

Karma
MARTAM
RETREAT

GANGTOK, INDIA



THE 12 DAYS
OF *Karma*
Karma
MARTAM
RETREAT

GANGTOK, INDIA

2023 - 2024

WE CREATE... EXPERIENCES

WE CREATE... EXPERIENCES

WELCOME TO THE KARMA MARTAM RETREAT FESTIVE CELEBRATION

Join us this holiday season to experience everything
Karma Martam Retreat has.
Welcome this festive celebration amid the splendor of Sikkim.

Join us for the festivities as we close out the year
and ring in 2024, Karma style.

#EXPERIENCEKARMA

#SEASONOFKARMA

STAY SOCIAL

 [karmagroupglobal](https://www.facebook.com/karmagroupglobal)  [karma.group.india](https://www.instagram.com/karma.group.india)

#ExperienceKarma

THE 12 DAYS
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2023 - 2024

EVENTS CALENDAR

// DEC 22 FRIDAY BODY, MIND & SPIRIT	// DEC 23 SATURDAY LEGEND OF THE SAINT BABA	// DEC 24 SUNDAY O HOLY NIGHT!
// DEC 25 MONDAY A HOLLY JOLLY CHRISTMAS!	// DEC 26 TUESDAY A THAKALI FEAST	// DEC 27 WEDNESDAY SONAR BANGLA!
// DEC 28 THURSDAY VILLAGE WALK	// DEC 29 FRIDAY DRAGON STORIES	// DEC 30 SATURDAY FARM TO FORK
// DEC 31 SUNDAY UNDER THE STARS	// JAN 01 MONDAY HAPPY NEW YEAR!	// JAN 02 TUESDAY JUNGLE TRAILS

“CHRISTMAS IS LIKE CANDY; IT
SLOWLY MELTS IN YOUR MOUTH
SWEETENING EVERY TASTE BUD,
MAKING YOU WISH IT COULD LAST
FOREVER.” – RICHELLE E. GOODRICH

// DEC
22
FRIDAY



// TODAY *at* KARMA RETREAT

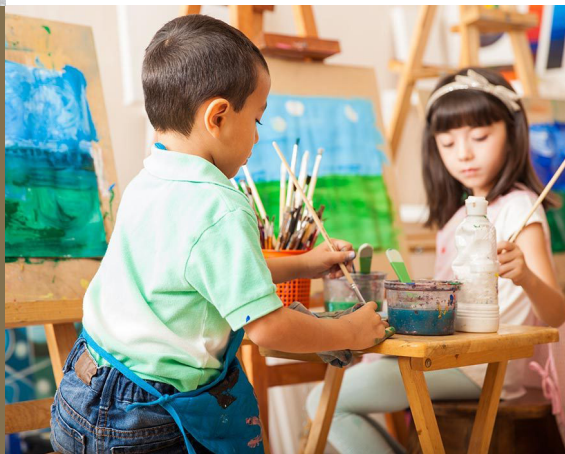


TOUR RECOMMENDATION

Visit the Rumtek Monastery to witness the grandeur of one of the oldest monasteries of His Holiness 'The Gyalwang Karmapa'. Contact the front desk for more details/travel assistance.

ACTIVITY OF THE DAY

Our little guests are invited to a canvas painting session at the Three Monkeys Club at 11:00am!



SPA

Experience rejuvenation at the Karma Spa by booking any 60-minute treatment and getting a complimentary upgrade to 90 minutes. Touch ext.111 for bookings/more information.



// DEC

FRIDAY

22

BODY, MIND & SPIRIT

The 12 days of Karma in the Himalayan state of Sikkim, have a character of their own. We begin the festive season with the perfect blend of activities tailor made to nurture your body, mind, and spirit. Relax by our courtyard on a cool evening around a bonfire as the sounds of acoustic music fill up the air under a blanket of stars - 06:30pm onwards. What's more? Chef Laku's signature pumpkin soup is the highlight of the evening and is guaranteed to feel like a warm hug on a cold night.

CELEBRATIONS
FESTIVE
SEASON
at *Karma*
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“THE BEST WAY TO SPREAD CHRISTMAS CHEER
IS SINGING LOUD FOR ALL TO HEAR.” – WILL
FERRELL

// DEC
23
SATURDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit the Nathu-La Pass – a high altitude border checkpoint between India and China and witness the legend of Baba Harbhajan Singh at the Baba Mandir. Baba Harbajan Singh is said to serve in the Indian Army even after his death! – by appearing in the dreams of soldiers and telling them about the plans of the enemy. The Nathu-La Pass offers stunning snow-clad mountain views and has the Tsongmo lake in the vicinity. Contact the front desk for more details/travel assistance.

ACTIVITY OF THE DAY

Our little guests are invited over for a drawing contest at the Three Monkeys Club at 11:00am!



SPA

- Book any treatment worth Rs.3000/- or more and get a complimentary 15-minute foot massage! Touch ext.111 for bookings/more information.

