



goditsyou.net
Connecting with
Inner God



Om Ayurveda
Ancient Wisdom
Natural Healing



MOTHER EARTH
TRAVEL AND TOURISM



People do not travel
only for places—
they travel for

**PEACE,
HEALING,**
— and —
TRANSFORMATION.

MORE SPIRITUAL RETREATS

RETREAT. REALIGN. RENEW. RETURN TO YOU.



INNER PEACE



HEALING &
WELLNESS



SPIRITUAL
GROWTH



DIVINE
CONNECTION



MEANINGFUL
EXPERIENCES



ॐ SACRED SPIRITUAL RETREATS

- 🌸 Silence & Meditation Retreat
- 🌸 Inner Child Healing Retreat
- 🌸 Divine Feminine Healing Retreat
- 🌸 Sacred Masculine Balance Retreat
- 🌸 Chakra Healing Retreat
- 🌸 Kundalini Awakening Retreat
- 🌸 Full Moon Spiritual Retreat
- 🌸 New Moon Intention Retreat
- 🌸 Karma Cleansing Retreat
- 🌸 Soul Purpose Discovery Retreat

🔥 TEMPLE & RITUAL RETREATS

- 🏰 Navagraha Temple Retreat
- 🏰 Jyotirlinga Pilgrimage Retreat
- 🏰 Shakti Peetha Spiritual Tour
- 🏰 Char Dham Yatra Retreat
- 🏰 Kashi Spiritual Awakening Retreat
- 🏰 Kedarnath-Badrinath Divine Retreat
- 🏰 Tirupati Blessings Retreat
- 🏰 Rameshwaram Sacred Journey
- 🏰 Varanasi Moksha Retreat
- 🏰 Haridwar-Rishikesh Spiritual Retreat

🌸 WOMEN & FAMILY SPIRITUAL RETREATS

- 💖 Women's Divine Healing Retreat
- 💖 Mother-Daughter Spiritual Retreat
- 💖 Couple Conscious Relationship Retreat
- 💖 Family Karma Healing Retreat
- 💖 Pregnancy Blessing Spiritual Retreat
- 💖 Parenthood Spiritual Preparation Retreat
- 💖 Senior Citizen Spiritual Peace Retreat
- 💖 Family Gratitude Retreat

🌿 AYURVEDA + SPIRITUAL FUSION RETREATS

- 🌿 Panchakarma + Meditation Retreat
- 🌿 Yoga Nidra Healing Retreat
- 🌿 Detox + Temple Retreat
- 🌿 Ayurveda Beauty & Spiritual Glow Retreat
- 🌿 Emotional Healing + Ayurveda Retreat
- 🌿 Sound Healing + Ayurveda Retreat
- 🌿 Breathwork + Spiritual Detox Retreat

🏔️ NATURE + SOUL RETREATS

- 🌲 Himalayan Silence Retreat
- 🌲 Cave Meditation Retreat
- 🌲 Sunrise Prayer Mountain Retreat
- 🌲 River Blessing Retreat
- 🌲 Forest Monk Living Experience
- 🌲 Sacred Camping Retreat
- 🌲 Spiritual Eco Village Retreat
- 🌲 Ashram Living Experience Retreat

✦ PREMIUM EXCLUSIVE RETREATS ✦



**ROYAL SPIRITUAL
PILGRIMAGE RETREAT**
Royal experiences with
spiritual blessings.



**PRIVATE GURU
GUIDANCE RETREAT**
One-on-one guidance
for your soul journey.



**LUXURY SACRED
HONEYMOON RETREAT**
A divine beginning for
a sacred bond.



**LEGACY FAMILY
BLESSINGS RETREAT**
Blessings that create
generations of abundance.



**SPIRITUAL
LEADERSHIP RETREAT**
Awaken, lead and inspire
with spiritual wisdom.



**VIP MOKSHA
JOURNEY RETREAT**
A journey to liberation
and eternal peace.



**INTERNATIONAL
DIVINE HEALING RETREAT**
Global guests. Local wisdom.
Universal healing.



**CUSTOMIZED SOUL
JOURNEY RETREAT**
Your path. Your pace.
Your transformation.



EXPERT SPIRITUAL
GUIDES



AUTHENTIC
RITUALS



SACRED
DESTINATIONS



SATTVIC
GOURMET MEALS



LIGATURE &
COMFORTABLE STAY



SAFE, SECURE &
HYGIENIC



24x7 SUPPORT &
CONCIERGE CARE

YOUR
JOURNEY.
OUR CARE.



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DIVINE
EXPERIENCES
AWAIT YOU.

TRAVEL WITH FAITH. RETURN WITH PEACE. TRANSFORM FOR LIFE.

SILENCE & MEDITATION RETREAT

A JOURNEY INTO INNER SILENCE.
A RETURN TO YOUR TRUE SELF.

Disconnect from the noise.
Reconnect with your soul.



SILENT LIVING
Experience the
power of silence
and mindfulness.



DEEP MEDITATION
Guided sessions
for inner stillness
and awareness.



**BREATHWORK
& PRANAYAMA**
Cleanse, energize
and balance your
mind and body.



YOGA & RELAXATION
Gentle yoga and
relaxation practices
for deep healing.



NATURE HEALING
Peaceful walks in
nature to restore
inner harmony.



SACRED EXPERIENCES
Temple visits,
Ganga Aarti and
spiritual rituals.



SATTVIC FOOD
Nourishing sattvic
meals for body,
mind and soul.

WHAT YOU WILL EXPERIENCE

- Mauna (silence) practice
- Daily meditation sessions
- Mindfulness & self-awareness
- Journaling & inner reflection
- Stress release & emotional healing
- Digital detox & mindful living
- Peaceful stay in spiritual environment
- Personal guidance & support



BENEFITS OF SILENCE & MEDITATION



- Deep mental peace and relaxation
- Reduce stress, anxiety and overthinking
- Improve focus, clarity and creativity
- Emotional balance and healing
- Better sleep and nervous system health
- Strong spiritual connection
- Self-awareness and life clarity
- Lasting inner transformation

IDEAL FOR

- Spiritual seekers
- Busy professionals
- People facing stress & burnout
- Yoga & meditation practitioners
- Wellness & healing travelers
- International guests
- Anyone seeking peace, clarity and inner transformation



A DAY IN THE RETREAT



5:30 AM
Morning Meditation
& Silence



7:00 AM
Yoga &
Pranayama



8:30 AM
Healthy Sattvic
Breakfast



10:00 AM
Mindfulness Walk
in Nature



12:00 PM
Guided Meditation
& Journaling



6:00 PM
Ganga Aarti &
Spiritual Sharing



8:30 PM
Evening Meditation
& Silence



PEACEFUL DESTINATIONS

Rishikesh • Haridwar • Varanasi • Himalayas • Uttarakhand • And More



Peaceful
Stay



Experienced
Teachers



Safe, Hygienic
& Comfortable



24/7 Support
& Care

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DIVINE
EXPERIENCES
AWAIT YOU.



SPIRITUAL
RETREATS



AYURVEDIC
WELLNESS



TEMPLE VISITS &
SACRED RITUALS



YOGA &
MEDITATION



SATTVIC
MEALS



DETOX &
HEALING



24/7
SUPPORT

TRAVEL WITH FAITH. RETURN WITH PEACE. TRANSFORM FOR LIFE.

"People do not
travel only for
places—
they travel for
PEACE,
HEALING,
and
TRANSFORMATION.

SACRED SPIRITUAL RETREATS

RETURN TO YOUR SOUL. REALIGN YOUR ENERGY.
RENEW YOUR LIFE.

10 TRANSFORMATIVE RETREATS FOR INNER AWAKENING

1. SILENCE & MEDITATION RETREAT



Embrace silence, calm
your mind and connect
with your true self.

2. INNER CHILD HEALING RETREAT



Heal past wounds, release
emotional pain and nurture
your inner child.

3. DIVINE FEMININE HEALING RETREAT



Awaken your feminine
energy, intuition, self-love
and inner grace.

4. SACRED MASCULINE BALANCE RETREAT



Build inner strength,
purpose, discipline and
emotional balance.

5. CHAKRA HEALING RETREAT



Balance your chakras,
restore energy flow and
experience inner harmony.

6. KUNDALINI AWAKENING RETREAT



Awaken your spiritual energy,
expand consciousness and
experience transformation.

7. FULL MOON SPIRITUAL RETREAT



Release what no longer
serves you, heal deeply and
receive lunar blessings.

8. NEW MOON INTENTION RETREAT



Set powerful intentions,
manifest your dreams and
invite new beginnings.

9. KARMA CLEANSING RETREAT



Release karmic blocks,
let go of negativity and
live with freedom and peace.

10. SOUL PURPOSE DISCOVERY RETREAT



Discover your soul's purpose,
life path and divine calling
with clarity and joy.


