



Cultural Detox in Collaboration with Resonance by Ambiance Hotels

16th - 21st April 2026 / 16th - 29th April 2026
20th - 26th October 2026 / 20th Oct - 2nd Nov 2026

CREATING LIFE CHANGING MEMORABLE HOLIDAYS



The company came into fruition in 2018 as my desire to put Pakistan on peoples radar for the right reasons. I wanted to show people Pakistan through my eyes as I know the country has a plethora of beauty, culture, culinary delights & hospitality to offer those seeking something off the beaten track.

It is also my way of giving back to the people of Pakistan & doing my bit as a Pakistani overseas, which is why a strong emphasis of my itineraries involve working with local boutique hotels and local businesses so that the common man / woman in Pakistan benefits from the tourism I bring in. This also provides you with the most authentic holiday.

Curating sustainable and socially responsible holidays is also of importance to me.



CULTURAL DETOX IN COLLABORATION WITH AMBIANCE RESONANCE



The Backdrop

Hunza is in the North of Pakistan in the province of Gilgit Baltistan and is home to 8 of the highest peaks in the world. Its awe inspiring views of clear skies and snow capped mountains makes it the idyllic backdrop for a Yoga retreat. The smiling, welcoming and friendly inhabitants of Hunza truly make your stay here feel like you are at home. Views from fairy tale like Baltit Fort, the old residence of Mirs of Hunza standing atop Karimabad, the former capital of Hunza Valley are incredibly beautiful. A walk along the Barbar irrigation channel with striking views of Karakoram Mountains adds more essence to your journey.

CULTURAL DETOX IN COLLABORATION WITH AMBIANCE RESONANCE



ABOUT AMBIANCE RESONANCE

Resonance at Ambiance Resort Hunza is an exclusive sanctuary where Hunza Valley meets the art of holistic wellness.

It goes beyond a wellness program; it's a living journey into culture, connection and conscious living design for travellers who seek authenticity and depth, blending local heritage, personal growth, holistic well-being, adventure and entertainment. Every experience invites guests to reconnect with themselves, with the community and with the spirit of the place.

CULTURAL DETOX IN COLLABORATION WITH AMBIANCE RESONANCE



ABOUT THE DETOX EXPERIENCE

Escape to the breathtaking landscapes of Hunza Valley, where majestic mountains, pure air, and serene nature set the perfect stage for holistic transformation. With Ambiance Resort Hunza as your home for your weight loss journey, experience Hunza at its best. Our Optimal Weight Wellness Retreat is thoughtfully curated to restore harmony to mind, body, and spirit — helping you reconnect with your healthiest and happiest self.

Over 5 rejuvenating nights, discover a program designed to support sustainable weight optimization and inner alignment — guided by expert wellness practitioners and enriched with the soulful culture of Hunza.

BBQ DINNER WITH HUNZAI MUSIC

Beyond the sight seeing, we have worked with the resort and locals to provide you a truly immersive experience from star gazing, to enjoy a local BBQ with the backdrop of Hunzai music to fruit picking.



BALTTIT FORT & KARIMABAD BAZAAR

The famous Baltit Fort, (previous residence of the prince of Hunza). The Fort sits at the top of Karimabad Bazaar where you can enjoy a spectacular view of Hunza in serenity. The historic bazaar is known for its antique shops, handicrafts & local specialities like honey, gem stones & apricots. The guided tour of the fort & the bazaar takes you down memory lanes going back centuries.



ATTABAD LAKE, PASSU CONES & HUSSAINI BRIDGE

Attabad Lake with its vibrant turquoise waters provides you with a sense of tranquility. Surrounded by snow capped peaks of Karakoram, a day trip here is the perfect treat for nature lovers with lunch provided at The Shire, an exclusive Offto dining experience. The excursion ends with a short trip to the Hussaini Bridge & Passu Glacier viewpoint.



