultivated fields of the Nubra Valley. This is a desert landscape surrounded by mountains, perfect for an integration hike.

Practice a brief walking meditation (mindful walking), where participants focus on the connection of their feet with the ground and the rhythm of their breath.

Integration technique: Hold a gratitude ceremony for Mother Earth, giving thanks for the abundance and beauty of nature.

Day 5: The energy of water and fire

Tomorrow. Restorative yoga: Gentle stretches and energetic opening + Guided meditation with visualization of the elements: water and fire.

Afternoon. Sound bath (healing sounds with Tibetan bowls, drums, and other instruments) - Emotional Alchemy Workshop: how to balance the forces of creation (water) and transformation (fire).

Nite. Guided meditation related to personal purpose.

Objective: Activate the inner creative and transformative energy.

Day 6: Integration of Mind and Body

Tomorrow. Yoga: Conscious Flow (fluid movement to integrate body and mind) - Body-Mind Harmonization Workshop (how the mind conditions the body and vice versa).

Afternoon. Time for personal reflection - Writing and deepening the learning experiences so far.

Nite. Integration and shared meditation.

Objective: Achieve harmony between body and mind.

Day 6: Visit to Pangong Lake (Optional)

Recommended place: Pangong Lake (5-6 hours from Leh, depending on the weather). Objective of the excursion: Recognize inner peace when in the presence of one of the world's most spectacular natural wonders.

Activity:

Trip to the lake, time to relax by the water, deep contemplation of the mountainous landscape and the crystal-clear waters.

Meditation by the lake, with a guided visualization to expand consciousness and feel the infinite vastness of nature.

Integration technique: During the visit, a deep breathing exercise can be conducted, and upon returning, an integration circle where participants can share how they felt being in the presence of such a majestic environment.

Day 7: Day of Silence

All day: A space for deep retreat.

There will be no talking during the day; only inner activities will take place: mindful walks, meditation, journaling, and connecting with nature. Each person will work on their own introspection.

Objective: To deepen inner silence and allow the mind to quiet down.

Day 7: Excursion to the Cave of the Wise Yogis of the Himalayas (Ladakh)

Recommended place: Cave of the Sages near the Lamayuru area (or any Tibetan cave that is available to visit).

Objective of the excursion: Connect with the ancestral wisdom of the sages who meditated in the caves of the Himalayas.

Activity:

Guided tour of the cave, explanation of Tibetan tantric meditation and the spiritual traditions of Tibetan monks.

Brief ritual of silent contemplation inside the cave, allowing each person to feel the presence of ancestral wisdom.

Integration technique: Perform a tantric integration meditation to allow the teachings of the ancient sages to flow within oneself.

Day 8: Heart Activation

Morning yoga: Morning: Heart opening (working with chest energy and vulnerability)
+Sharing circle: opening the heart to the group, from love and acceptance.

Afternoon:

Afternoon: Workshop on Inner Motherhood: How to Care for the Heart and Nurture Life + Tibetan Tantric Chant: Harmonization of Heart Energy.

Evening meditation and heart dance.

Objective: Activate the heart's energy, release and strengthen the ability to love and receive love.

Day 9: Preparation for the Return

Morning Yoga Flow: Integration of all elements into a dynamic practice. Meditation on future visualization and connection with purpose.

Afternoon: Personal empowerment workshop: plan to integrate learning experiences into daily life + Time for sharing and questions.

Closing ritual of the retreat in the evening, gratitude.

Objective: Close the cycle, integrate the experience, and prepare for the transition back to daily life.

Day 9: Purification Ritual at a Sacred River

Recommended place: Indus River or any nearby sacred river.

Objective of the excursion: Perform a symbolic ritual of purification and personal renewal.

Activity:

The group performs a small energy cleansing ceremony at the river, using water as a symbol of purification. Along the river, each participant can perform a symbolic act (such as leaving a stone or writing something they wish to release and let go).

Group meditation to heal emotional blockages and renew energy. Integration technique: Establish a closure intention: each person can silently express what they wish to leave behind in their life.

Day 10: Closure and Farewell

Morning closing yoga: Restorative and final release - Farewell circle: gratitude and blessings for all participants.

Farewell lunch in the afternoon, final connection circle. Free time to rest, reflect, or walk.

Objective: Say goodbye with gratitude and allow each person to return with the inner peace they have cultivated.

Day 10: Final Connection with the Earth – Meditation on the Mountain

Recommended location: The summit of a small mountain near the camp (easy ascent).

Objective of the hike: To have a final physical and energetic connection with the land of Ladakh.

Activity:

Time for reflection and meditation on the inner journey experienced + Conduct a final integration meditation to conclude the retreat with a clear vision of the future and the lessons learned.

Integration technique: A ceremony of gratitude to the mountain, to the place, and to each of the participants, recognizing the path traveled.

*Suggested daily schedule by hour:

07:00AM.....Gentle Yoga session at dawn + Meditation

08:30h.....Breakfast

10:00AM.....Departure for excursions or Morning Integration Circle/Workshops

12:00 PM..... Change of activity or contemplation break or Yoga session

2:00 PM Lunch

4:00 PM..... Break

5:00 PM Resume the day's activity

7:00 PM Ceremonies/Rituals or Yoga session

8:00 PM..... Dinner + integration circle

10:00 PM Conscious celebrations/parties or "the lights go out."