// DEC

SATURDAY

23

LEGEND OF THE SAINT BABA

Gather around the bonfire by the courtyard for a karaoke session at 07:00pm followed by a Sikkimese inspired buffet dinner at the Restaurant with the best of seasonal produce.

CELEBRATIONS
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“I WILL HONOR CHRISTMAS IN MY HEART,
AND TRY TO KEEP IT ALL THE YEAR.” – CHARLES
DICKENS



Christmas Cheer



Christmas Greetings



// DEC

24
SUNDAY



*Christmas Greetings
and Best Wishes
for a Happy
New Year*

Merry Christmas
SUNDAY



With every Good Wish for your Happiness
at Christmas
and Prosperity in the Coming Year
from
Mrs. Maud Baring-Gould.

63 Westminster Gardens,
London, S.W. 1.

// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Book your trip to the scenic 'Temi' tea Garden in South Sikkim and take home a box of tea to sample this very special brew from the eastern Himalayas! Contact the front desk for more details/ travel assistance.

ACTIVITY OF THE DAY

Our little guests are invited to make Christmas Cards at the Three Monkeys Club at 11:00am!



SPA

25% off on all Spa Treatments at the Karma Spa! Touch ext.111 for bookings/more information.



// DEC

SUNDAY

24

O HOLY NIGHT!

The sound of Christmas Carols fill the air around the bonfire by the courtyard from 07:00pm onwards followed by a Christmas Eve gala dinner at the Restaurant featuring classic Christmas Recipes including a special Christmas Cake! Contact the front desk for table reservations and more information.

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“GIFTS OF TIME AND LOVE ARE SURELY
THE BASIC INGREDIENTS OF A TRULY
MERRY CHRISTMAS.” – PEG BRACKEN



MERRY
CHRISTMAS
AND
HAPPY NEW YEAR

// DEC
25
MONDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit Gangtok's 'Mall Road' to witness the public Christmas celebrations in capital city. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Outdoor Christmas themed games by the courtyard at 05:00pm.



SPA

Get up to 40% off on any 90-minute treatment of your choice. Touch ext.111 for bookings/more information.

// DEC

MONDAY

25

A HOLLY JOLLY CHRISTMAS!

Join us for a specially curated family style dinner at the Restaurant from 07:30pm onwards with live acoustic music and Christmas surprises!

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“CHRISTMAS GIVES US THE OPPORTUNITY
TO PAUSE AND REFLECT ON THE IMPORTANT
THINGS AROUND US.” – DAVID CAMERON



// DEC
26
TUESDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit the 'Ban Jhakri' water fall to get a glimpse into the legends of the 'Ban Jhakris' of Shamanic Healers of Sikkim! Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Tibetan Noodle Making workshop with Chef. Laku Tshering by the courtyard at 11:00am.



SPA

Book any 90-minute treatment of your choice and get a complimentary 30-minute head, neck and shoulder massage! Touch ext.111 for bookings/more information.

// DEC

TUESDAY

26

A THAKALI FEAST

Delve into the culinary world of 'Thakali' food - the traditional cuisine of the Nepali community inspired by the land and the produce it offers. Join our special 'Thakali' feast at the Restaurant from 07:30pm onwards as a local violinist serenades you with his melodies.

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“CHRISTMAS WORKS LIKE GLUE. IT KEEPS US
ALL STICKING TOGETHER.” – ROSIE THOMAS



// DEC
27
WEDNESDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit the Nyingma Institute of higher Buddhist learning to gain insights into the Buddhist Faith and way of life. Contact the front desk for more information and assistance.

ACTIVITY OF THE DAY

Inviting one and all for a table tennis tournament at the Three Monkeys Club at 11:00am!



SPA

Get a free drink voucher on booking treatments worth Rs.3000/- or more! Touch ext.111 for bookings/more information.

// DEC

WEDNESDAY

27

SONAR BANGLA!

Start off at the courtyard with a round of 'Antakshari' by the bonfire and then head to the restaurant for a very special Bengali themed dinner buffet from 07:30pm onwards.

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“GIFTS OF TIME AND LOVE ARE SURELY THE
BASIC INGREDIENTS OF A TRULY MERRY
CHRISTMAS.” – PEG BRACKEN



// DEC
28
THURSDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Join our General Manager – Raj Chhetri at 10:00am as we head out on a village walk to explore the picturesque hamlet of Martam walking along narrow paths along paddy fields, bamboo forests and colorful homes.

ACTIVITY OF THE DAY

Learn the art of making the famous 'momo' with Chef Laku Tsering by the courtyard at 05:00pm.



SPA

Deal of the day! Get a 90-minute Karma Rhythm massage for Rs. 2499/- only. Touch ext.111 for bookings/ more information.

// DEC

THURSDAY

28

VILLAGE WALK

Feast on the chef's selection of Pan-Asian food at the
Restaurant from 07:30pm onwards.