EAGLE'S NEST - HIGHEST POINT OF HUNZA

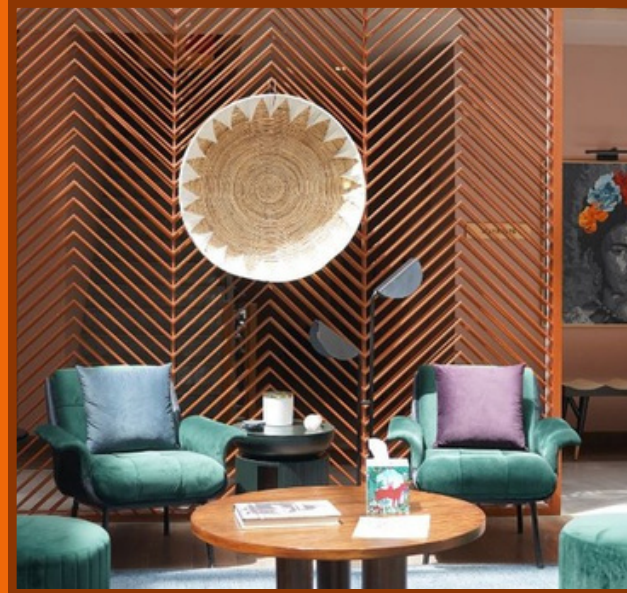
Duiker also known as Eagle's Nest is the highest point of Hunza valley and looks mesmerising at sunset & sunrise. With a light breeze & serene view, away from the worries of the world, spending quality time up hear is a real treat for the mind and soul. Included in this excursion is a visit to 'Samarkand Koal walk', a scenic pathway for a light walk amongst nature.



AMBIANCE HUNZA

Ambiance Hunza is Pakistan's first art & wellness resort located in Aliabad, Hunza. It features 56 luxurious rooms, including 3 grand suites, 3 junior suites and 2 independent 3 bedroom villas, all with private balconies & breathtaking views of the mountains.

The Art Cafe serves delicious continental, Pakistani and local Hunzai cuisine.



IDYLIC SETTING TO PROVIDE SPELLBINDING VIEWS

The hotel is well located offering spectacular views of the majestic peaks of Rakaposhi, Ultar and Shimshal.



A VISUAL FEAST AWAITS YOU

Discover our unique collection of contemporary art from Gilgit-Baltistan and other parts of Pakistan, showcasing vibrant pieces by emerging talents – a visual feast waiting to tantalize your senses. Breathe the crisp mountain air, indulge in delicious, natural foods, and soak in the tranquility of the perfect getaway



HUNZA YOGA DETOX & WELLNESS RETREAT

DAILY ITINERARY

DAY 1 ISLAMABAD - GROUNDING THE JOURNEY

Arrive in Islamabad and ease into the journey. After checking in and freshening up, explore the city's calm beauty — from the peaceful lanes of Saidpur Village to the panoramic views at Daman-e-Koh. In the evening, gather for a welcome dinner, connect with your group, and set intentions for the retreat ahead.

DAY 2: INTO THE MOUNTAINS — JOURNEY TO HUNZA

Take a stunning morning flight over the Karakoram to Skardu and meet the retreat team before beginning a scenic drive to Hunza. Enjoy a takeaway lunch on the road, soaking in the majestic landscapes. Arrive at Ambience Resort, unwind, and later enjoy dinner at The Art Café followed by stargazing. End the day with a spa session or an optional silent walk under the night sky.

DAY 3: CULTURAL IMMERSION — THE HEART OF HUNZA

After breakfast, head out to Karimabad to explore the ancient Altit and Baltit Forts and wander through Hunza's historic villages. Savor lunch at Lal Shehzadi Café with its sweeping valley views. The afternoon is for rest, journaling, or quiet reflection before gathering again for a relaxed group dinner.

DAY 4: STILLNESS & SELF-CONNECTION

Begin the day with sunrise yoga and breathwork, welcoming the light over the mountains. Spend the morning in integration or spa sessions before enjoying a light lunch. A guided nature walk in the afternoon deepens your connection to Hunza's calm rhythms, ending with a peaceful evening meal and optional meditation or storytelling.

DAY 5: ADVENTURE & AWE — NORTHERN WONDERS

Embark on a day of exploration through Upper Hunza — from the iconic Passu Cones and Borith Lake to the Rainbow Bridge in Gulmit. Enjoy lunch at Yak Grill and dessert at Glacier Breeze Café overlooking Passu Glacier. On the return, watch the sunset from Eagle's Nest before ending the night with a joyful bonfire, dinner, and music celebration.

