

JANUARY 12 - JANUARY 15 (2026)

# The Power of the Female Voice - Womens Throat Singing Retreat

Groningen, Netherlands



Immerse yourself in the world of Mongolian throat singing and overtone singing, guided by Zolzaya, one of Mongolias leading female throat singers. A nourishing winter retreat filled with warmth and music.

# Discover the power of the female voice.

## Womens Mongolian Throat Singing Retreat

Step into a warm and inspiring winter retreat dedicated to the female voice and the art of Mongolian throat singing. Held in a beautifully restored 19th-century farmhouse in the peaceful countryside of Westerwolde (Groningen, the Netherlands), this four-day experience offers a rare opportunity to learn directly from D. Zolzaya — one of Mongolia’s leading professional female throat singers.

Born in Chandmani, the birthplace of Mongolian throat singing (“khöömii”), Zolzaya has dedicated her life to preserving, performing, and teaching this extraordinary art. Together with Rowan and Saran Hartsuiker from Altai (The Netherlands), she will guide you through a deep exploration of Mongolian throat singing, overtone singing, Mongolian traditional instruments and beautiful songs — all seen through a female perspective that both honors tradition and breaks new ground.

Throughout the retreat, participants are invited to reconnect with their voice and inner strength through guided workshops, cultural sharing, and moments of stillness. Between sessions, you can unwind in the warmth of the farmhouse: enjoy the heated indoor swimming pool, sauna, or whirlpool, or simply relax by the wood-burning stove with a cup of tea. And of course, there will be delicious meals throughout your stay: all freshly prepared — nourishing, vegetarian, and mostly vegan — made with care and warmth by Saran. Every dish is inspired by traditional Mongolian recipes, adapted with a contemporary, wholesome touch to nourish both body and spirit.

This is more than a workshop: it’s an intimate and empowering journey where women come together to learn, breathe, sing, and rediscover their voices and enter the magical world of traditional Mongolian music and throat singing.

A celebration of sound, culture, and connection — rooted in the ancient art of Mongolian throat singing, and carried forward by women today.



**What makes this  
retreat so unique**

# What makes this retreat so unique.

**A first in Europe:** This is the very first retreat fully dedicated Mongolian throat singing from a female perspective, lead by a professional throat singer from Mongolia.



**Female focus:** A retreat created especially for women who wish to explore their voice, sound, and inner strength through Mongolian throat singing and overtone singing: in a supportive and inspiring environment.



**Authentic guidance:** Daily workshops guided by Zolzaya, one of Mongolia's foremost female throat singers, assisted by Rowan and Saran Hartsuiker from Altai, combining authenticity with warmth and personal attention.



**All-inclusive care:** Accommodation, meals, workshops, wellness access, coffee, tea, fruit, and snacks are all included. Allowing you to fully focus on your voice and well-being.



**Warmth & comfort:** Relax in the heated indoor pool, whirlpool, or sauna, or gather by the fire in the cozy farmhouse living room... a perfect atmosphere for learning and rest.



**Creative space:** Practice surrounded by forests, streams, and open fields in the quiet landscape of Westerwolde: a place where silence and inspiration meet.



**Yoga & Massage:** Gentle session designed to connect body, breath, and voice, supporting your singing and relaxation throughout the retreat.



**Small-scale & personal:** Limited to 10 women, ensuring an intimate, safe, and nurturing space where authentic connection and growth can flourish.

**More than a retreat:** This is the first retreat in Europe fully dedicated to women and Mongolian throat singing: guided by a professional female throat singer from Mongolia. It's more than a musical journey: it's a space to connect, to learn, to rest, and to rediscover the power of your own voice. Held in a beautiful farmhouse filled with warmth, comfort, and music, this retreat offers space to breathe, reflect, and be inspired: together with others who share the same curiosity and spirit.

