

A person wearing a bright yellow jacket and dark pants stands on a rocky outcrop, looking out over a vast, dark landscape under a starry night sky. The scene is illuminated by a warm, golden light, possibly from a low sun or moon, creating a serene and contemplative atmosphere. The person is positioned in the lower center of the frame, looking towards the horizon.

KLIMB

Explorer's Edition

KINETIC LIFE THROUGH
INTUITION, MOVEMENT & BREATH

5-9th April

TAPOVAN, UTTARAKHAND
(JUST 2 HOURS FROM DEHRADUN
AIRPORT)

WELCOME

Dear fellow explorer, welcome!

Every edition has its own charm and story but every KLIMB is a journey of movement, breath, and self-exploration, while being in the lap of nature.



THIS KLIMB IS A VERY SPECIAL ONE SINCE IT HAS A REALLY SPECIAL GUEST FACILITATOR JOINING URMI.



Your Space Holders

MEET URMI

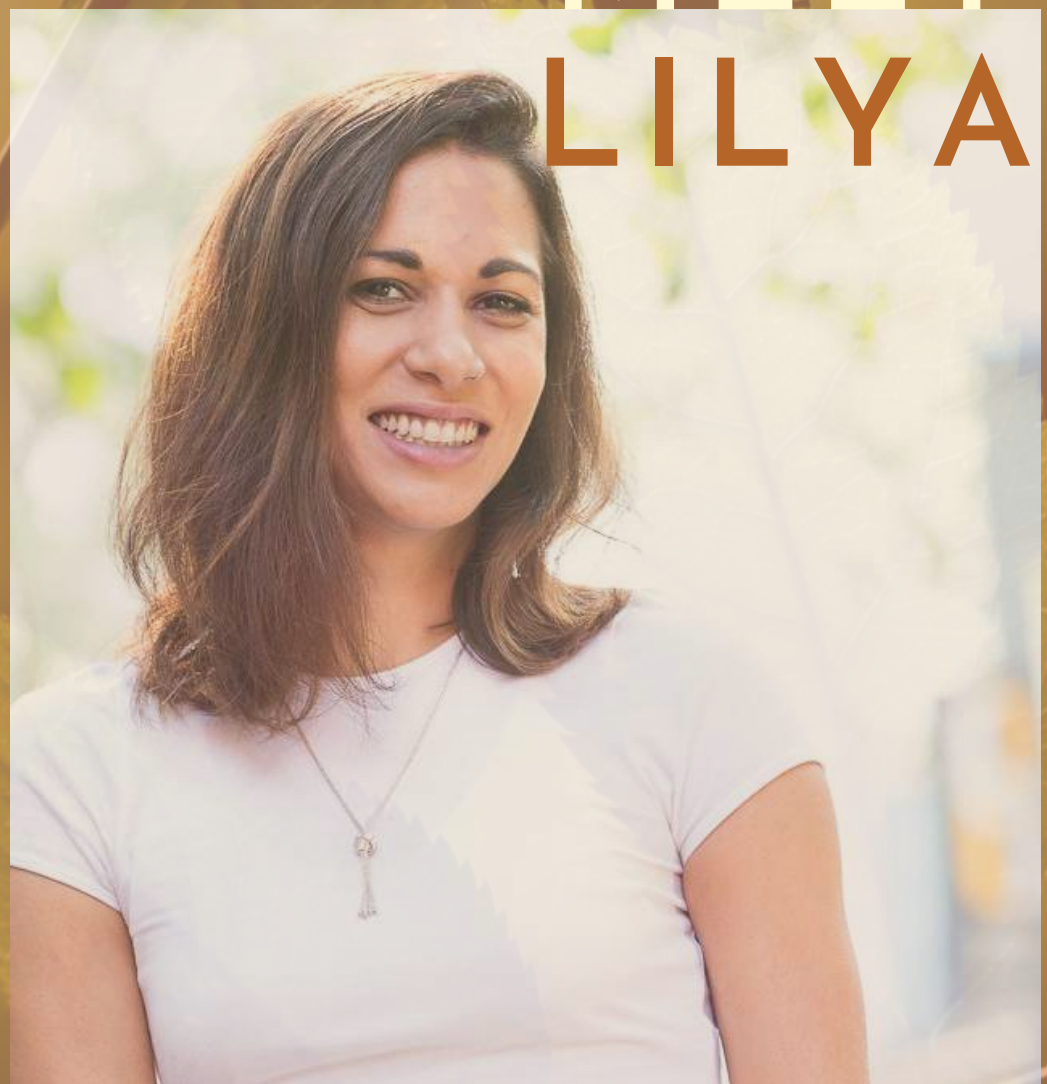


25+ YEARS OF FITNESS & MOVEMENT. ENERGY COACH, FOUNDER OF KINETIC LIVING/KSHALA.