DAY 6: REFLECTION & RETURN

Travel back to Skardu for your flight to Islamabad. After checking in, enjoy some free time to relax or explore the city's cafés and art corners. In the evening, gather for a final dinner — a moment to reflect, integrate, and close the journey together.

DAY 7: DEPARTURE — CARRYING THE STILLNESS HOME

On your final morning, take a quiet moment to reflect before departing for your flight home. Carry with you the peace of Hunza, renewed clarity, and the gentle awareness cultivated throughout the retreat.

IMMERSIVE CULTURAL EXPERIENCE EXTENSION

DAY 8 ISLAMABAD - ISLAMABAD - LAHORE VIA RHOTAS FORT

After breakfast drive to the Rohtas Fort. This historical garrison fort located near the city of Jhelum was built in the 1540s under Afghan King Sher Shah Suri and is about 5 km in circumference and was never stormed in its history, and thus is remarkably intact. The fort is built on 70 hectares of land, and has 68 bastion towers and 12 gates to accommodate up to 30,000 people. As the fort is built on top of a hill, the vistas of the Potohar plateau are a sight to behold. After visiting the fort and enjoying a local hot lunch drive to Lahore.

Overnight at 4 Points Sheraton

DAY 9 LAHORE HALF DAY SIGHTSEEING AND AFTERNOON WORKSHOP

The historic capital of both the Mughal and Sikh empires, the city also played a significant part in the British governance of the Punjab. Home to a remarkable collection of cultural and historic highlights, your tour includes visits to the Lahore Museum—established in 1864-1865 by the British—which displays collection of the Mughal and Sikh eras, relics of the Indus Valley Civilization and Gandharan Art; Badshahi Mosque commissioned by Emperor Aurangzeb in 1671, with construction of the mosque lasting for two years until 1673 and which is regarded as one of the largest mosques in the world and can accommodate up to one hundred thousand worshipers at a time; and Lahore Fort which now enjoys the status of a “World Heritage Site” and was constructed by the Mughal Emperor Akbar during the period 1556-1605 on the ruins of an ancient Fort called “Lohawar” (meaning as strong as iron). In the afternoon we will begin the first of our immersive tote painting craft workshops. After the workshop, return to the hotel for overnight.

Overnight at 4 Points Sheraton

DAY 10 JAHANGIR & NUR JAHAN’S TOMBS, SHALIMAR GARDENS AND WAGAH BORDER

Today in the morning visit Jahangir’s Tomb, the only Mughal Emperor buried in Lahore, and Empress Nur Jahan’s Tomb, both of which were once richly decorated with floral fresco paintings on lime plaster. The Dilkusha Garden in which Emperor Jahangir is buried was a "favourite spot" of Jahangir and his wife Nur Jahan when they lived in Lahore. Though historians attribute construction of the tomb to Jahangir's son Shah Jahan, the tomb may have been the result of Nur Jahan's vision. She is said to have designed the mausoleum in 1627, and possibly helped fund it. Construction started in 1627 and required ten years for completion. Afterwards visit Shalimar Garden World Heritage Site (constructed by Emperor Shah Jahan in 1647), and then well before sunset, visit Wagah border for witnessing the “Flag Lowering Ceremony” -- the lowering of the flags ceremony at the Wagah border is a daily military practice that the security forces of India and Pakistan have jointly followed since 1959. The drill is characterized by elaborate and rapid dance like maneuvers. Huge crowds on both sides of the border raise patriotic slogans during the ceremony. From here, go to Anarkali Bazaar, famous for its shopping and named after a dancing girl who caught the fancy of Prince Salim, a son of Mughul Emperor Akbar.

Overnight at 4 Points Sheraton

IMMERSIVE CULTURAL EXPERIENCE EXTENSION

DAY 11 MORNING WORKSHOP AND AFTERNOON SIGHTSEEING

After a leisurely breakfast proceed for our second immersive workshop on embossing which involves creating textured designs. After the workshop and a short break, we proceed to the restored walled city, including the Wazir Khan Mosque built in 17th century by Sheikh Alim-ud-Din Ansari (known as Wazir Khan) and the Famous Shahi Hamam (royal bath) that has been won a prestigious award for fine restoration. We will also enjoy a rickshaw ride in the narrow lanes evoking times past, and stop off at the Fort food street for shopping for a variety of local trinkets. In the evening enjoy the history by night show at the Lahore Fort. Return to the hotel for overnight.