DAILY YOGA &
MEDITATION


TEMPLE VISITS &
SACRED RITUALS


AYURVEDIC HEALING &
SATTVIC MEALS


SPIRITUAL GUIDANCE &
COUNSELING


LUXURY STAY IN
NATURE


GANGA AARTI &
DIVINE EXPERIENCES

BENEFITS

- Deep emotional healing
- Mental peace and clarity
- Spiritual awakening
- Release stress and negative patterns
- Stronger connection with self and divine
- Discover purpose and inner direction
- Experience lasting transformation


A SACRED JOURNEY
WITHIN.
A TRANSFORMED
LIFE BEGINS.

IDEAL FOR

- Spiritual seekers and soul explorers
- Stress, anxiety and burnout healing
- Yoga, meditation and wellness lovers
- Life purpose and clarity seekers
- International guests and travelers
- Anyone ready for inner transformation

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DIVINE
EXPERIENCES
AWAIT YOU.



EXPERT
GUIDES



SAFE &
SECURE



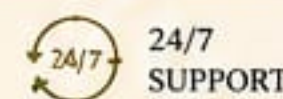
PURE
VEGETARIAN



COMFORTABLE
TRANSPORT



HYGIENIC
ENVIRONMENT



24/7
SUPPORT

TRAVEL WITH FAITH. RETURN WITH PEACE. TRANSFORM FOR LIFE.



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Inner God



Om Ayurveda

Ancient Wisdom
Natural Healing



MOTHER EARTH
TRAVEL AND TOURISM



“Your inner child
holds the key to
your joy, creativity
and wholeness.
Heal with love.
Live with freedom.”

INNER CHILD HEALING RETREAT

Heal the Past. Embrace the Present. Create a Beautiful Future.

A JOURNEY BACK TO LOVE, SAFETY & SELF-ACCEPTANCE. ♥



Reconnect. Release. Restore.

This retreat helps you heal childhood wounds, release emotional pain, forgive, and reconnect with your innocence, self-love and authentic self. You deserve to be happy. You deserve to be whole.



BE GENTLE
WITH YOURSELF.
YOU ARE
HEALING.

WHAT YOU WILL EXPERIENCE



HEAL & RELEASE

Release old hurt,
pain, fear and
emotional blocks.



SELF-LOVE PRACTICES

Build self-worth,
self-acceptance
and inner love.



JOURNALING & REFLECTION

Guided exercises
to understand,
accept and heal.



MEDITATION & VISUALISATION

Inner child
meditations for
healing and peace.



YOGA & BREATHWORK

Gentle yoga and
breathwork to
calm body & mind.



NATURE & SILENCE TIME

Peaceful nature
walks and time
for deep healing.



SPIRITUAL RITUALS

Sacred rituals,
mantras and
divine energy.



HEALTHY SATTVIC LIVING

Nourishing sattvic
meals and Ayurvedic
wellness support.

BENEFITS OF INNER CHILD HEALING

- ♥ Heal emotional wounds and past trauma
- ♥ Release fear, guilt, shame and anger
- ♥ Improve relationships and trust
- ♥ Build confidence and self-esteem
- ♥ Experience inner peace and joy
- ♥ Better emotional balance and mental clarity
- ♥ Live with love, freedom and authenticity



IDEAL FOR

- Anyone with childhood wounds
- People facing anxiety, sadness or stress
- Individuals with low self-esteem
- Those healing relationships
- Spiritual seekers & wellness travelers
- International guests
- Anyone seeking self-love & transformation

A DAY IN THE RETREAT

- 6:00 AM Meditation & Silence
- 7:30 AM Yoga & Breathwork
- 9:00 AM Healthy Sattvic Breakfast
- 10:30 AM Healing Session / Workshop
- 12:30 PM Lunch & Rest
- 2:00 PM Journaling / Reflection
- 4:30 PM Nature Walk / Silent Time
- 6:30 PM Prayer / Sacred Rituals
- 8:00 PM Dinner & Sharing Circle
- 9:30 PM Gratitude & Good Night



EVERY RETREAT INCLUDES



Comfortable
Stay



Expert
Guidance



Workshops &
Healing Circles



Temple Visits &
Spiritual Experiences



Ayurvedic &
Wellness Support



Safe, Supportive &
Loving Environment

COME HOME TO
YOURSELF.
HEAL WITH LOVE.
LIVE WITH JOY.

YOUR
JOURNEY.
OUR CARE.



BEGIN YOUR HEALING JOURNEY TODAY!

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DIVINE
HEALING
AWAITS YOU.



SPIRITUAL
RETREATS



AYURVEDIC
WELLNESS



TEMPLE VISITS &
SACRED RITUALS



YOGA &
MEDITATION



SATTVIC
MEALS

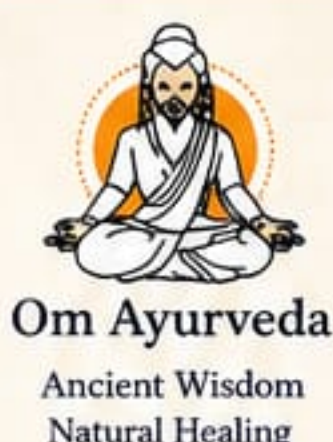


COMFORTABLE
STAY



24/7
SUPPORT

HEAL YOUR PAST. LOVE YOURSELF. TRANSFORM YOUR LIFE.



“Your purpose in life is to find your purpose and give your whole heart and soul to it.”

— Buddha —



SOUL PURPOSE DISCOVERY RETREAT

DISCOVER • ALIGN • LIVE YOUR DHARMA

A transformational journey to reconnect with your true self, discover your life purpose, and create a meaningful life filled with clarity, joy and divine alignment.

YOUR PURPOSE IS YOUR POWER. LIVE IT.

CLARITY

PURPOSE

PASSION

PEACE

FULFILLMENT

FIND YOUR TRUE NORTH.
LIVE WITH MEANING & IMPACT.



SOUL CONNECTION
Connect with your inner self and higher wisdom.



DISCOVER YOUR PURPOSE
Gain clarity about your life purpose and dharma.



SELF-REFLECTION & JOURNALING
Deep self-inquiry to understand your truth and calling.



HEAL & RELEASE
Release emotional blocks and limiting beliefs.



YOGA & BREATHWORK
Balance body, mind and energy for inner clarity.



DIVINE BLESSINGS & SACRED RITUALS
Temple visits, mantra chanting and rituals for divine guidance.



SATTVIC FOOD & WELLNESS
Nourish your body and soul with pure, wholesome food.



SILENT & NATURE
Reconnect with nature and enjoy mindful silence.

BENEFITS OF THIS RETREAT

- Clarity about your life direction & purpose
- Stronger connection with your true self
- Release of confusion, fear & self-doubt
- Emotional healing & inner peace
- Better decisions & meaningful focus
- Increased confidence & self-trust
- Spiritual awakening & personal growth
- A life of purpose, joy & fulfillment



*You are not here
by accident.
You have a purpose.
Let's discover it
together.*

A DAY IN THE RETREAT

- 5:30 AM Sunrise Meditation & Silence
- 6:30 AM Yoga & Breathwork
- 7:30 AM Sattvic Breakfast
- 9:00 AM Soul Purpose Workshop
- 11:00 AM Self-Discovery & Journaling
- 1:00 PM Sattvic Lunch & Rest
- 3:00 PM Life Purpose Guidance Session
- 5:00 PM Nature Walk / Reflection Time
- 6:30 PM Ganga Aarti / Mantra Chanting
- 7:30 PM Sharing Circle
- 9:00 PM Night Meditation & Silence



WHAT YOU WILL EXPERIENCE

- Guided meditations for inner clarity
- Life purpose & dharma discovery sessions
- Spiritual guidance from experienced mentors
- Emotional healing & mindset transformation
- Yoga, breathwork & energy alignment
- Sacred rituals, mantra chanting & prayer
- Nature connection & mindful silence
- Supportive community & conscious sharing
- Temple visits & divine blessings
- Tools, insights & practices for lifelong growth

*Align with your soul.
Live your purpose.
Create your legacy.*

EVERY RETREAT INCLUDES



Comfortable Stay



Expert Guidance



Workshops & Life Coaching



Ayurvedic Wellness



Sattvic Meals (Healthy & Pure)



Temple Visits & Sacred Rituals



Safe & Supportive Environment



24/7 Care & Support

When you live your purpose, you inspire the world.

YOUR JOURNEY.
OUR CARE.



BEGIN YOUR JOURNEY OF PURPOSE TODAY! +
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DIVINE EXPERIENCES
AWAIT YOU.



SPIRITUAL RETREATS



YOGA & MEDITATION



AYURVEDIC WELLNESS



DETOX & HEALING



NATURE & PEACE



SATTVIC MEALS



TEMPLE VISITS & SACRED RITUALS



24/7 SUPPORT

DISCOVER YOUR PURPOSE. ALIGN YOUR SOUL. LIVE A MEANINGFUL LIFE.

