

APRIL 20 - APRIL 23 (2026)

Mongolian Music Spring Retreat with Batzorig Vaanchig

Groningen, Netherlands



Immerse yourself in the power of Mongolian throat singing and the Morin Khuur, guided by Batzorig Vaanchig, in a retreat where sound, tradition, and nature come together.

Discover the power of your voice. Mongolian Throat Singing and Morin Khuur Retreat

Step into a warm and inspiring retreat dedicated to the art of throat singing and traditional music. 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 Batzorig Vaanchig: one of Mongolia's most internationally recognised masters of throat singing!

Born and raised in Mongolia, Batzorig has dedicated his life to preserving, performing, and sharing this extraordinary musical tradition with the world. Known for his powerful voice and deep connection to the nomadic culture of the steppe, he now brings this knowledge into an intimate retreat setting. Together with Rowan and Saran Hartsuiker from Altai (The Netherlands), he will guide you through a profound exploration of Mongolian throat singing, overtone techniques, traditional instruments, and ancient songs.

Throughout the retreat, participants are invited to reconnect with breath and voice, through guided workshops, cultural storytelling, and immersive musical sessions. You will experience throat singing up close, explore its technical foundations, and learn how voice and instrument come together in Mongolian musical tradition.

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 - made with care and warmth by Saran. Every dish is inspired by traditional Mongolian recipes.

This is more than a workshop: it is an intimate and transformative journey into the living traditions of Mongolia, where participants gather to learn, breathe, sing, and explore the powerful resonance of their own voice.



**What makes this
retreat so unique**

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A rare opportunity in Europe: This retreat offers a unique chance to learn Mongolian throat singing and morin khuur directly from Batzorig Vaanchig: one of Mongolia's most internationally recognised masters, during his first European Solo Tour, in an intimate and immersive setting.



Full immersion: Five days dedicated to throat singing, overtone singing, and traditional Mongolian music, with a specific focus on learning to play the Morin Khuur (“horsehead fiddle”).



Professional guidance: Daily workshops led by Rowan Hartsuiker and Yesun Erdene-Bat, supported by Saran Myagmarsuren-Hartsuiker.



All-inclusive: Accommodation, three meals a day, workshops, wellness, coffee, tea, fruit, and snacks – everything is included. Complete care, so you can fully focus on music and relaxation.



Beautiful surroundings: Countless stunning spots to explore right around the farm – sing by the water, in the enchanting forests, and more.



Creative space: Each day offers plenty of room to breathe, reflect, practice, make music together, or simply withdraw and enjoy some quiet time for yourself.



Wellness & comfort: After a day of workshops, you can unwind in the heated private pool, the whirlpool, or the sauna. The farm offers not only peace and space but also luxury and comfort – a delightful combination.



Yoga: Yoga session guided by a specialist, supporting deep relaxation and enjoyment.



Small-scale & personal: A maximum of 10 to 15 participants – creating a warm, friendly, and personal atmosphere, which we value deeply.

In short: A retreat like no other – a retreat designed to inspire you, guide you, enjoy together, and make music together. A week where you not only learn, but truly experience. Surrounded by nature, tranquility, and a beautiful location.

**Meet
the team**

Please meet the team.



Batzorig Vaanchig

Professional throat singer, morin khuur master, and teacher from Mongolia. Born and raised in Mongolia, Batzorig Vaanchig is one of the most internationally recognised performers of Mongolian throat singing (“khöömii”). He has dedicated his life to preserving and sharing this ancient art form, performing on major stages worldwide and reaching millions through his music.

A master of the morin khuur (horse-head fiddle), he also plays traditional instruments such as the tovshuur and jaw harp. Through his powerful voice and deep connection to Mongolia’s nomadic heritage, Batzorig brings centuries-old songs and traditions to life. With authenticity and generosity, he guides others into the rich and resonant world 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

Please note: The program may be adjusted at any time depending on weather conditions, group dynamics, or other unforeseen circumstances.

Day-to-day Program.

Day 1 - Monday, April 20

From 16:00 – Arrival

Welcome to the farmhouse in Ter Wupping! Arriving earlier? Let us know; we'll do our best to accommodate you. Take time to settle into your room, explore the garden, or unwind by the wood-burning stove. You may enjoy a refreshing dip in the heated pool, relax in the sauna or whirlpool, or simply embrace 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 meet fellow participants, share stories, and enjoy freshly prepared Mongolian-inspired cuisine.

19:45 – Introduction to Mongolian Music & Morin Khuur

In an atmospheric evening session, Batzorig and Rowan introduce the world of Mongolian throat singing and traditional instruments. Through live demonstrations, stories from Mongolia, and powerful songs, we open the retreat together. During this session, each participant will receive their morin khuur. Batzorig will give a short introduction to the instrument; how to hold it, how it is tuned, etc. A first gentle exploration, allowing you to become familiar with the instrument in a relaxed and playful way.

22:00 – Free Time

Spend the rest of the evening in whatever way feels right for you. There is space for spontaneity — to connect with others, explore sound together, or enjoy a quiet moment alone. Relax in the sauna or pool, unwind by the fireplace, or, if the weather allows, gather outside around a fire under the stars — sharing music, conversation, and stillness.