URMI THRIVES IN EMPOWERING HER STUDENTS TO FEEL STRENGTH, CONNECTION WITH THEMSELVES THROUGH A CREATIVE AND IMPACTFUL MIX OF WORKOUTS, MEDITATIONS & SELF REFLECTION.

@COACH.URMI

MEET LILYA



20+ YEARS OF EXPERIENCE IN PERSONAL DEVELOPMENT, TRANSMUTATION & EMBODIED LIVING.

HOLISTIC GUIDE, SPACE HOLDER, TEACHER, INTERNATIONAL FACILITATOR IN SELF-LEADERSHIP WITH A MUTLI-MODALITY APPROACH. LILYA THRIVES IN GUIDING PEOPLE TO RECONNECT TO THEIR WHOLE SELF AND EACH OTHER.

@LILYAAGAPE_

Our Nest

HIMALYAN ABODE

OUR NEST FOR THIS EDITION IS TUCKED AWAY 2 HOURS FROM DEHRADUN AIRPORT.

YOU'LL HAVE THE ABSOLUTE PRIVILEGE AND JOY OF BEING IN THE MIDDLE OF THE HILLS SURROUNDED BY LUSH GREENS AND BLUE SKIES.



What to look forward to!

4 WORKOUTS
WITH COACH
URMI



4 SESSIONS
OF INNER
WORK
WITH LILYA

A FOREST HIKE

BONFIRE

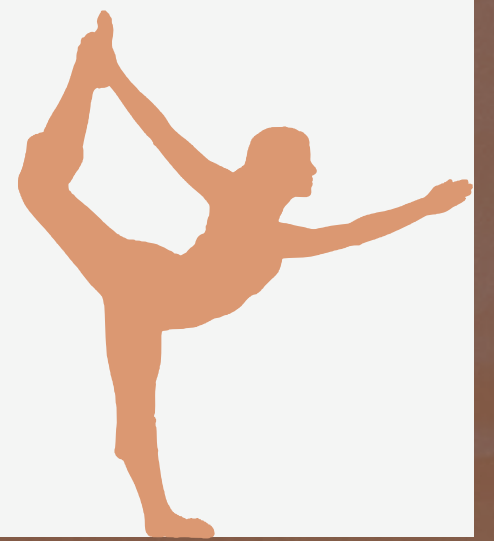
1 EPIC INNER & OUTER
EXPLORATION PAHAADI
KHAANA

The KLIMB vibe

WE PRACTICE
INTENTIONAL
LIVING

Each day is planned to include a good balance of structure & flow. Exact details of the days will be given only upon registration. Please refer to the previous slide for ALL the activities you can look forward to and go through the presentation to see what's included.

** be prepared for surprises...
Surprises are included in the price. No hidden costs.



Experience Urmi's *signature* style

EMPHASIZED INDIVIDUAL ATTENTION

- Some experience in bodyweight workouts such as squat, lunges, planks, yoga is highly recommended. Complete beginners can train before April to get ready for KLIMB. It's never too late!
- You will learn **STRENGTH GRIDS**- Kinetic Living's signature style by Urmi herself.
- Customized modifications for your level.
- Improve Body Awareness & tighten your techniques.



Why KLIMB?

TRAVEL WITH A
PURPOSE.

A UNIQUE OPPORTUNITY TO
EXPLORE YOUR INNER
WORLD GUIDED BY 2
FACILITATORS WITH DISTINCT
PERSONALITIES, AREAS OF
EXPERTISE, EXPERIENCE,
WISDOM & KNOWLEDGE.

KLIMB IS ALWAYS A
BEAUTIFUL EXPERIENCE OF
BALANCE FROM THE LENSE
OF FITNESS, PSYCHOLOGY,
ENERGY, NUTRITION,
NEUROSCIENCE AND NATURE.

THIS RETREAT SUPPORTS LOCALS.



Why this KLIMB?

45 YEARS OF COMBINED
MULTI-MODALITY
EXPERIENCE
JUST FOR YOU!

Urmi & Lilya are combining for the 1st time their skills and personalities to serve and offer you a holistic experience. That's 45 years of combined experience in a variety of different modalities all pertaining to the development of Self through the realms of the physical, mental, emotional, energetical, spiritual, communal and more... Needless to say this will be a rich experience that can transform you, if you let it!