DIVINE FEMININE HEALING RETREAT

Awaken Your Feminine Energy. Heal Your Heart.
Embrace Your True Essence.

A SACRED JOURNEY BACK TO YOU. ♥

HONOR
YOUR BODY.
NOURISH
YOUR SOUL.
LOVE YOURSELF
DEEPLY.



HEAL

Release emotional
wounds and
past pain



LOVE

Cultivate self-love,
self-worth and
self-acceptance



AWAKEN

Awaken your divine
feminine energy
and intuition



BALANCE

Restore emotional
balance and inner
harmony



EMPOWER

Embrace your power,
creativity and
grace



CONNECT

Connect with your
soul, nature and
the Divine



NOURISH

Sattvic food and
Ayurvedic wellness
for total healing

WHAT YOU WILL EXPERIENCE

- Guided Feminine Healing Meditation
- Womb Healing & Heart Healing Practices
- Self-Love & Confidence Workshops
- Moon Rituals & Sacred Ceremonies
- Yoga for Feminine Flow
- Breathwork & Energy Healing
- Journaling & Soul Reflection
- Nature Walks & Silent Time
- Spiritual Guidance & Sisterhood Support

BENEFITS OF THIS RETREAT

- Deep emotional healing & trauma release
- Increased self-love & inner confidence
- Balance hormones & emotional wellbeing
- Better intuition & inner clarity
- Release stress, anxiety & overthinking
- Healing relationship patterns
- Stronger connection with your true self
- Inner peace, joy & graceful strength
- Long-lasting transformation & empowerment

A DAY IN THE RETREAT

- 6:00 AM Silent Meditation & Gratitude
- 7:00 AM Yoga & Breathwork
- 8:30 AM Sattvic Breakfast
- 10:00 AM Healing Workshop / Circle
- 12:30 PM Lunch & Rest
- 2:00 PM Self-Love Practices & Journaling
- 4:00 PM Nature Walk / Healing Time
- 6:00 PM Moon Ritual / Ceremony
- 7:30 PM Dinner
- 8:30 PM Sharing Circle & Gratitude



EVERY RETREAT INCLUDES

- Comfortable Stay
- Expert Guidance
- Healing Circles & Workshops
- Temple Visits & Sacred Rituals
- Ayurvedic Wellness
- Safe, Supportive & Nurturing Space
- Sattvic Meals (Healthy & Pure)

A SAFE SPACE
TO HEAL, GROW
AND BLOOM INTO
YOUR HIGHEST SELF.

YOUR
JOURNEY.
OUR CARE.



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SPIRITUAL
RETREATS



YOGA &
MEDITATION



AYURVEDIC
WELLNESS



TEMPLE VISITS &
SACRED RITUALS



DETOX &
HEALING

NATURE &
PEACE



24/7
SUPPORT

LOVE YOURSELF. HEAL YOUR PAST. AWAKEN YOUR POWER. LIVE YOUR TRUTH. ♥

KARMA CLEANSING RETREAT

RELEASE • HEAL • FORGIVE • RENEW

Cleanse past karma, release emotional burdens,
and create space for love, peace and abundance.

 A SACRED JOURNEY TO FREEDOM AND SOUL RENEWAL

 CLEANSE
YOUR KARMA.
AWAKEN YOUR
TRUE SELF.
EMBRACE
FREEDOM.




**KARMA
CLEANSING**
Meditations to
release negative
patterns



**EMOTIONAL
RELEASE**
Let go of anger,
guilt, fear and
emotional pain



**SACRED
RITUALS**
Fire ceremonies
for purification
and healing



**TEMPLE VISITS
& BLESSINGS**
Receive divine
blessings and
positive energy



**YOGA &
BREATHWORK**
Balance body,
mind and
life energy



**FORGIVENESS
& HEALING**
Heal relationships
and forgive
yourself & others



**SATTVIC MEALS
& WELLNESS**
Nourish your body
with pure food
and Ayurveda



**SILENCE &
REFLECTION**
Reconnect with
your soul in
peaceful silence

WHAT YOU WILL EXPERIENCE

-  Karma Cleansing Meditation
-  Forgiveness & Emotional Healing
-  Ancestral Healing & Karmic Release
-  Sacred Fire Rituals (Homa)
-  Mantra Chanting & Sound Healing
-  Yoga, Pranayama & Energy Healing
-  Journaling & Self-Reflection
-  Nature Walks & Mindful Silence
-  Spiritual Guidance & Counseling
-  Temple Visits & Sacred Ceremonies

BENEFITS OF THIS RETREAT

-  Release negative karma and past burdens
-  Emotional freedom and mental peace
-  Heal old wounds and toxic patterns
-  Better relationships and self-forgiveness
-  Increase positive energy and vibration
-  Spiritual clarity and divine connection
-  Inner lightness, joy and contentment
-  Attract abundance and happiness
-  Live with purpose, peace and gratitude

A DAY IN THE RETREAT

-  5:30 AM Silent Meditation & Prayer
-  6:30 AM Yoga & Pranayama
-  7:30 AM Sattvic Breakfast
-  9:00 AM Karma Cleansing Workshop
-  11:00 AM Forgiveness & Healing Session
-  1:00 PM Sattvic Lunch & Rest
-  3:00 PM Sacred Fire Ritual / Homa
-  5:00 PM Nature Walk / Silent Reflection
-  6:30 PM Ganga Aarti / Mantra Chanting
-  7:30 PM Dinner & Sharing Circle
-  9:00 PM Night Meditation & Silence



EVERY RETREAT INCLUDES

-  Comfortable Stay
-  Expert Guidance
-  Workshops & Healing Circles
-  Ayurvedic Wellness
-  Sattvic Meals (Healthy & Pure)
-  Temple Visits & Sacred Rituals
-  Safe, Supportive Environment
-  24/7 Care & Support

LET GO.
CLEANSE. HEAL.
TRANSFORM AND
BEGIN AGAIN.

YOUR
JOURNEY.
OUR CARE.



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EXPERIENCES
AWAIT YOU.



SPIRITUAL
RETREATS



YOGA &
MEDITATION



AYURVEDIC
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DETOX &
HEALING



NATURE &
PEACE



SATTVIC
MEALS



TEMPLE VISITS &
SACRED RITUALS



24/7
SUPPORT

CLEANSE YOUR KARMA. HEAL YOUR SOUL. LIVE IN PEACE & DIVINE FREEDOM.



NAVAGRAHA TEMPLE RETREAT

Harmonize the Planets. Heal Karma.
Invite Peace, Prosperity & Divine Blessings.

BALANCE
PURIFY
PROTECT
PROSPER



A SACRED JOURNEY TO HARMONIZE PLANETARY ENERGIES
AND INVITE DIVINE GRACE INTO YOUR LIFE.



Sacred Navagraha
Temple Visits



Graha Shanti Puja
& Homa Rituals



Astrological Guidance
& Remedies



Temple Darshan &
Divine Blessings



Yoga, Meditation &
Reflection



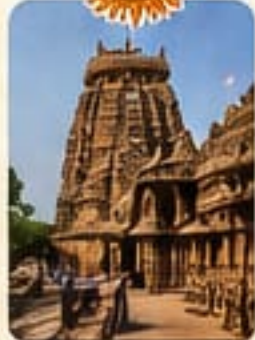
Sattvic Meals &
Comfortable Stay



Safe Travel &
Pilgrimage Support

VISIT POWERFUL NAVAGRAHA TEMPLES

1. SURYA
SUN



Konark Sun Temple
(Odisha)

For vitality, confidence,
success & good health.

2. CHANDRA
MOON



Somnath Temple
(Gujarat)

For mental peace,
emotional balance &
happiness.

3. MANGAL
MARS



Mangalnath Temple
(Ujjain, MP)

For courage, strength,
land, property &
protection.

4. BUDH
MERCURY



Budheshwar Temple
(Ujjain, MP)

For intelligence,
communication,
education & business.

5. GURU
JUPITER



Brihaspati Temple
(Thanjavur, TN)

For wisdom, wealth,
children, marriage &
prosperity.

6. SHUKRA
VENUS



Shukreshwar Temple
(Ujjain, MP)

For love, relationships,
luxury, beauty &
harmony.

7. SHANI
SATURN



Shani Shingnapur
(Maharashtra)

For discipline, justice,
relief from obstacles &
karma healing.

8. RAHU



Kalabhairav Temple
(Ujjain, MP)

For removing fears,
sudden troubles &
negative energies.

9. KETU



Ketu Temple
(Rameswaram, TN)

For spiritual growth,
detachment &
liberation.