Day 2 - Tuesday, April 21

08:30 – Breakfast

A nourishing breakfast buffet with fresh fruit, bread, yogurt, and tea — to begin the day grounded and energised.

10:00 – Breathwork & Overtone Foundations

We start the morning with the foundations that make throat singing possible: breath, posture, relaxation, and resonance. Batzorig and Rowan guide you through practical exercises to awaken the voice and begin exploring overtone awareness: learning how harmonics are created, heard, and shaped. This is where the first layers of Mongolian throat singing start to reveal themselves.

12:30 – Lunch

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

14:00 – Nature Walk & Outdoor Listening

Weather permitting, we head out for a gentle walk through the surrounding countryside and forests. In the open air, we explore how sound carries in nature: listening, breathing, and experimenting with simple vocal tones. If weather conditions don't allow, we continue indoors, bringing that same sense of space and stillness into the farmhouse.

16:30 – Throat Singing Workshop

Back inside, we deepen the vocal work and begin moving towards the first throat singing technique(s). You'll learn how to stabilise your fundamental tone and guide the overtones with more control: with plenty of time for repetition, feedback, and questions.

18:30 – Dinner

A delicious dinner to close the day's sessions.

20:00 – Morin Khuur Session

In the evening, we return to the morin khuur. Under Batzorig's personal guidance, you'll learn how to hold the instrument, tune it, and produce your first clear tones. Step by step, you begin to feel how voice and instrument belong together in Mongolian music: supported by a master who has inspired millions worldwide!



Day 3 - Wednesday, April 22

08:30 – Breakfast

A nourishing breakfast, with time to ground yourself and prepare for a new day of practice.

10:00 – Workshop: Shakhaa & Isgeree Khoomii

This morning we deepen our exploration of throat singing. Batzorig guides you step by step into two distinctive styles: Shakhaa (the foundational technique) and Isgeree (the whistling overtone style). We refine resonance, overtone clarity, and control — learning how these sounds echo wind, water, and the vast Mongolian landscape.

12:00 – Free Time

Swim in the heated pool, enjoy the sauna, read by the fire, or rest quietly. Time to integrate and recharge.

13:00 – Lunch

A cozy midday meal shared together.

14:00 – Morin Khuur Deep Dive

In this afternoon session, we explore the morin khuur in greater depth. You will work on simple melodies, bow control, and tone production, while gradually combining voice and instrument. Discover how the morin khuur supports and enriches throat singing — and how the two naturally belong together.

16:30 – Yoga & Breathwork

A deeply relaxing yoga session. No experience required. Led by a professional yoga teacher, this practice focuses on gentle movement, breath awareness, and restoration. The session helps release tension, open the breath, and prepare body and mind for the evening work.

18:00 – Dinner

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

20:00 – Evening Vocal Session

With the body relaxed and the breath more open after yoga, we return once more to throat singing. We continue refining technique, clarity, and confidence — often discovering that new layers of sound become accessible in this state.



Day 4 - Thursday, April 23

08:30 – Breakfast

A final morning together: good food, tea, coffee, and time to share reflections from the journey

10:00 – Morning Workshop: Deepening the Voice

In our final vocal session, we continue refining what we have learned over the past days. With Batzorig's guidance, we focus on depth, stability, and resonance — allowing the voice to settle into a more grounded and confident sound. A powerful and meditative practice to close the learning journey.

12:30 – Lunch

A relaxed and unhurried final lunch together.

14:00 – Integration Session: Voice & Instrument

In the afternoon, we bring everything together: voice, morin khuur, improvisation, and ensemble play. We explore how breath, sound, and emotion unite — encouraging personal expression while listening and responding to one another as a group.

If the weather allows, we may share one final song outside under the open sky — letting the sound travel into the landscape.

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 the sounds discovered, the courage found, and the connections formed.

As music and conversation flow naturally, we come 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: €1,400

Private Room: €1,700 (Only 4 available)

(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

Ready to sign up?

You can easily purchase your ticket via our website:

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.



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 purchase your ticket via our website: 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 occurs due to force majeure, we are not obliged to issue a refund. In that case, we will work together to find a suitable solution (such as rescheduling or a credit for a future retreat). We are not responsible for additional costs such as travel or insurance. We therefore strongly recommend arranging your own travel and cancellation insurance.

Included in the Price:

- 3 nights at a beautiful countryside farmhouse
- All meals (breakfast, lunch, dinner), including coffee, tea, fruit, and snacks
- All throat singing and morin khuur workshops
- One guided yoga session
- Nature excursions
- Musical materials and personal guidance

Instruments:

- Morin khuur instruments are available to borrow during the retreat
- Participants are welcome to bring their own instruments if they wish

Participants:

- The retreat will proceed with a minimum of 10 participants
- Maximum of 20–25 participants to ensure personal attention and an intimate atmosphere

Language:

The retreat is conducted in English. Batzorig speaks Mongolian and English. Rowan speaks Mongolian, English, German, and Dutch and assists with translation and additional guidance where needed.

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 group dynamics, weather, or other circumstances. Indoor and outdoor alternatives are always available.