**Meet  
the team**

## Please meet the team.



### **Damba Zolzaya**

Professional throat singer, musician, and teacher from Mongolia. Born in Chandmani, Khovd Province — known as the birthplace of Mongolian throat singing (“Khoomii”) — Zolzaya (“Zola”) is one of Mongolia’s leading female throat singers and a Merited Cultural Worker of Mongolia. She performs and teaches at the Drama Theatre in Ulaanbaatar and plays several traditional instruments, including the Morin Khuur, Tovshuur, Tsuur, Altai Harp and Mouth Harp.

Through her art, she challenges the old idea that throat singing is a male domain, showing that this tradition transcends gender. With her warm presence, Zola invites others to explore the power of Mongolian throat singing.

### **Rowan Hartsuiker**

Musician, teacher, and co-founder of Altai. For over twenty years, Rowan has immersed himself in Mongolian throat singing, overtone singing, and traditional instruments such as the Morin Khuur, Tovshuur, Altai Harp, and jaw harp. His music bridges tradition and experience, touching people at their core.

Together with his wife Saran, he shares a passion for cultural exchange through their concept “Altai.” During retreats and workshops, Rowan brings these musical traditions to life in an accessible and personal way.





## **Saran Myagmarsuren-Hartsuiker**

Founder of Altai and born in Mongolia, where she grew up in a traditional yurt on the countryside. Saran embodies her culture – and you feel it in the hospitality, the atmosphere, and the care with which she embraces every retreat and workshop. Her love for cooking and culture makes each experience truly special.

Together with Rowan, she is the heart of Altai: warm, connected, and genuine. She invites you to taste the Mongolian tradition – in every sense of the word.

## **Myadag (Mia)**

Our dear friend Myadag (short: “Mia”) supports the retreat with warmth and dedication, helping prepare meals and create a welcoming atmosphere. Her friendly presence and care make everyone feel at home.



# **Location of the retreat**

# The location of the retreat



## The farm

Our retreat takes place in a charming 19th-century farmhouse in the heart of Westerwolde (Groningen, Netherlands). Surrounded by forests and fields, it offers the perfect blend of silence, warmth, and comfort. The farmhouse has nine bedrooms, each with its own private bathroom. In the old grain storage area, you'll find a heated indoor swimming pool, a sauna, a whirlpool, and a terrace. The shared spaces are cozy and inviting, featuring a wood-burning stove and a spacious dining room: a perfect setting for inspiring evenings of warmth, music, and conversation.

## Bedrooms

There are 9 spacious bedrooms, each with its own private bathroom. 4 private rooms are located in the annex, with direct access to the garden. The rooms are comfortably and soothingly decorated, featuring cozy beds, calming colors, and natural materials. A place to reconnect with yourself.



## Garden / surroundings

The large garden surrounding the farm offers plenty of space to unwind: seating areas, a large outdoor table, flowers, shade, and wide-open views. For those who enjoy play or movement, there's a volleyball court and various outdoor activities. In the evening, people often gather around the fire – beneath the starry skies of Westerwolde.

# Feel the Vibe



# **Day to day program**

# Day-to-day Program.

## Day 1 - Monday, January 12

### From 16:00 – Arrival

Welcome to the farm in Ter Wupping! Arriving earlier? Let us know: we'll do our best to accommodate you. Take time to settle in, explore your room, stroll through the garden, or unwind by the wood stove. You might take a refreshing dip in the heated pool or simply enjoy the peaceful stillness of the countryside.

### 18:30 – Welcome dinner

We gather in the dining room for a warm and cozy welcome dinner: a relaxed evening to share stories, meet fellow participants, and enjoy delicious Mongolian food.

### 20:00 – Introduction to Mongolian music

In an atmospheric evening session, Zolzaya and Rowan introduce the world of Mongolian throat singing and overtone singing. Through live demonstrations, songs, and stories, we open the retreat together: by a nice warm fire in the beautiful farm.

### 22:00 – Free time

Fill in the evening in whatever way feels right for you. There is space for improvisation: to sense the group's rhythm, connect with others, or enjoy a quiet moment alone. Relax in the sauna or pool, or simply unwind by the soft glow of the fireplace. If the weather allows, we might also gather outside for a beautiful fire under the stars — sharing stories and music.