VISIT THE RETREAT INCLUDES

- ✓ VIP Darshan & Temple Visits
- ✓ Personalized Navagraha Puja
- ✓ Graha Dosha Shanti & Remedies
- ✓ Homa (Fire Rituals) for Planetary Peace
- ✓ Astrological Consultation & Guidance
- ✓ Ganga Aarti & Sacred Ritual Experiences
- ✓ Yoga, Meditation & Silent Reflection
- ✓ Sattvic Meals & Ayurvedic Care
- ✓ Peaceful Stay & Comfort
- ✓ Family Blessings & Sacred Memories



BENEFITS OF THIS RETREAT

- ✿ Balances planetary energies
- ✿ Reduces karmic obstacles & doshas
- ✿ Brings peace, prosperity & stability
- ✿ Improves health, relationships & career
- ✿ Removes negativity & stress
- ✿ Attracts luck, success & abundance
- ✿ Strengthens faith & inner peace
- ✿ Spiritual purification & protection
- ✿ Alignment with cosmic energy
- ✿ Divine blessings for a better life



A DAY IN THE RETREAT

- 5:30 AM Sunrise Meditation
- 6:00 AM Temple Visit & Darshan
- 8:00 AM Navagraha Puja
- 10:00 AM Spiritual Guidance
- 12:30 PM Sattvic Lunch & Rest
- 3:30 PM Homa & Sacred Rituals
- 5:30 PM Ganga Aarti
- 7:00 PM Satsang & Mantra Chanting
- 8:30 PM Dinner
- 9:30 PM Night Meditation



HONOR THE PLANETS. HEAL YOUR KARMA. TRANSFORM YOUR LIFE.



EXPERT PRIESTS
& GUIDANCE



AUTHENTIC
RITUALS



SPIRITUAL & SAFE
ENVIRONMENT



PURE VEGETARIAN
FOOD



COMFORTABLE
ACCOMMODATION



24/7 SUPPORT
& ASSISTANCE

When the planets are
honored with devotion,
life begins to move with
grace and harmony.



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YOUR JOURNEY.
— OUR CARE. —
DIVINE EXPERIENCES.



NAVAGRAHA BALANCED. LIFE ENHANCED. BLESSINGS UNLIMITED.

JYOTIRLINGA PILGRIMAGE RETREAT

— A Sacred Journey to the 12 Divine Abodes of Lord Shiva —



SEEK BLESSINGS. PURIFY KARMA. EXPERIENCE SHIVA.
TRANSFORM YOUR LIFE.



12
JYOTIRLINGAS
ONE DIVINE
JOURNEY



SACRED
TEMPLE VISITS
to 12 Jyotirlingas



RUHRABHISHEKAM
& SHIVA PUJA
ceremonies



HOMA (FIRE RITUALS)
for Purification &
Divine Blessings



YOGA, MEDITATION
& SPIRITUAL
REFLECTION



SATTVIC MEALS &
COMFORTABLE
ACCOMMODATION



COMFORTABLE TRAVEL
& PILGRIMAGE
SUPPORT



SPIRITUAL GUIDANCE
& DEVOTIONAL
PRACTICES

THE 12 JYOTIRLINGAS

1 SOMNATH
Gujarat



The Eternal First,
Source of Divine Light

2 MALLIKARJUNA
Andhra Pradesh



The Abode of Shiva
and Parvati

3 MAHAKALESHWAR
Madhya Pradesh



The Lord of Time
and Transformation

4 OMKARESHWAR
Madhya Pradesh



The Divine Abode
of Omkara

5 VAIDYANATH
Jharkhand



The Divine Healer,
Remover of Suffering

6 BHIMASHANKAR
Maharashtra



The Protector,
Destroyer of Darkness

7 KASHI VISHWANATH
Uttar Pradesh



The Lord of Kashi,
Giver of Liberation

8 TRIMBAKESHWAR
Maharashtra



The Source of Godavari,
Purifier of Karma

9 NAGESHWAR
Gujarat



The Protector from
All Fears and Poisons

10 RAMESHWARAM
Tamil Nadu



Where Lord Rama
Worshipped Shiva

11 GRISHNESHWAR
Maharashtra



The Embodiment of
Compassion and Grace

12 KEDARNATH
Uttarakhand



The Abode of Strength,
Faith and Liberation

WORSHIP. SURRENDER. TRANSFORM.
EXPERIENCE THE DIVINE POWER OF LORD SHIVA.

“Where Shiva is remembered
with devotion, fear dissolves
and grace begins.”

RETREAT INCLUDES

- Visits to 12 Jyotirlinga Temples
- VIP Darshan & Temple Assistance
- Rudrabhishekam & Special Pujas
- Homa & Sacred Fire Rituals
- Maha Mrityunjaya Mantra Chanting
- Spiritual Guidance & Satsang
- Yoga, Meditation & Silence Time
- Sattvic Meals & Ayurvedic Care
- Comfortable Stay & Travel
- Family Blessings & Sacred Memories

BENEFITS OF THIS RETREAT

- Divine blessings of Lord Shiva
- Spiritual purification & karmic cleansing
- Protection from negative energies
- Removes obstacles & life challenges
- Peace, health, prosperity & happiness
- Strengthens faith & inner awakening
- Emotional healing & mental clarity
- A deep connection with Shiva Consciousness

A DAY IN THE RETREAT

- 5:00 AM Sunrise Meditation & Chanting
- 6:00 AM Temple Darshan & Abhishekam
- 8:00 AM Breakfast (Sattvic)
- 9:30 AM Spiritual Guidance / Satsang
- 11:00 AM Temple Visit / Sacred Rituals
- 1:30 PM Lunch & Rest
- 3:30 PM Homa & Mantra Chanting
- 6:00 PM Ganga Aarti / Evening Prayer
- 7:30 PM Dinner (Sattvic)
- 9:00 PM Night Meditation & Reflection



EXPERT GUIDES
& PANDITS



AUTHENTIC RITUALS
& TRADITIONS



SAFE & COMFORTABLE
TRAVEL



PURE VEG
SATTVIC FOOD



24/7 ASSISTANCE
& SUPPORT



SMALL GROUPS
PERSONAL CARE



SPIRITUAL
ENVIRONMENT

COME AS A DEVOTEE
LEAVE AS A
TRANSFORMED SOUL

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

HOLY GANGA
DIVINE ENERGY
SPIRITUALITY
PEACE
HEALING
TRANSFORMATION

Awaken Your Soul. Recharge Your Life.

HARIDWAR-RISHIKESH SPIRITUAL RETREAT

A JOURNEY
TO PEACE,
A LIFE OF
PURPOSE.

Purify. Reconnect. Transform.

TWO SACRED CITIES. ONE DIVINE JOURNEY.

Experience the divine energy of Maa Ganga, ancient spiritual wisdom, yoga, meditation and inner peace in the holy lands of Haridwar & Rishikesh.

HARIDWAR

Where the Ganga
Purifies the Soul

GANGA BLESSINGS
YOGA • MEDITATION
DEVOTION • PEACE
INNER AWAKENING

RISHIKESH

Where the Himalayas
Awaken the Soul

WHAT THE RETREAT INCLUDES

GANGA AARTI Har Ki Pauri Divine Evening Experience	YOGA & MEDITATION Daily Sessions for Body, Mind & Soul	TEMPLE DARSHAN Sacred Temples & Spiritual Blessings	GANGA SNAN & PURIFICATION Cleanse, Heal & Renew Your Energy	ASHRAM VISITS & SPIRITUAL GUIDANCE Wisdom, Satsang & Inner Transformation	SATTVIC FOOD & WELLNESS STAY Pure Vegetarian Meals & Comfortable Stay	FAMILY BLESSINGS Gratitude Rituals & Sacred Memories for Life	NATURE HEALING Rivers, Mountains & Peaceful Spiritual Environment
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SACRED EXPERIENCES AWAIT YOU

DIVINE GANGA AARTI Feel the divine energy of Maa Ganga	YOGA & PRANAYAMA Strengthen Body, Calm Mind	KASHI VISHWANATH & ANCIENT TEMPLES Seek Shiva's Blessings	GANGA SNAN Spiritual Purification & Blessings	LAXMAN JHULA Walk to Peace, Walk to Yourself	MEDITATION & SILENCE Discover Inner Peace & Clarity	SATTVIC FOOD Nourish Your Body, Elevate Your Soul	NATURE & SERENITY Connect with Nature, Connect with You!
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RETREAT HIGHLIGHTS

- Personalized Retreat Planning
- VIP Darshan & Priority Access
- Daily Yoga, Meditation & Pranayama
- Ganga Aarti & Sacred Rituals
- Spiritual Guidance & Satsang
- Nature Walks & Mindful Silence
- Comfortable Stay & Wellness Support
- Sattvic Meals & Ayurvedic Care
- Family Blessings & Sacred Memories

BENEFITS OF THIS RETREAT

- Deep Inner Peace & Emotional Healing
- Spiritual Purification & Divine Connection
- Stress Relief & Mental Clarity
- Stronger Faith & Self-Awareness
- Better Balance of Body, Mind & Soul
- Healing through Yoga, Meditation & Devotion
- Family Harmony & Positive Energy
- Renewed Purpose & Spiritual Awakening

"In Haridwar the Ganga purifies,
in Rishikesh the Himalayas heal."