III. RECOMMENDATIONS

Passport in order with more than 6 months of validity

Insect repellent and specific homeopathy (can be obtained thru the organization)

First aid kit specific for traveling to India (medications for constipation, diarrhea, pain relievers, antihistamines, saline solution in ampoules, oral rehydration salts).

Light clothing, bring only what is necessary, the local markets are very economical and there are garments made of natural fabrics that we can buy (t-shirts, pants, comfortable and breathable clothing, sports shoes or trekking boots, towel, cap or hat, scarf or pashmina that you can find there). Everything necessary for personal hygiene. Toilet paper or tissues always on hand for the bathrooms (although there is usually some in accommodations and restaurants), refreshing wipes, cologne, essential oils (which can be found there), fluoride-free toothpaste, and eco-friendly soaps to have an eco-sustainable experience.

Portable battery, everything related to the technology each person uses, cameras, etc. The plugs are like in Spain.

It is recommended to carry a water bottle to always have natural mineral water and refill it, as well as some snacks or nuts in case you get hungry on excursions.

Vaccinations. India does not require vaccinations, but it is a personal decision to prevent possible infections through the official recommendations of health authorities.

IV. TRAVEL CONDITIONS

YANA SYNAPSE facilitates the path as a living bridge between worlds. **You**, travelers, are the promoters of your experiences and investors in your journey. **We** organize the itinerary, flexible, never rigid, adopting the qualities of Yoga as an experiential path. **You** are fully responsible for your trip as well as for the insurance and any external circumstances that may arise. **We** ensure comfort, exclusivity in content, and the provision of experiential services, spiritual tourism management that guides and advises in search of the best services in the area.

Collaboration and mutual assistance are absolutely essential to create an experience worthy of being repeated every year. We do not operate from a place of demand, but from Yoga, which represents compassionate dedication and the development of higher qualities within our being, from love, respecting others as you would like to be treated. We will undertake several expeditions in the area so that the traveler can immerse themselves in different atmospheres, getting to know the place, the depth of the latitude, and its various treasures and jewels. Always adapting to the traveler. As exclusive experiences, the flexible program may be subject to changes due to conditions external to the organization. In any case, we will always act transparently by communicating any possible variations in the itinerary or suggested route.

INVESTMENT AND RESERVATION

■ Total price:

- Shared double room in a clay cabin: **1950€ / 2,08,500 INR**
- Single room in a mud cabin: **2250€/2,40,500 INR**
- Double Sharing in Chalet Room: **2050€ / 2,20,000 INR**
- Single Pax in Chalet Room: **2500€/2,68,000 INR**

Advance reservation: €500 (non-refundable). The rest is paid via bank transfer, Bizum, or in cash (€ or rupees) upon arrival.

*Cancellation policy: The reservation is non-refundable as it is necessary for the management of accommodations and services.



Chalet Room





Mud Hut Room



Chalet Room





Yoga Shala



BIOGRAPHY OF MARÍA ARRANZ



Since I was a child I have always had a strong connection with spirituality, attending teachings of great Tibetan masters, conferences, retreats... with my mother. I began my path of self-exploration through music for 8 years. As the daughter of artists, I have always contemplated beauty even in the most mundane. I played the clarinet, training in the discipline, until I became the instrument itself through which melodies sounds. Then came the intense adolescence, I went through darkness that led to great storms and after experiencing death in different facets I came to see the clear light of the sun. Always curious and very self-taught, far from what was imposed by the system, I spent my time focused on spiritual experience. Light Healing has always been my main source of self-discovery, being one part of the whole where there is no separation, but cohesion and coherence. I found tools along the way. Kinesiological field testing led me to connect with the truth that our body dictates, and by connecting with it I quickly set out on the path of Yoga. I began with a 950-hour training in Spain endorsed by the State, and between trips to Nepal, India, Sri Lanka and great pilgrimages through these Lands, I did another second training in Traditional Yoga, 3 intensive months (900 hrs.) in Mumbai, I stayed half a year living the local experience. I speak in the present, now from the sacred mountain of Arunachala, in the Southeast of this country that I fell in love with, and to which I return frequently, building bridges between East and West. Studying the science of the human being, and the eternal game between mind and matter. I'm an International Yoga Teacher, I collaborate with Milindias.com guiding people through Pilgrimages towards the truth, towards the Being. Where there are no dogmas or false gurus, but the encounter with your silence, where the essence lives, where you find what you really are behind the surface appearances, behind the character or Ego, behind the veils of ignorance. Accessing the true wisdom that the path

of experience has shown me, I propose a safe space where you can express yourself from the Being, manifest yourself without judgments or labels and drink from the nectar of your own experience through Yoga. I await you to enjoy and share together this great pilgrimage that is life lived awake, with consciousness, from the heart. CEO of Yana Synapse, a living ecosystem based in Goa, we create itineraries facilitating spiritual journeys from India to the world, Sri Lanka, Nepal, Egypt, Spain, Sahara Desert, Chile. Cocreating independent Documentaries & filmming the experiences from an Anthropological perspective to share with the world, and also by the Fair Trading with natural & organic things and ancient treasures.

María Arranz Muñoz (Spain). International Yoga Teacher, Experiential Anthropologist, Retreats & cultural gatherings facilitator.

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