## Day 2 - Tuesday, January 13

### 08:30 – Breakfast

A nourishing breakfast buffet of fresh fruit, bread, yogurt, and tea: to begin the day grounded and energized.

### 10:00 – Breathing & Overtone Workshop

Zolzaya opens the morning with stories of how women in Mongolia are reclaiming their voice within throat singing. We continue with breathing and body-awareness exercises, exploring how overtones are created, heard, and shaped: discovering the very first layers Mongolian throat singing.

### 12:30 – Lunch

A warm and delicious lunch, freshly prepared and shared in good company.

### 14:00 – Nature walk & outdoor singing

Weather permitting, we head out for a short walk into the surrounding forests. Among trees and open air, we explore how the voice carries in nature. If it's too cold, we continue indoors: bringing that same connection to sound and stillness into the warmth of the farmhouse.

### 16:30 – Mongolian Instruments Introduction

Back inside, Zolzaya and Rowan introduce various traditional instruments such as the Morin Khuur, Tovshuur, Altai Harp and Mouth Harp: and how these sounds intertwine with the voice in Mongolian music. Of course there is a lot of options to try them yourself, understanding how the instruments work, how you can improvise with them, combining them with your voice.

### 18:30 – Dinner

A delicious dinner to close the day's sessions.

### 20:00 – Evening Workshop

A relaxed evening of voice practice: deepening technique, exploring resonance, and finding your own sound. After the workshop, the evening is yours to fill as you wish: continue singing together, share tea by the fire, relax in the sauna or pool, or simply enjoy the peaceful stillness of the farmhouse at night.



## Day 3 - Wednesday, January 14

### 08:30 – Breakfast

A calm morning meal with time to prepare for a new day of singing.

### 10:00 – Workshop: Shakhaa & Isgeree Khoomii

We explore two throat singing styles that echo the sounds of nature — wind and water. In the warmth of the farmhouse, Zolzaya guides you through these expressive techniques step by step.

### 12:00 – Free Time

Swim in the pool, enjoy the sauna, read by the fire, or rest quietly.

### 13:00 – Lunch

A cozy midday meal together.

### 14:00 – Morin Khuur Deep Dive

For those who wish, we explore the Morin Khuur: learning simple melodies, combining voice and instrument, and discovering the connection between the instrument and voice.

### 16:30 – Yoga & Breathwork

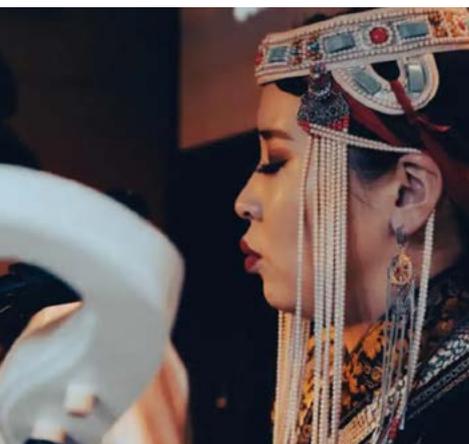
A deeply relaxing yoga session: no experience required. Led by a professional and caring yoga teacher who has designed this practice especially for our retreat, it focuses on gentle movement, breath, and restoration. The session helps to release tension, restore energy, and prepare body and mind for an evening of calm and connection.

### 18:00 – Dinner

Fresh, nourishing, and warming after a full day of practice.

### 20:00 – Evening Vocal Session

We deepen the techniques from the morning, working together in small groups — exploring harmonics, overtones and more. After the workshop, the evening flows naturally: stay to sing a little longer, share tea and laughter by the fire, or simply relax in the warmth of the group. If the weather allows, we might gather outside by the garden fire under the stars for music, stories, or quiet reflection.



## Day 4 - Thursday, January 15

### 08:30 – Breakfast

A final morning together — warm food, tea, coffee and sharing experiences.

### 10:00 – Workshop: Kharkhiraa — The Deep Voice

Finally, we explore Kharkhiraa, a resonant, low throat singing style that mirrors the deep vibration of nature itself. A meditative, grounding practice.