A TYPICAL DAY ON THE RETREAT

- | | |
|----------|----------------------------------|
| 05:00 AM | Morning Meditation & Pranayama |
| 06:00 AM | Ganga Snan & Purification |
| 07:00 AM | Yoga & Wellness Session |
| 08:30 AM | Sattvic Breakfast |
| 10:00 AM | Temple Visit / Spiritual Session |
| 12:30 PM | Lunch & Rest |
| 03:30 PM | Yoga / Workshop / Nature Walk |
| 05:30 PM | Ganga Aarti at Har Ki Pauri |
| 07:00 PM | Satsang / Bhajans |
| 08:30 PM | Dinner (Sattvic) |
| 09:30 PM | Silent Reflection & Gratitude |



IDEAL FOR

Spiritual Seekers	Yoga & Meditation Practitioners	Families & Groups	Wellness & Retreat Travelers	International Guests	Anyone Seeking Peace, Clarity & Inner Awakening
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WE TAKE CARE OF EVERYTHING

- Comfortable Travel & Transfers
- Safe & Peaceful Accommodation
- Pure Vegetarian Sattvic Food
- 24/7 Assistance & Support

COME FOR
A RETREAT.
LEAVE WITH
TRANSFORMATION.

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

SAFE &
COMFORTABLE
TRAVEL

PURE VEG
SATTVIC FOOD

24/7 SUPPORT
& ASSISTANCE

HYGIENIC &
PEACEFUL STAY

HARIDWAR PURIFIES. RISHIKESH TRANSFORMS. YOU AWAKEN.



FAITH
DEVOTION
SURRENDER
BLESSINGS
ABUNDANCE

Surrender to Lord Venkateswara.
Receive Infinite Grace.

TIRUPATI BLESSINGS

Retreat

A SACRED JOURNEY. DIVINE BLESSINGS.
PROSPERITY & PEACE.

Experience the Divine Presence of
LORD VENKATESWARA
and invite blessings for a joyful and
fulfilled life.

LORD BALAJI
BLESSINGS
FOR YOU &
YOUR FAMILY
FOREVER

WHAT YOUR TIRUPATI BLESSINGS RETREAT INCLUDES



VIP DARSHAN
Special Access &
Hassle Free Darshan



SACRED PUJAS
Archana, Abhishekam,
Kalyanotsavam & More



HOMA & RITUALS
Fire Rituals for Purification,
Protection & Prosperity



SPIRITUAL GUIDANCE
Devotional Experiences
& Life Guidance



SATTVIC FOOD
Pure, Healthy &
Delicious Meals



COMFORTABLE STAY
Peaceful, Clean &
Devotional Stay

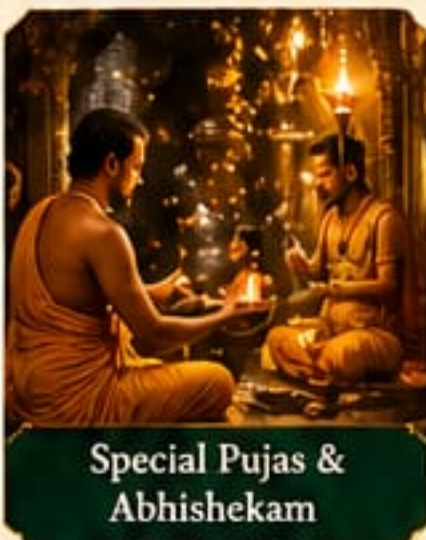


FAMILY BLESSINGS
Peayers for Health,
Harmony & Happiness

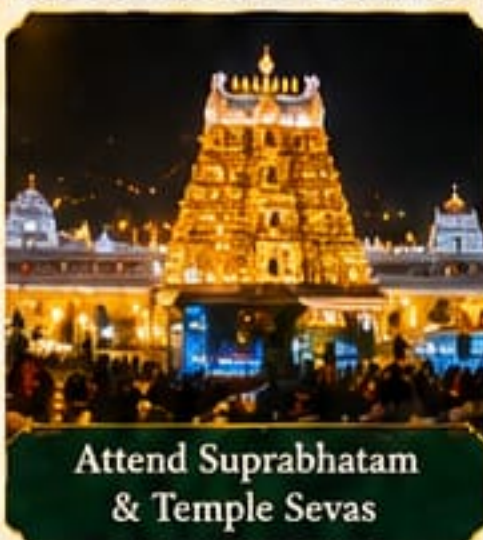
SACRED EXPERIENCES AWAIT YOU



Divine Darshan of
Lord Venkateswara



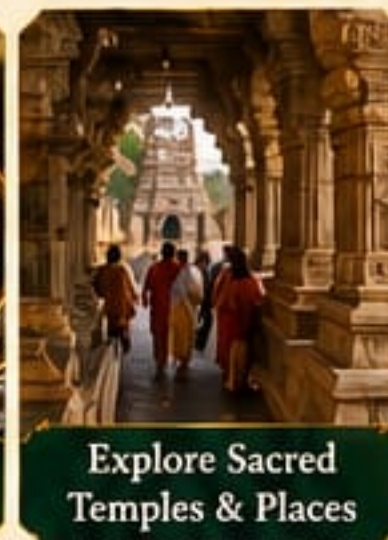
Special Pujas &
Abhishekam



Attend Suprabhatam
& Temple Sevas



Receive Prasadam
Blessings



Explore Sacred
Temples & Places



Peaceful Moments.
Divine Connection.

RETREAT HIGHLIGHTS

- Personalized Tirupati Pilgrimage Planning
- VIP Darshan & Temple Access
- Special Pujas & Seva Bookings
- Homa, Archana & Abhishekam
- Spiritual Guidance & Blessings
- Yoga, Meditation & Silent Reflection
- Sattvic Meals & Ayurvedic Care
- Comfortable Stay & Travel Support
- Family Blessings & Sacred Memories

BENEFITS OF THIS RETREAT

- Receive Lord Venkateswara's Divine Blessings
- Brings Prosperity, Success & Abundance
- Removes Obstacles & Negative Energies
- Blessings for Career, Business & Finances
- Peace, Happiness & Emotional Healing
- Blessings for Marriage & Family Harmony
- Strengthens Faith, Devotion & Surrender
- Karmic Cleansing & Spiritual Upliftment
- A Life of Purpose, Peace & Fulfillment

"When you surrender everything
to Him, He takes care of everything."
- Lord Venkateswara

A DAY IN THE RETREAT

- 04:00 AM Suprabhatam
- 05:00 AM VIP Darshan
- 07:30 AM Pujas & Archana
- 09:00 AM Breakfast (Sattvic)
- 10:00 AM Spiritual Guidance
- 11:30 AM Temple Visit / Seva
- 01:00 PM Lunch & Rest
- 03:00 PM Homa / Special Rituals
- 05:30 PM Evening Aarti
- 06:30 PM Devotional Time
- 07:30 PM Dinner (Sattvic)
- 09:00 PM Night Reflection & Prayer



IDEAL FOR



Devotees &
Spiritual Seekers



Families &
Groups



Elders &
Senior Citizens



Couples &
Newlyweds



Corporate
Groups



International
Travelers



SAFE &
COMFORTABLE
TRAVEL



EXPERT GUIDES
& SUPPORT



PURE VEG
SATTVIC FOOD



24/7 ASSISTANCE
THROUGHOUT YATRA

COME WITH
DEVOTION.
RETURN WITH
DIVINE
BLESSINGS.

BOOK YOUR TIRUPATI BLESSINGS RETREAT TODAY!

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

SURRENDER TO LORD VENKATESWARA. RECEIVE BLESSINGS. LIVE IN GRATITUDE.

ONE OF THE
12 JYOTIRLINGAS
A POWERFUL
DESTINATION
FOR KARMIC
CLEANSING &
ANCESTRAL
PEACE

A JOURNEY OF PURIFICATION. A LIFE OF DIVINE BLESSINGS.

DIVINE BLESSINGS
PEACE OF MIND
ANCESTRAL PEACE
SPIRITUAL
TRANSFORMATION

RAMESHWARAM SACRED JOURNEY

PURIFY THE SOUL. HEAL KARMA.
RECEIVE SHIVA'S DIVINE GRACE.