Overnight at 4 Points Sheraton

DAY 12 LAHORE - FREE DAY

Today will be a free day to discover Lahore's many bazaars and shopping centres. Overnight at the hotel

Overnight at 4 Points Sheraton

DAY 13 LAHORE - ISLAMABAD VIA KATAS RAJ TEMPLES

Today we will retrace our route to Islamabad via the Katas Raj temple complex of several Hindu temples connected to one another by walkways. The temple complex surrounds a pond named Katas, sacred to the Hindus as the pond is said to have been created from the teardrops of the Hindu God Shiva, after he wandered the Earth inconsolable after the death of his wife Sati. After the visit, return to Islamabad.

Overnight at the Ambiance Hotel Islamabad

DAY 14 DEPARTURE — CARRYING THE STILLNESS HOME

Transfer to the airport for your home bound flight.

Please note that if your flight is in the evening then there will be an additional charge of £130, price quoted based on the assumption that your return flight is in the morning.



RESONANCE MENU

SIGNATURE MASSAGE

Resonance Harmony	Sacred Cleansing
Hunza Vitality	
Serenity Fusion Massage	
Hunza Revitalise	
Gut Harmony Massage	

EXPRESS RANGE

Resonance Massage	Resonance Reconnect Facial
Scalp Massage	age Perfect Facial
Head & Shoulder Massage	
Foot Massage	
Warm Compress	

SPECIALISED THERAPIES

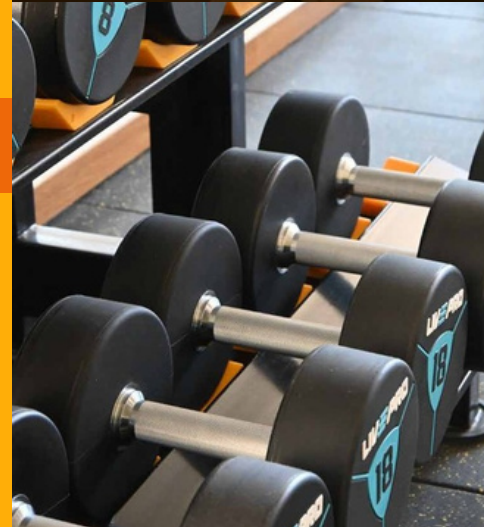
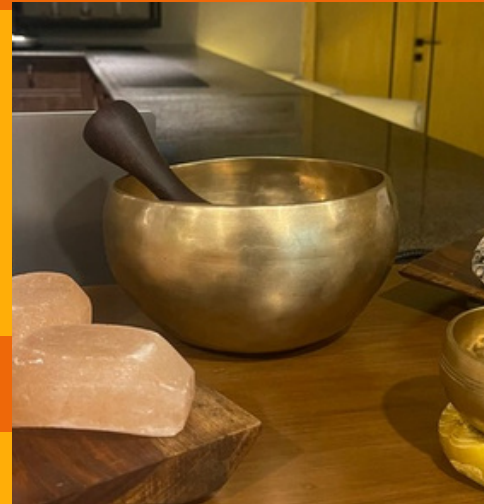
Physiotherapy	Resonance Massage
Manual Lymphatic Drainage	Deep Tissue Massage
Foot Reflexology	Sound Bath
Super Stretch	
Hot stone Massage	

REVITALISING FACIALS

Glow Bright Facial
Radiant Detox Facial
Anti-ageing Facial
Resonance MLD Facial

WELLNESS WORKOUT

HIT
Strength Training
Yoga
Aqua Aerobics



WELLNESS MENU SAMPLE

(Please note it changes for each retreat depending on the season and what is available)

BREAKFAST OFFER THE SAME EVERYDAY - (ALA CARTE)

French Toast

Shakshuka

Buckwheat Pancakes

Buckwheat Waffles

Fruit & Granola Bowl

Mushroom & Egg Frittata

Poached Egg with Spinach

Egg (Style of choice)