### 12:30 – Lunch

A final shared lunch together.

### 14:00 – Integration & Reflection

We begin by continuing our exploration of Kharkhiraa, deepening this powerful, low-vibration throat singing style. From there, we bring everything together — breath, sound, and emotion — in a final collective session of singing, listening, and sharing. It's a warm and reflective closing moment, ending the retreat with gratitude, connection, and a sense of completion.

### 18:00 – Farewell Dinner & Closing Circle

We gather for a festive closing dinner: a final evening filled with warmth, laughter, and shared stories. Around the table, we reflect on our days together: the sounds discovered, the courage found, the friendships formed (With every activity we organized before, we are always so inspired by seeing how people connect with each other!). As music and conversation flow naturally, the group comes together one last time in a gentle closing circle — to sing, to listen, and to honor the journey we've shared. A moment of stillness, gratitude, and connection before we part ways, carrying the resonance of this experience within us.



# Pricing and Information

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**Regular Room:** €1,150

**Private Room:** €1,350 (Only 4 available)

**Large Private Room:** €1,450 (Only 1 available)

**Budget Room:** €650

(See the next page for some photos and extra info about each of these rooms)

## The above price includes:

- 4 days (3 nights) accommodation
- 3 meals per day
- Fruit / snacks / coffee / tea / drinks
- Daily workshops in throat singing & Mongolian music
- Use of instruments
- Your own folder with lesson materials
- Yoga session
- Nature excursions
- Access to the private swimming pool, sauna, and whirlpool

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## Ready to sign up?

You can easily purchase your ticket via our website:

[www.altairetreats.com](http://www.altairetreats.com)

## About the bedrooms



### **Private Rooms (4 available)**

We offer 4 beautiful private rooms, each with its own bathroom, toilet, and private entrance. Ideal if you value comfort, privacy, and quiet space during the retreat.



### **Large Private Room (1 available)**

One spacious private room with a double bed and a private bathroom and toilet, offering extra space and comfort.



### **Regular Shared Rooms (2 available)**

Each with 2 or 3 beds. You will share the room with one or two other participants. Each room has its own private bathroom and toilet. A social and comfortable option. (On the photo the beds are next to each other, but we will reposition them in the room during the retreat)



### **Budget Room**

To make the retreat more accessible, we offer a reduced-price option in a large room that is used as a workshop and yoga space during the day and as a bedroom at night. This option is best for participants who are comfortable with less daytime privacy in exchange for a lower price. Full participation in the retreat is included.

# Practical info and Terms

**Registration:** To register, simply buy your ticket on our website: [www.altairetreats.com](http://www.altairetreats.com)

**Cancellation:** You can cancel free of charge up to eight weeks before the retreat. If you cancel within eight weeks of the start date, we can only refund your payment if we are able to fill your spot.

**Cancellation by Altai Retreats:** We reserve the right to cancel the retreat if there are fewer than 10 participants. In such a case, you will receive a full refund of your payment.

If cancellation is due to force majeure, we are not obliged to issue a refund. In that case, we will work with you to find a suitable solution (such as rescheduling or a credit for a future retreat). We are not responsible for other costs such as travel or insurance. Therefore, we strongly recommend that participants take out their own travel and cancellation insurance.

## **Included in the Price:**

- 3 nights at a beautiful countryside farm
- All meals (breakfast, lunch, dinner), including coffee, tea, fruit, and snacks
- All workshops, yoga session
- Nature excursions
- Music materials and guidance

## **Instruments:**

- Instruments are available to borrow

## **Participants:**

- The retreat will proceed with a minimum of 8 participants
- Maximum of 10 participants for a warm and personal atmosphere

**Language:** The retreat is conducted in Mongolian, with translations in English (Zolzaya only speaks Mongolian, with basic English. Rowan speaks Mongolian, English, German and Dutch).

**Location:** Ter Wupping, Groningen, the Netherlands.

**Insurance:** We recommend arranging your own travel and cancellation insurance.

**Flexibility:** The program may be slightly adjusted depending on weather or other circumstances.

Indoor and outdoor alternatives are always available.