A SACRED PILGRIMAGE TO THE ABODE OF
LORD RAMANATHASWAMY
Rameshwaram – Where Lord Rama Worshipped Lord Shiva

EXPERIENCE DIVINE PURIFICATION & SACRED RITUALS

 Ramanathaswamy Temple Darshan Seek blessings of Lord Shiva	 22 Sacred Theerthams Holy Bath Purify body, mind and soul	 Abhishekam & Shiva Puja Receive divine grace and protection	 Pind Daan & Ancestral Peace Peace for ancestors, blessings for family	 Homa & Sacred Rituals Karmic cleansing & spiritual upliftment	 Meditation & Spiritual Guidance Inner peace, clarity and awakening	 Sattvic Meals & Comfortable Stay Pure, healthy, peaceful living
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 World Famous 1,000 Pillar Corridor Architectural Marvel	 22 Sacred Theerthams Holy Bath for Spiritual Purification	 Rudrabhishekam Powerful Shiva Blessings	 Dhanushkodi The Land's End Divine Serenity	 Pind Daan Peace for Ancestors & Family Blessings	 Scenic Beauty of Rameshwaram Nature & Divinity
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RETREAT INCLUDES

- Personalized Pilgrimage Planning
- VIP Darshan & Temple Access
- Abhishekam, Puja & Archana
- 22 Theertham Holy Bath
- Pind Daan & Tarpan Rituals
- Rudrabhishekam & Homa
- Ganga Water Offering
- Spiritual Guidance & Satsang
- Yoga, Meditation & Reflection
- Sattvic Meals & Ayurvedic Care
- Comfortable Stay & Travel Support
- Family Blessings & Sacred Memories

BENEFITS OF THIS JOURNEY

- Divine blessings of Lord Shiva
- Spiritual purification & karmic cleansing
- Peace for ancestors & family harmony
- Removal of obstacles & negative energies
- Emotional healing & inner peace
- Strengthens faith & spiritual connection
- Blessings for health, prosperity & success
- Moksha awareness & soul transformation
- A deeper connection with Dharma

"In Rameshwaram, every prayer becomes purification and every step becomes surrender."

A TYPICAL DAY ON THE RETREAT

- 04:30 AM Wake Up & Morning Meditation
- 05:00 AM Theertham Holy Bath
- 06:00 AM Ramanathaswamy Temple Darshan
- 07:30 AM Abhishekam / Puja
- 09:00 AM Breakfast (Sattvic)
- 10:00 AM Spiritual Guidance / Satsang
- 12:30 PM Lunch & Rest
- 03:00 PM Pind Daan / Sacred Rituals
- 05:30 PM Evening Aarti & Bhajans
- 07:00 PM Dinner (Sattvic)
- 08:30 PM Reflection & Silent Meditation



IDEAL FOR

 Spiritual Seekers	 Shiva Devotees	 Families & Groups	 Ancestral Peace Seekers	 Karmic Cleansing & Healing	 Wellness & Retreat Guests	 Pilgrimage Travelers	 International Guests
--	---	--	--	---	---	---	---

COME FOR A PILGRIMAGE,
RETURN WITH PEACE,
PURIFICATION & DIVINE
BLESSINGS.

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

-  SAFE & COMFORTABLE TRAVEL
-  24/7 SUPPORT & ASSISTANCE
-  PURE VEG SATTVIC FOOD
-  HYGIENIC & PEACEFUL STAY

SURRENDER
TO SHIVA.
RECEIVE HIS
ETERNAL GRACE.



LOVE CONSCIOUSLY. CONNECT DEEPLY. GROW SPIRITUALLY.

A RETREAT TO
HEAL, RECONNECT
& CREATE A
CONSCIOUS
LIFELONG
PARTNERSHIP

COUPLE CONSCIOUS RELATIONSHIP RETREAT

A SACRED JOURNEY TO LOVE, HARMONY
& SPIRITUAL PARTNERSHIP

A mindful retreat for couples to heal
emotional wounds, strengthen trust,
improve communication and grow
together in love, understanding
and spiritual connection.

STRONG
RELATIONSHIP.
PEACEFUL MIND.
JOYFUL LIFE.

TOGETHER
We Heal.
TOGETHER
We Grow.
TOGETHER
We Shine.

WHAT YOU WILL EXPERIENCE



**DEEPER
CONNECTION**
Heart-connection
practices to deepen
love and intimacy.



**CONSCIOUS
COMMUNICATION**
Learn tools for better
communication,
listening and
understanding.



**EMOTIONAL
HEALING**
Release past hurts,
resentments and
build emotional
freedom.



**SPIRITUAL
GROWTH**
Grow together
spiritually and
align your life
purpose.



**TRUST &
HARMONY**
Build trust,
forgiveness and
create relationship
harmony.



**SACRED
EXPERIENCES**
Temple visits,
Ganga Aarti and
divine blessings
together.



**NATURE
HEALING**
Reconnect with
nature and restore
peace within
together.



**PEACE &
MINDFULNESS**
Meditation, yoga
and mindfulness
for inner peace
and balance.

BENEFITS OF THE RETREAT

- Strengthen your bond and emotional intimacy
- Resolve conflicts and heal past wounds
- Improve communication and understanding
- Bring more love, respect and appreciation
- Create harmony, joy and relationship balance
- Reduce stress and emotional reactivity
- Deepen spiritual connection as partners
- Build a conscious, loving and lasting partnership

Love is
not just
a feeling,
it is a
conscious
choice.

IDEAL FOR COUPLES WHO

- Want to deepen love and emotional connection
- Are facing communication or trust challenges
- Wish to heal past pain and move forward
- Are preparing for marriage or new beginnings
- Want to grow together spiritually
- Seek harmony, peace and understanding
- Desire a more conscious and joyful relationship
- Want to celebrate love and commitment

WHAT'S INCLUDED IN THE RETREAT



Guided Couple
Meditations &
Mindfulness



Yoga, Pranayama
& Relaxation
Sessions



Relationship
Healing Workshops
& Counseling



Temple Visits &
Spiritual
Experiences



Ganga Aarti
& Sacred
Rituals



Sattvic Meals &
Ayurvedic
Wellness



Nature Walks &
Peaceful Silent
Time



Comfortable
Accommodation
& Peaceful Stay



Special Rituals,
Workbooks &
Goodie Kit



MEDITATE TOGETHER.
GROW TOGETHER.



GANGA AARTI.
DIVINE BLESSINGS.



HEAL. LISTEN. UNDERSTAND.
COMMUNICATE CONSCIOUSLY.



NATURE HEALS.
LOVE FLOWS.



RELAX. REJUVENATE.
RECONNECT.



TOGETHER TODAY.
TOGETHER FOREVER.

BEGIN YOUR SACRED JOURNEY TOGETHER!

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SAFE &
SUPPORTIVE
ENVIRONMENT



PURE VEG
SATTVIC
FOOD



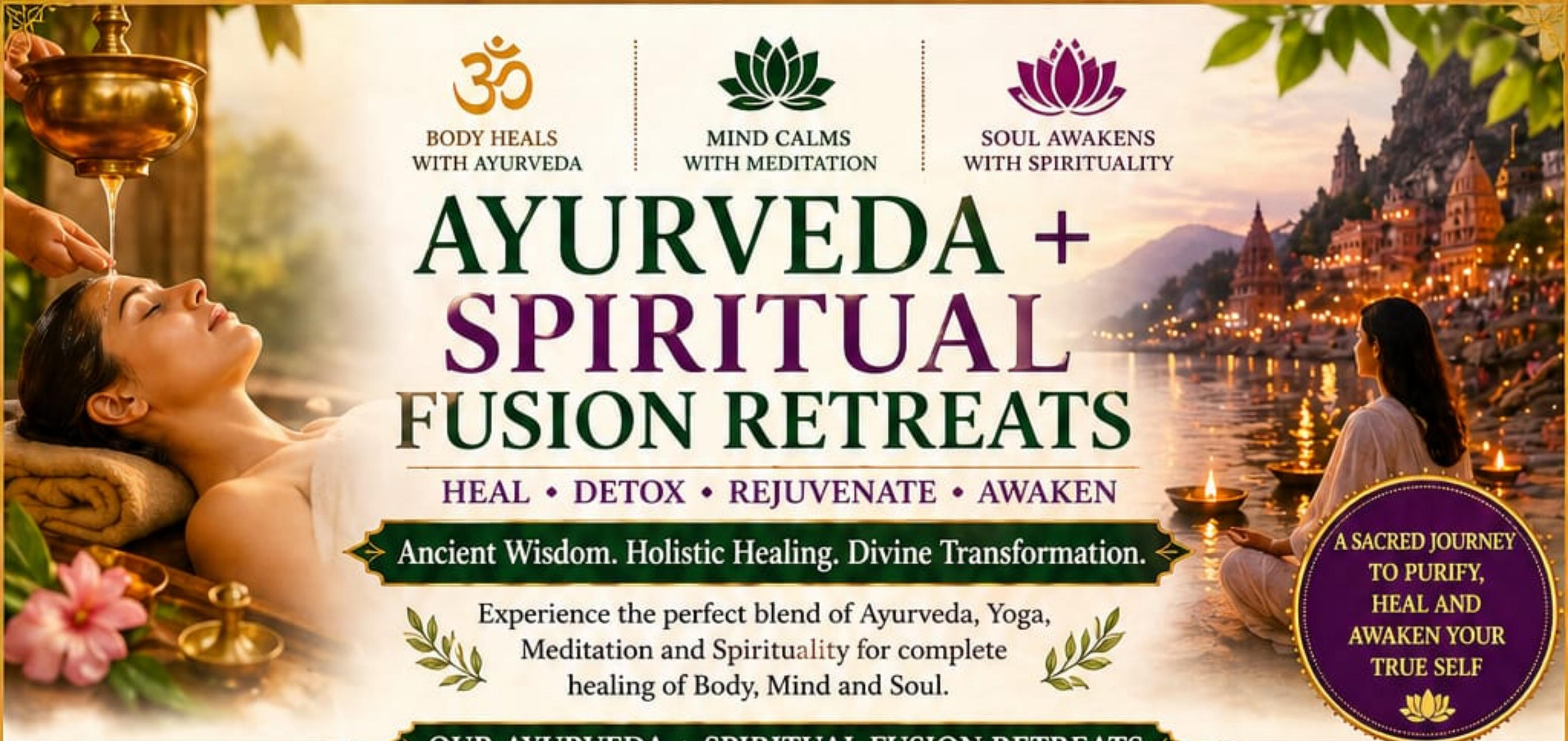
24/7 SUPPORT
& ASSISTANCE



HYGIENIC &
COMFORTABLE
STAY



YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.



