



Autumn Retreat

with

Uzma Sumbal

at

Khoj Resort Shigar

Dates: 10th October – 15th October 2026
6 Days Retreat

A heart-led journey into nature, stillness, connection and joy.



About the Facilitator

Uzma Sumbal

Reiki Master, meditation facilitator,
artist and founder of Journey to Joy™

For over a decade, she has been creating heart-led spaces that support healing, self-discovery, awareness, and inner transformation.

Her work invites people to reconnect with themselves through presence, breath, nature, connection and joy.

Why Join This Retreat?

This retreat is not about learning more, doing more or becoming more.

It is an invitation to slow down.

To step away from the noise of everyday life and spend a few days surrounded by breathtaking landscapes, meaningful connections, laughter, stillness, and nature.

Together we will explore gentle Journey to Joy sessions, breathwork, meditation, conscious conversations, and moments of reflection in some of Skardu's most beautiful locations.

Each evening will end with bonfires, music, connection, and interactive group gatherings under the stars.

A space to unwind.

A space to reconnect.

A space to simply be.

RETREAT HIGHLIGHTS

- Blind Lake evening gathering
- Katpana Cold Desert
- Star Gazing
- Mantoka Waterfall
- Shigar Fort Serena
- Hashupi Garden
- Chunda Valley
- Daily Journey to Joy sessions
- Breathwork & Meditation
- Nature Connection Practices
- Bonfire Gatherings Every Evening
- Interactive Group Sessions
- Beautiful Scenic Picnics
- Time for Rest, Reflection & Connection

PRICE INCLUDES

- Return airfare Lahore – Skardu – Lahore
- Luxury accommodation at Khoj Resort
- All breakfasts, lunches, dinners, picnic lunches, tea and refreshments
- Transportation throughout the retreat (Prado – maximum 3 participants per vehicle)
- Daily Journey to Joy sessions
- Breathwork and meditation practices
- Bonfire gatherings every evening
- Sufi music evening
- Entry tickets and excursion costs
- Two 1 liter complimentary drinking water bottles in rooms
- Retreat materials and support throughout the journey
- Complimentary eco friendly yoga mat with strap
- Complimentary meditation stone as a keepsake to support your healing journey

WHAT'S NOT INCLUDED

- Tipping and gratuities for local service staff.
- Extra room service and tea/coffee other than the group setup.
- Cost of evacuation or rescue.
- Any expenses arising due to flight cancellations or delays.
- Additional hotel nights or extended stays due to flight cancellations or delays.
- Any medical treatment, medication, or healthcare expenses.

IMPORTANT AIRFARE NOTE

- Airfare is included in the package based on the current estimated fare of
- **PKR 65,000 per person.**
- Airfare includes **30 kg** checked baggage and **7 kg** hand-carry baggage per person.
- Any increase in airfare due to fare fluctuations at the time of ticket issuance will be charged separately and borne by the participant.

CANCELLATION POLICY

- A reservation is subject to 100% payment of the total package price.
- Cancellations made before one week will be eligible for a 75% refund of the package amount. Any airline cancellation charges, if applicable, will be deducted separately.
- Cancellations made between 72 hours and 7 days before departure will be eligible for a 50% refund.
- Cancellations made less than 72 hours before departure are non-refundable.
- If Journey to Joy cancels the retreat, a 100% refund will be issued.
- In the event of a flight cancellation before departure, the retreat may be moved to new dates, subject to airline schedules and room availability. Revised dates will be announced accordingly.
- If a return flight is cancelled or delayed and an additional stay becomes necessary, the cost of accommodation, meals, transportation, and all related expenses for the extended stay will be borne by the participant.
- No refunds shall be made if a participant chooses to leave the retreat before its completion for any reason.

ROOM OPTIONS & PACKAGE PRICING



OPTION 1

River's Edge King Hammock Villa
(King Size Bed | River Edge | Private Hammock)

Single Sharing: PKR 545,000

Double Sharing: PKR 435,000 per person

OPTION 2

River's Edge Loft Hammock Villa
(Duplex | Queen Size Bed | Upstairs Lounge | River Edge | Private Hammock)

Single Sharing: PKR 560,000

Double Sharing: PKR 480,000 per person



OPTION 3

River View Loft Villa

(Duplex | One Queen Bed Downstairs | Two Single Beds Upstairs)

Triple Sharing: PKR 450,000 per person

Four Sharing: PKR 440,000 per person

OPTION 4

River View Family Villa

(Duplex | Two Queen Beds | One Upstairs & One Downstairs)

Double Sharing: PKR 465,000 per person

Triple Sharing: PKR 450,000 per person

Four Sharing: PKR 440,000 per person

Limited spaces available. Rooms will be allocated on a first-confirmed basis.



If you have any questions, our team will be happy to assist you.
Please feel free to reach out at any time.

We look forward to sharing this beautiful journey with you.

Come for the mountains.
Stay for the connection.

Leave with beautiful memories, new friendships and a lighter heart.

Peace & Blessings