Juice & Seasonal Fruits

DAY 1

LUNCH

Grilled Chicken sandwich

Granola Bar

Fruit Bowl

Dry Fruit & Nuts

Walnut Pie

DINNER

Cream of Mushroom soup

Whole Grilled Chicken with mint sauce

Garlic Rice

Grilled Fish with Lemon Butter Sauce

Potato Gratin, Potato Salad

Panna Cotta

DAY 2

LUNCH

Doo Doo Soup

Walnut chicken

Zeera (Cumin) Rice

Hoi Lo Gamo

Burus Shapik

Thai Beef Salad

Apple Crumble

DINNER

Zucchini Soup

Red Curry Chicken

Garlic Rice

Kung Pao Chicken

Steamed Seasonal Veggies

Quinoa Salad

Banana Fritters

DAY 3

LUNCH

Tomato Basil Soul

Butter Rice

Grilled Local Amond

Trout with Herbs

Pan Seared Vegetables

Vegetarian Thin Crust

Pizza

Sauteed Spinach and

Mushrooms

Walnut Pie

DINNER

Tom Yum Soup

Reshmi Kebab Chicken

Reshmi Kebab Beef

Chicken Tikka Boti

Malai Boti

Grilled Veggies

Grilled Trout

Buckwheat Roti

Fresh Garden Salad

Pickled cucumber &

radish salad

Walnut Pie

DAY 4

LUNCH

Thai Clear Soup

Quinoa Green Salad

Bean Salad in Olive Oil

Grilled Chicken with Mint

Pesto

Oven Roasted Fish with

Tamarind Sauce

Butter Rice

Khao Suey

Dairy Free Mousse Cups

DINNER

Fattoush Salad

Hummus with Pita

Cauliflower Mash

Sauteed Vegetables

Herb Roasted Chicken
with Mushroom Broth

Garlic Rice

Chicken Linguini

Flourless Chocolate Cake

GROUP TOUR DATES & PRICE

Group Size	7 DAYS DETOX RETREAT	14 DAYS DETOX & CULTURAL
6 - 10	£1,580 PP	£,2860 PP
SINGLE SUPPLEMENT	£350	£600

COST INCLUDES:-

- Hotel Accommodation based on twin share
- Meals at the resort, breakfast lunch and dinner
- Return Air Tickets from Islamabad to Skardu
- Road Transport between Skardu & Hunza
- Airport transfers in Islamabad
- Accommodation in Islamabad
- Sight seeing in Islamabad
- Yoga & Meditation Sessions
- Daily Juice from the wellness menu
- Wellness Basket upon arrival in Hunza
- Professional guide for outdoor activities
- Concierge services
- Free WiFi
- BBQ Dinner
- Two express treatments (30 minutes each)
- Live traditional Hunzai music
- Sunrise Yoga and breathing session (1 hour)
- Star gazing
- Access to hydrotherapy facilities (Steam room, Sauna and Plunge Pool)

COST DOES NOT INCLUDE:-

- International flights
- All items of personal nature such as telephone calls, mini bar and other Beverages
- Lunches & Dinners in Islamabad & Lahore (if you do the extended trip)
- Day use rooms of in case of flight cancellation or illness
- Tips for Guide & Drivers
- Entrance Fees for the Forts
- Excursions or activities at Attabad Lake

- **16TH - 21ST APRIL 2026 - DETOX RETREAT ONLY (HUNZA)**
- **16TH - 29TH APRIL 2026 - DETOX & IMMERSIVE CULTURAL EXPERIENCE**
- **20TH - 26TH OCTOBER 2026 - DETOX RETREAT ONLY (HUNZA)**
- **20TH OCT - 2ND NOV 2026 - DETOX & IMMERSIVE CULTURAL EXPERIENCE**

HUNZA YOGA DETOX & WELLNESS RETREAT

DAILY ITINERARY

DAY	CITY / TOWN	SEMI DELUXE
1	ISLAMABAD	AMBIANCE BOUTIQUE HOTEL
2	HUNZA	AMBIANCE HUNZA
3	HUNZA	AMBIANCE HUNZA
4	HUNZA	AMBIANCE HUNZA
5	HUNZA	AMBIANCE HUNZA
6	ISLAMABAD	AMBIANCE BOUTIQUE HOTEL
7	ISLAMABAD	AMBIANCE BOUTIQUE HOTEL
8	LAHORE	4 POINTS SHERATON
9	LAHORE	4 POINTS SHERATON
10	LAHORE	4 POINTS SHERATON
11	LAHORE	4 POINTS SHERATON
12	LAHORE	4 POINTS SHERATON
13	ISLAMABAD	AMBIANCE BOUTIQUE HOTEL
14	DEPARTURE	



FAQ ABOUT THIS EXPERIENCE

- **What is the group size on this Yoga Retreat?**

The group size would have a maximum of 10 - 12 people

- **Is accommodation independent or shared?**

Accommodation will be based on a twin sharing basis, however single accommodation can be provided at an additional charge.