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FESTIVE
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“CHRISTMAS MAGIC IS SILENT. YOU DON’T
HEAR IT — YOU FEEL IT, YOU KNOW IT, YOU
BELIEVE IT.” – KEVIN ALAN MILNE

// DEC
29
FRIDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit the famous Seven Sisters Waterfalls in North Sikkim. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Paint dragons on a bamboo stem at the Three Monkeys Club at 11:00am!



SPA

Book two 60-minute treatments at the Karma Spa and get the third one complimentary. Touch ext.111 for bookings/more information.

// DEC

FRIDAY

29

DRAGON STORIES

Chef Karma and team take you on a culinary tour of Bhutan - the land of dragons! 07:30pm onwards at the Restaurant.

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“CHRISTMAS IS A NECESSITY. THERE HAS TO BE
AT LEAST ONE DAY OF THE YEAR TO REMIND
US THAT WE’RE HERE FOR SOMETHING ELSE
BESIDES OURSELVES.” – ERIC SEVAREID

// DEC
30
SATURDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit the famous 'Chaar Dham' and Buddha Park in South Sikkim. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

A Carrom competition unfolds at the Three Monkeys Club at 11:00am.



SPA

Book treatments worth Rs.6000/- or more and get a complimentary New Year's Eve dinner voucher for 2 adults! Touch ext.111 for bookings/more information.

// DEC

SATURDAY

30

FARM TO FORK

We start off with a cultural evening by the courtyard with live performances and head to the Restaurant at 07:30pm for a specially curated dinner made with locally procured organic ingredients only!

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“WE SHOULD CELEBRATE EVERY YEAR THAT
WE MADE IT THROUGH AND EVERY YEAR
THAT WE’RE HAPPIER AND HEALTHIER.” ELLEN
DEGENERES

A hand is shown holding a lit sparkler that is emitting bright, colorful sparks. The background is dark with numerous out-of-focus bokeh lights in shades of pink, purple, and yellow. The date and day are displayed in white text in the lower center of the image.

// DEC
31
SUNDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit the local 'Gufa' - a meditation center for Buddhist Monks in the afternoon for insights into the lives of monks and followers of the Tibetan school of Buddhism. Contact the front desk for more information and assistance.

ACTIVITY OF THE DAY

Inviting our little guests to make New Year's Greeting Cards at the Three Monkeys Club at 11:00am!



SPA

Book any 60-minute treatment for a special price of Rs.2023/- only! Touch ext.111 for bookings/more information.

// DEC

SUNDAY

31

UNDER THE STARS

Time to celebrate New Year's Eve with foot tapping DJ Music around a bonfire , live food stations, unlimited drinks and an extravagant buffet spread! Limited cover event. Book Now! Touch ext. 9 for bookings and more information.

CELEBRATIONS
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“APPROACH THE NEW YEAR WITH RESOLVE TO
FIND THE OPPORTUNITIES HIDDEN IN EACH
NEW DAY.”



// JAN
01
MONDAY



// TODAY *at* KARMA RETREAT



ACTIVITY OF THE DAY

Join a Pasta masterclass with Chef Karma by the courtyard at 05:00pm.

TOUR RECOMMENDATION

Visit the ropeway in Gangtok for a panoramic view of the city below and shop at the famous MG Marg! Contact the front desk for more information/ travel assistance.



SPA

Buy any 90-minute treatment and get the second one free! Touch ext.111 for bookings/ more information.



// JAN

MONDAY

01

HAPPY NEW YEAR!

After a night of celebrations, take it easy in the morning and head over to the Restaurant for a hearty New Year's Day Brunch by Chef Karma featuring the perfect fusion of local, pan-Asian and international food. 11:00am to 03:00pm. Book your table now! Touch ext. 9 for bookings and more information.

CELEBRATIONS
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2023 - 2024

“A WORTHY NEW YEAR’S RESOLUTION, PERHAPS,
IS TO TAKE NO HATRED INTO THE NEW YEAR
WITHOUT REQUIRING IT TO RESTATE ITS
PURPOSE.”

// JAN
02
TUESDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Join our team on an exploration of the Changey Falls at 10:00am and enjoy the nature trail along virgin forests in the lap of nature. Contact the front desk for more information/ travel assistance.

ACTIVITY OF THE DAY

Battle it out at a Ludo Contest at the Three Monkeys Club at 05:00pm.



SPA

Book any 60-minute treatment and get a complimentary upgrade to 90 minutes. Touch ext.111 for bookings/more information.

// JAN

TUESDAY

02

JUNGLE TRAILS

Head over to the Restaurant to try out the best of Mughlai dishes from 07:30pm onwards post a special evening by the courtyard bonfire to close our 12 days of Karma!

CELEBRATIONS
FESTIVE
SEASON
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2023 - 2024

**“THERE ARE FAR BETTER THINGS
AHEAD THAN ANY WE LEAVE BEHIND”**

Karma
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GANGTOK, INDIA

★
Happy
Holidays ★
and
★ *a Wonderful* ★
New Year!
L

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