We're a *safe space*

TRUST.
OPENNESS.
HUGS

- ALL FEELINGS ARE WELCOME!
- THROUGH FUN INTERACTIVE GAMES AND CIRCLES WE CREATE A COMMUNITY WHERE YOU GET TO EXPLORE YOUR AUTHENTIC SELF, GET IN TOUCH WITH YOUR INNER VOICE & DROP SELF-JUDGMENT.
- LEARN THE DEEPER MEANING OF SELF-ACCEPTANCE, CONSISTENCY AND REDEFINE YOUR GOALS WITH TRUTH BOMBS.
- ONCE YOU'RE HERE YOU DON'T HAVE TO WORRY ABOUT ANYTHING.



What's included

ALL SUPER YUMMY &
HEALTHY MEALS.

STAY FOR ALL
NIGHTS AS PER
CHOSEN CATEGORY
OF ACCOMODATION.

PROGRAM WITH
URMI & LILYA.

TRANSPORT FROM
DEHRADUN AIRPORT
(WITHIN FIXED
ARRIVAL WINDOWS
ONLY).

ALL ACTIVITIES.

What students are saying....

Urmiiiiii ❤️

I'm so glad I chose to come for this KLimb, it was all that I wanted to experience and more!! I'm def still processing all of it but felt like telling you this: I have soooooo much love and respect for you and all that you stand for. It truly was inspiring to just meet you and learn from observing you. Like I said that day, in you I've found a friend, guru, mentor and cheerleader. I feel such a deep connection to you that I can't seem to explain it in words. Thank you for being you, you're an absolute rockstar with the kindest heart. ✨

I love you and look forward to meeting again. 💜

3:23 PM

Back to the city from [#Klimb](#) Goa feeling satiated, supported, rested and so much more!! Thank you [@coach.urmi](#) for giving us [@kshalaforlife](#) ❤️



The end of Klimb couldn't have come at a more perfect time ❤️ I really felt like I let something go on the inside and I'm going to meditate and reflect on the experience after my first day back, on this full moon and in the days to come! Cannot thank you enough 🌸 Always always grateful!



22:56

I am so glad to read this ✨💪😊

Do let me know if you need more prompts to reflect deeper

What students are saying....



Thank you Urmi! I am short of words on what I feel after KLIMB Goa! You are more than a teacher, a guiding light in the truest sense! This has been an exhilarating experience! It's been a very emotional journey for me personally, opening up my vulnerable side to some absolute strangers who are now so much more to me! This wouldn't have been possible without you. I'm feeling so much at peace and yet so energized! It's been an honour to have met you in person in Pune, at KLIMB and hoping there are many more such interactions in the future! There has been an overwhelm (of a good kind) since last night! I cried ... don't know if that was overwhelm or not wanting to go back 😊 I'm blessed to have you in my life not just as a coach but as a true friend with whom I can truly let my guard down. Thank you ❤️😊

8:33 PM

Just touched down in Bombay and I feel so blessed and grateful for the week we've had. Through the sweaty sunsets, giggly nights, sometimes grumpy mornings, chatty car rides and days of introspection, I am so excited to have found a friend in each and every one of you this week. And also be friendlier to myself! Thank you for Urmi for your vision and creating this space and opportunity for us all! Thank you to the og gang for making that space feel so safe and special! I hope to keep in touch and see you all in Bombay/Bangalore/Chennai/Delhi soon! ❤️😊

1:17 PM



Ankita Klimb
So much love to everyone ❤️

2:22 PM

Kruti
Thank you @Supernöva for the most energizing 4 days! It was lovely meeting and knowing you all! Hope to stay connected 😊

3:26 PM

James Bond 21 Day Bootcamp
Thank you Urmi for the great experience. It was awesome working out with everyone and of course the time spent during meals and otherwise ... also the discussion sessions where so many knowledge bombs were dropped .. genuine thanks to everyone present ..

3:36 PM

Energy Exchange

PROGRAM

6 EAGER SPOTS	36,000/-
6 EARLY BIRD SPOTS	45,000/-
6 REGULAR SPOTS	51,000/-
6 LATE BIRD SPOTS	55,500/-

HOSPITALITY**

	Single	Double	Triple
BASIC TENT W/O RESTROOM	9,100/-	7,500/-	
SWISS LUXURY TENT (easily accommodates 3 people)	11,500/-	9,100/-	8,300/-
ROOMS	11,500/-	9,100/-	8,300/-

****price includes stay, 3 meals/day, snacks,
transport from Dehradun airport.**



LUXURY TENT



ROOMS

Connect with us



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Instagram : @coach.urmi /
@lilyaagape

With love & gratitude

Urmi & Lilya