- **Is the domestic flight included in the price?**

Yes the price includes the flight from Islamabad to Skardu and back to Islamabad at the end of the trip.

- **What's the weather like?**

The weather will be fresh in the mornings, pleasant during the day and evenings. A light cardigan or shawl may be needed in the evenings. Cotton clothes should be fine and best to pack layers rather than anything heavy. May - Mid October is the best time to visit.

- **Do I need prior experience in Yoga to join this retreat?**

No prior experience is required to join this. The teacher will suggest adaptations for each move to cater for participants who are beginners or intermediate.

- **Is the retreat for men & women?**

Yes the retreat is catered for both genders.

- **Can I add a week to travel around the North after the retreat?**

Yes, we can help plan a bespoke itinerary if you or a group of your friends wish to extend so you can explore the beauty on offer in Naltar or Skardu.



FAQ ABOUT PAKISTAN

- **Is Pakistan safe to travel to?**

In the main Pakistan is a safe country to travel around, there are some random incidents but this is like anywhere in the world these days. On a day to day basis it is safe to get around, especially key cities like Islamabad & Lahore & the northern areas Hunza, Naran & Kalam. Like any country one must be vigilant, our team is always aware of the ground situation, so if precautionary measures need to take place these are implemented immediately.

- **What do I need to wear?**

You can wear western clothes as a woman or man. However it must be remembered that Pakistan is a muslim country so clothes should generally be loose, 3/4 arm length sleeves, skirts or dresses should be below the knees. Hair does not have to be covered except when entering places of worship. Shoes should also be taken off when entering a mosque.

For the Northern areas of Pakistan, it is best to dress with layers, for Islamabad & Peshawar their seasons follow the UK and temperatures do get cold Oct - March so warm attire is recommended.

- **How much money do I need to take?**

Eating out & shopping in the main in Pakistan is cheap, particularly at the moment when the currency is so weak. £3 - £5 will get you a premium 3 course meal at a very nice restaurant. £750 - £1K for a 16 day trip should be more than enough as many places also take card.

- **What's the local currency?**

The local currency is Pakistani Rupees, our guide will arrange to take you to a local Bureau De Exchange on your first day, where you can exchange your currency and get the best rates. We will also help you get a local SIM which you can use throughout your trip to ensure you remain connected without paying exuberant international charges.

- **Who can I get travel insurance with?**

You can get insurance with Battle Face who cover countries which are off the beaten track.

- **What airlines fly into Pakistan?**

British Airways flies directly into Islamabad. However, Emirates, Gulf, Turkish Airlines, Qatar & Etihad also fly into Islamabad, Karachi & Lahore.

NEXT STEPS

- Give us a call on 0203 150 1444 or email us on info@xperiencepakistan.co.uk if you would like to book yourself on this tour.
- A call would be arranged with Zainab via zoom in advance to discuss your personal weight goals, which may range from weight loss to a healthier diet.
- To register your interest in this experience, we only require a £500 deposit to secure your place on the tour, if we are unable to get the minimum required number by 2 months before the departure date and the tour doesn't go ahead the full deposit is refunded minus any bank charges which would be applicable to international clients. In the case of the September 2024 date we would let you know by 15th August if the tour is going ahead or not.
- The maximum group sizes is 30
- We would provide you with all the documentation you would need for your visa application which is all done online now and takes 2-3 weeks to process. This would be provided after the 50% deposit payment.
- We would create a whatsapp group and arrange a zoom call before your departure so you can meet and greet and compare notes or any tips.
- 3 weeks before departure date we would also add the driver and team in Pakistan into the group so that they can introduce themselves before your arrival in Pakistan.
- Scan the QR Code & be inspired about the adventure which awaits you.





X P E R I E N C E
Pakistan

We look forward to taking you on
your next adventure



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