

SHIMLA, HIMACHAL PRADESH

Fat **2** Fit Shimla

Transform Your Body & Mind in the Himalayas

SMART WORKOUT. CLEAN EATING. NO BULL SHIT.

[Book Your Spot](#)

[View Prices](#)

8

Max Participants

100%

Vegetarian

15-30

Day Programs

0

Pills / Crash Diets

EVERYTHING YOU NEED

What's Included



Stay Included

Comfortable single room accommodation — your private sanctuary in the Himalayan hills.



3 Nutritious Meals + Detox Drinks

Pure vegetarian, organically sourced meals and daily detox drinks to fuel your transformation.



Daily Metabolism-Boosting Workouts

Expert-designed sessions targeting fat loss, stamina, and strength — no equipment overload.



Nature Walks & Scenic Hikes

Explore the breathtaking Shimla Hills with guided morning walks and weekend long hikes.



Peaceful Retreat Atmosphere

Disconnect from chaos. Reconnect with yourself in a serene, eco-friendly mountain setting.



Flexible Batch Dates

Join any date with just 15 days notice. No rigid schedules — fit around your life.

WHO WE ARE

A Different Kind of Retreat

We Are

- ✔ Pure Vegetarian
- ✔ Organic
- ✔ Pet-Friendly
- ✔ Non-Discriminating
- ✔ Non-Judgmental
- ✔ Eco-friendly
- ✔ Safe Space for Women

Our USP

- ✔ Lose weight naturally through smart workouts
- ✔ Sustainable lifestyle change — not a quick fix
- ✔ SMART WORKOUT. CLEAN EATING. NO BULL SHIT.
- ✘ ~~No crash diets~~
- ✘ ~~No pills or supplements~~
- ✘ ~~No treatments of any sort~~
- ✘ ~~No 4-hour killer workouts~~

SMART WORKOUT · CLEAN EATING · NO BULL SHIT



15 DAYS

55,000 INR

30 DAYS

95,000 INR

- Cozy single accommodation
- Mountain view
- En-suite bathroom
- Daily housekeeping



15 DAYS

75,000 INR

30 DAYS

125,000 INR

- Premium single accommodation
- Panoramic Himalayan view
- En-suite bathroom
- Priority room service

Personal Training Add-on

1-on-1 with Aditya Sir

Train directly with our founder — an internationally trained athlete. Ideal for those who want extraordinary results.

15 Days

60,000 INR

30 Days

1 LAKH INR

Who Should Take This

Goal-oriented individuals

Those with medical conditions

Trained by international athlete

Introverts who prefer privacy

Benefits

Special personal attention

Customized workout plan

Achieve beyond desired goals

DAILY ROUTINE

A Day in Your New Life

Every day is structured for maximum results — energizing, nourishing, and restorative.

7:30 am



Morning Walk

Compulsory

9:30 am



Breakfast

Nutritious & Wholesome

11:00 am



Stamina Workout

High Energy

1:30 pm



Lunch

Pure Veg Meals

5:00 pm



Strength Training

Guided Session

7:30 pm



Dinner

Light & Healthy

9:30 pm



Lights Out

Rest & Recovery



BEFORE YOU BOOK

Booking Policy

Payment Terms



50% Advance to Confirm

Pay 50% of the total amount to lock your slot. Without this, your booking is not confirmed.



Balance on Arrival

Remaining 50% is due on your day of arrival at the retreat.



Full Payment: 15 Days Prior

Full payment must be completed at least 15 days before your start date.



Only 8 Participants Per Batch

We strictly cap each batch at 8 participants for personalised attention and results.

House Rules

To maintain a safe, respectful, and focused environment for all participants, the following are strictly not allowed:

- × No Discounts
- × No use of foul language
- × No Transportation (outside of paid service)
- × No collaborations
- × No non-vegetarian food
- × No disrespect to anyone
- × No alcohol
- × No smoking

[Book My Spot Now](#)

GETTING HERE

How to Reach

We're located in Shoghi, Shimla — in the heart of the Himalayas

Recommended



By Flight

Take a flight to Chandigarh Airport (2.5 hrs) or Shimla Airport (25 mins). From either airport, book a cab to Shoghi, Shimla.



By Train

Take a train to Kalka Railway Station. From Kalka, book a cab directly to the retreat in Shoghi, Shimla (approx 1.5 hrs).



By Bus

Direct buses run from Delhi to Shoghi Bus Stand (approx 7 hrs). From the bus stand, a short cab ride brings you to the retreat.



Fat 2 Fit Shimla

Shoghi, Shimla, Himachal Pradesh, India

Exact address and detailed directions shared upon booking confirmation.