BODY HEALS
WITH AYURVEDA



MIND CALMS
WITH MEDITATION



SOUL AWAKENS
WITH SPIRITUALITY

AYURVEDA + SPIRITUAL FUSION RETREATS

HEAL • DETOX • REJUVENATE • AWAKEN

Ancient Wisdom. Holistic Healing. Divine Transformation.

Experience the perfect blend of Ayurveda, Yoga,
Meditation and Spirituality for complete
healing of Body, Mind and Soul.

A SACRED JOURNEY
TO PURIFY,
HEAL AND
AWAKEN YOUR
TRUE SELF

OUR AYURVEDA + SPIRITUAL FUSION RETREATS

1. PANCHAKARMA + MEDITATION RETREAT



Deep detoxification with authentic Panchakarma therapies combined with meditation for complete purification and inner balance.

- Detox • Cleanse • Rebalance
- Renew • Rejuvenate

2. YOGA NIDRA HEALING RETREAT



Experience deep relaxation, guided Yoga Nidra, and subconscious healing to release stress, restore energy and improve sleep.

- Deep Rest • Stress Relief
- Nervous System Healing

3. DETOX + TEMPLE RETREAT



Ayurvedic detox, sattvic food and sacred temple rituals to cleanse your body, mind and karma for a fresh new beginning.

- Detox • Purify • Temple Rituals
- Blessings • Spiritual Cleansing

4. AYURVEDA BEAUTY & SPIRITUAL GLOW RETREAT



Rejuvenate your skin, hair and body naturally with Ayurveda, while awakening inner glow, confidence and feminine energy.

- Natural Beauty • Skin Glow
- Hormonal Balance • Inner Radiance

5. EMOTIONAL HEALING + AYURVEDA RETREAT



Heal emotional wounds, release past traumas and restore joy with Ayurvedic therapies, counseling and spiritual practices.

- Emotional Release • Heart Healing
- Balance • Peace & Happiness

6. SOUND HEALING + AYURVEDA RETREAT



Experience the power of sound healing, vibrations and Ayurveda to balance chakras, calm the mind and uplift your energy.

- Sound Therapy • Chakra Balance
- Vibrational Healing • Serenity

7. BREATHWORK + SPIRITUAL DETOX RETREAT



Transform your life with conscious breathwork, pranayama and Ayurvedic cleansing for emotional release, clarity and transformation.

- Breathwork • Pranayama
- Emotional Detox • Clarity

8. MINDFUL LIVING + WELLNESS RETREAT



A complete wellness retreat for mindful living, healthy habits, family bonding and spiritual growth together.

- Mindfulness • Wellness • Bonding
- Joy • Spiritual Growth

BENEFITS OF THESE RETREATS



DEEP DETOX & CLEANSING

Eliminate toxins, improve digestion and boost immunity.



STRESS RELIEF & MENTAL CLARITY

Calm the mind, reduce anxiety and enhance focus.



EMOTIONAL HEALING & BALANCE

Release emotional blockages and restore inner peace.



BETTER SLEEP & ENERGY

Improve sleep quality, increase energy and vitality naturally.



NATURAL GLOW & REJUVENATION

Enhance skin, hair, hormones and overall youthful radiance.



SPIRITUAL GROWTH & INNER CONNECTION

Deepen meditation, devotion and connection with the divine.



HARMONY & HOLISTIC WELL-BEING

Create balance in body, mind, relationships and life.

WHAT'S INCLUDED



Ayurvedic Consultation
& Personalized Care



Panchakarma &
Ayurvedic Therapies



Yoga, Pranayama &
Meditation Sessions



Temple Visits &
Spiritual Experiences



Sattvic Ayurvedic
Meals



Peaceful Stay in
Nature



Emotional Support &
Guidance

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True healing begins
when the body is purified,
the mind becomes peaceful,
and the soul remembers
its light.

- SAFE & HYGIENIC ENVIRONMENT
- EXPERT THERAPISTS & GUIDANCE
- PURE VEG, SATTVIC FOOD
- 24/7 CARE & SUPPORT
- PEACEFUL & SACRED LOCATION

HEAL YOUR BODY • CALM YOUR MIND • AWAKEN YOUR SOUL • LIVE IN GRATITUDE

RETREATS
THAT NURTURE
LOVE, HEALING
& SPIRITUAL
GROWTH FOR
EVERY STAGE
OF LIFE

Heal Together. Grow Together. Shine Together.

WOMEN & FAMILY SPIRITUAL RETREATS

SACRED JOURNEYS FOR HEALING, LOVE, HARMONY & DIVINE CONNECTION

Nurturing Hearts. Healing Souls. Creating Sacred Memories.

OUR RETREAT OFFERINGS



WOMEN'S DIVINE HEALING RETREAT



Heal your heart, awaken your inner divine feminine energy and step into your power, purpose and peace.



MOTHER-DAUGHTER SPIRITUAL RETREAT



Strengthen your bond, deepen understanding and create beautiful memories through love, healing & spiritual growth.



COUPLE CONSCIOUS RELATIONSHIP RETREAT



Build deeper love, trust, conscious communication and a spiritual partnership that grows together.



FAMILY KARMA HEALING RETREAT



Release family patterns, heal ancestral karma and restore peace, harmony and blessings for generations.



PREGNANCY BLESSING SPIRITUAL RETREAT



A sacred journey for expecting mothers with blessings, rituals, relaxation and emotional nourishment.



PARENTHOOD SPIRITUAL PREPARATION RETREAT



Prepare your heart and mind for conscious parenting and welcome your child with love, awareness and divine blessings.



SENIOR CITIZEN SPIRITUAL PEACE RETREAT



A peaceful retreat with devotion, satsang, healing, yoga and spiritual comfort for a joyful and graceful life.



FAMILY GRATITUDE RETREAT



Reconnect, express gratitude, heal relationships and create sacred moments as a family.

WHAT'S INCLUDED IN OUR RETREATS



Guided Meditation
& Mindfulness



Yoga, Pranayama &
Healing Sessions



Temple Visits &
Sacred Rituals



Ganga Aarti &
Divine Experiences



Spiritual Counseling &
Family Healing Sessions



Nature Healing &
Peaceful Stay



Sattvic Meals &
Ayurvedic Care



Gratitude, Bonding &
Sacred Memories

BENEFITS FOR YOU & YOUR FAMILY

- ✓ Emotional Healing & Stress Relief
- ✓ Stronger Relationships & Better Communication
- ✓ Inner Peace, Happiness & Balance
- ✓ Spiritual Growth & Self-Awareness
- ✓ Healing from Past Hurt, Fears & Conflicts
- ✓ Blessings for Family Harmony & Prosperity
- ✓ Build Love, Trust & Deeper Connections
- ✓ Create Lifelong Sacred Memories



IDEAL FOR

- Women Seeking Healing & Self-Love
- Couples & Partners
- Families of All Generations
- Expecting Parents & New Parents
- Senior Citizens
- Wellness Seekers & Spiritual Travelers
- International Guests
- Anyone Seeking Peace, Love & Divine Connection

“

WHEN A
FAMILY HEALS
TOGETHER,
LOVE BECOMES
SACRED AND
LIFE BECOMES
PEACEFUL.



DIVINE GANGA AARTI



YOGA & MEDITATION



PEACEFUL STAY



SATTVIC & NUTRITIOUS FOOD



NATURE, PEACE & SERENITY

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OUR CARE.
DIVINE EXPERIENCES.



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COMFORTABLE
TRAVEL



PURE VEG
SATTVIC FOOD



24/7 SUPPORT
& ASSISTANCE



HYGIENIC &
PEACEFUL STAY

LOVE. HEALING. HARMONY. TOGETHER. FOREVER.

