



Dharana at Shillim joins Healing Hotels of the World
A journey of healing and renewal in the heart of India



Dharana at Shillim offers a sanctuary of ancient wisdom, mindful restoration, and sustainable well-being.

15 April, 2025, Cologne, Germany -- Healing Hotels of the World is delighted to announce the addition of Dharana at Shillim to its esteemed portfolio. Nestled in the serene landscapes of India's Western Ghats, Dharana at Shillim offers transformative wellness experiences that harmoniously blend nature, ancient wisdom, and mindful restoration.

Dharana at Shillim offers a range of holistic programs, including yoga, meditation, Ayurveda, and personalized wellness plans, all designed to nurture the body, mind, and spirit. The retreat's eco-friendly practices and commitment to sustainability further enhance the healing experience, allowing guests to immerse themselves in a truly restorative environment. The retreat's philosophy aligns seamlessly with Healing Hotels of the World's mission to promote holistic health and authentic healing experiences.

Anne Biging, Founder of Healing Hotels of the World, warmly welcomed Dharana at Shillim into the collection: "We are thrilled to welcome Dharana at Shillim to our global family of healing destinations. Their dedication to integrating natural surroundings with ancient healing traditions offers guests a profound journey toward self-discovery and renewal. This partnership enriches our collective mission to provide authentic and transformative wellness experiences worldwide."

Thoughtfully designed to blend seamlessly into the surrounding Shillim Estate forest, Dharana at Shillim features minimalist architecture inspired by traditional Indian design principles. Earth-toned structures, open-air spaces, and natural materials such as stone and wood create a deep sense of calm and connection with the environment. Each villa is positioned to offer privacy and uninterrupted views of the mountains and forest, enhancing the immersive healing experience.



Sustainability is at the heart of the retreat’s ethos. Dharana at Shillim implements eco-conscious practices across all operations—from organic on-site farming and water conservation systems to renewable energy use and a strict no-plastic policy. These efforts are designed not only to protect the pristine ecosystem of the Western Ghats but also to inspire a more conscious, earth-aligned way of living for every guest.

Mr. Gavin de Souza, Managing Director of Dharana at Shillim, expressed his enthusiasm about the partnership: “We are delighted to join Healing Hotels of the World, a recognition of our shared vision for authentic wellness and transformative experiences. At Dharana at Shillim, we believe in the profound connection between nature, ancient wisdom, and mindful restoration. This partnership reflects our commitment to offering a sanctuary where guests can restore balance, reconnect with themselves, and embrace sustainable well-being.”

About Healing Hotels of the World

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, the two collections of Urban and Resort Healing Hotels around the world bring holistic healing travel based on specific Healing Excellence Standards to life. Member hotels are Healing Certified, ensuring that the wellbeing of each guest is taken to a deeper dimension through their holistic program offering. Healing Hotels of the World provides expert consulting and training, empowering hoteliers to fully embrace the healing guest experience. With the online magazine JUST BREATHE MAG and the yearly HEALING SUMMIT, the leading event for the healing hospitality and holistic lifestyle community, Healing Hotels of the World has found unique ways to express and share its vision of enabling travel guests to become whole in body, mind and soul.

www.healinghotelsoftheworld.com

About Dharana at Shillim, India

Dharana at Shillim is a premier wellness retreat located in the Western Ghats of India. Emphasizing a holistic approach to health, the retreat offers personalized programs that integrate ancient healing practices with modern wellness techniques. Surrounded by pristine nature, Dharana at Shillim provides a tranquil sanctuary for guests seeking balance, rejuvenation, and sustainable well-being.

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