SENIOR CITIZEN SPIRITUAL PEACE RETREAT

A SACRED JOURNEY TO PEACE, DEVOTION
& JOYFUL LIVING

A nurturing retreat for senior citizens to relax, reconnect with spirituality, experience divine blessings and enjoy a peaceful, healthy and meaningful life.

BECAUSE
YOU DESERVE
PEACE,
LOVE &
DIVINE GRACE

WHAT THE RETREAT INCLUDES



GUIDED MEDITATION & PRAYER

Peaceful sessions to calm the mind and nourish the soul.



SPIRITUAL SATSANG & BHAJANS

Devotional gatherings to uplift the heart and inspire joy.



TEMPLE VISITS & SACRED DARSHAN

Blessed visits to holy places for divine protection and grace.



GANGA AARTI & DIVINE RITUALS

Experience the divine energy and evening spiritual blessings.



GENTLE YOGA & WELLNESS CARE

Light yoga, breathing exercises and health support for seniors.



EMOTIONAL HEALING & COUNSELING

Support for peace, healing, forgiveness and inner happiness.



SATTVIC MEALS & AYURVEDIC CARE

Nutritious sattvic meals and Ayurvedic care for well-being.



COMFORTABLE STAY & CARING SUPPORT

Safe, clean, peaceful stay with loving care and assistance.

BENEFITS OF THE RETREAT

- Deep inner peace and spiritual fulfillment
- Relief from stress, anxiety and loneliness
- Stronger devotion and divine connection
- Emotional healing and mental calmness
- Better physical wellness and daily rhythm
- Blessings for family and future generations
- Joyful reflection, gratitude and happiness
- A graceful, meaningful and peaceful life

*In the
quiet wisdom
of later years,
peace becomes
prayer and life
becomes
gratitude.*

IDEAL FOR

- Senior citizens seeking peace and devotion
- Elders wanting spiritual companionship
- Families wishing spiritual care for their parents and grandparents
- Retired individuals seeking calm and reflection
- Wellness and spiritual retreat travelers
- International spiritual guests
- Devotees wanting sacred temple experiences
- Anyone ready for peaceful and meaningful spiritual living

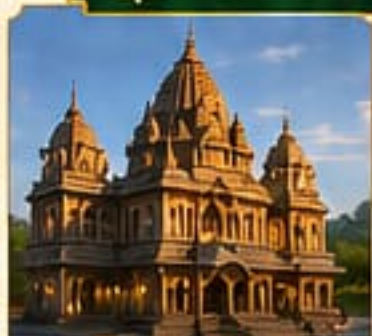
RETREAT HIGHLIGHTS



MEDITATION &
MINDFULNESS



BHAJANS &
SATSANG



TEMPLE VISITS &
BLESSINGS



GANGA AARTI &
DIVINE BLESSINGS



NATURE WALKS &
PEACEFUL TIME



SATTVIC FOOD &
AYURVEDIC CARE



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& CARE

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& ASSISTANCE



COMFORTABLE
ACCOMMODATION



HYGIENIC &
PEACEFUL
STAY

LIVE WITH GRACE • LOVE WITH GRATITUDE • LEAVE A LEGACY OF BLESSINGS
PEACE IN HEART, PRAYER IN LIFE, JOY IN EVERY MOMENT.



REST DEEPLY
HEAL NATURALLY
AWAKEN JOYFULLY



DEEP REST • INNER HEALING • DIVINE PEACE

Conscious Rest
Deep Healing
Lasting Transformation



YOGA NIDRA HEALING RETREAT

Rest the Body. Calm the Mind. Awaken the Soul.

A powerful journey of Yogic Sleep, Meditation and Ayurvedic Healing to relax your nervous system, release emotional stress, improve sleep and restore deep inner balance.



DEEP RELAXATION
Activates the body's natural relaxation response.



STRESS RELIEF
Reduces anxiety, stress and mental overwhelm.



BETTER SLEEP
Improves sleep quality and restores natural sleep patterns.



EMOTIONAL HEALING
Releases stored emotions and promotes inner emotional balance.



MENTAL CLARITY
Enhances focus, creativity and positive thinking.



SPIRITUAL AWAKENING
Deepens self-awareness and connection with your true self.

WHAT'S INCLUDED

- ✓ Daily Yoga Nidra (Yogic Sleep) Sessions
- ✓ Guided Meditation & Mindfulness Practices
- ✓ Pranayama & Breath Awareness
- ✓ Stress Relief & Nervous System Reset
- ✓ Emotional Healing & Subconscious Release
- ✓ Spiritual Counseling & Reflection
- ✓ Temple Visits & Sacred Rituals
- ✓ Ganga Aarti & Divine Blessings
- ✓ Sattvic Meals & Ayurvedic Support
- ✓ Nature Walks & Silence Time
- ✓ Comfortable Stay in a Peaceful Environment

**YOGIC SLEEP
IS NOT SLEEP.
IT IS A STATE OF
CONSCIOUS REST
THAT HEALS
BODY, MIND
AND SOUL.**

BENEFITS YOU WILL EXPERIENCE

- ✓ Deep physical and mental relaxation
- ✓ Relief from stress, anxiety and burnout
- ✓ Better sleep and improved energy
- ✓ Emotional release and inner healing
- ✓ Calm mind and balanced emotions
- ✓ Improved concentration and memory
- ✓ Hormonal balance and inner harmony
- ✓ Heightened spiritual awareness
- ✓ A deep sense of peace and happiness
- ✓ Complete reset for body, mind and soul

RETREAT HIGHLIGHTS



YOGA NIDRA DEEP REST

Experience deep relaxation and subconscious healing.



PRANAYAMA & BREATHWORK

Calm the mind and balance your life energy.



TEMPLE VISITS & SPIRITUAL RITUALS

Receive divine blessings and spiritual upliftment.



GANGA AARTI & DIVINE BLESSINGS

Purify your energy and invite positivity.



SATTVIC MEALS & AYURVEDIC CARE

Nourish your body with pure, healing food.



NATURE WALKS & SILENT TIME

Reconnect with nature and yourself.



PEACEFUL STAY & COMFORT

Relax in clean, comfortable and serene surroundings.



IDEAL
FOR



People with
Stress, Anxiety
& Insomnia



Busy Professionals
& Burnout
Individuals



Yoga & Meditation
Practitioners



Emotional Healing
Seekers



Wellness & Spiritual
Travelers



Women Seeking
Balance & Calm



Anyone Ready for
Deep Rest & Healing

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Give yourself the gift of
deep rest, inner healing
and lasting peace.



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- AUTHENTIC AYURVEDIC CARE
- PURE VEG, SATTVIC FOOD
- 24/7 CARE & SUPPORT
- PEACEFUL & SACRED LOCATION



REST DEEPLY • HEAL COMPLETELY • AWAKEN BEAUTIFULLY



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MOTHER EARTH
TRAVEL AND TOURISM



Best
Care



DETOX
YOUR BODY.
PURIFY YOUR
ENERGY.
AWAKEN YOUR
SOUL.

BREATHWORK + SPIRITUAL DETOX RETREAT

BREATHE. RELEASE. DETOX. RENEW. TRANSFORM.

A sacred journey of conscious breath, Ayurvedic detox and spiritual practices to cleanse your body, calm your mind, release what no longer serves you and awaken your true inner self.

CLEANSE YOUR BODY • CLEAR YOUR MIND • PURIFY YOUR ENERGY • CONNECT WITH YOUR SOUL

WHAT THE RETREAT INCLUDES



BREATHWORK & PRANAYAMA
Conscious breathing techniques to release stress, balance emotions and energize your life.



AYURVEDIC DETOX
Personalized Ayurvedic consultation and detox therapies to cleanse and rejuvenate.



MEDITATION & MINDFULNESS
Guided meditations to calm the mind and awaken inner awareness.



SPIRITUAL PRACTICES
Chanting, mantra, satsang and spiritual teachings for deep inner transformation.



SACRED EXPERIENCES
Temple visits, havan rituals and Ganga Aarti for divine cleansing and blessings.



SATTVIC NUTRITION
Nourishing sattvic meals and herbal drinks to detox and energize your body.



PEACEFUL STAY
Comfortable stay in nature, surrounded by peace, silence and positive energy.



NATURE & SILENCE TIME
Nature walks and silence time to reconnect with your true self.

BENEFITS OF THE RETREAT

- ✓ Reduces stress, anxiety and emotional heaviness
- ✓ Detoxifies body, mind and subtle energy
- ✓ Improves breathing, lung capacity and vitality
- ✓ Enhances focus, clarity and mental calmness
- ✓ Supports better sleep and hormonal balance
- ✓ Releases emotional blocks and past baggage
- ✓ Strengthens immune system and digestion
- ✓ Deep spiritual cleansing and inner awakening
- ✓ A complete reset for body, mind and soul

POWER OF BREATH. POWER OF YOU.

"When you change your breath, you change your mind. When you change your mind, you change your life."



BREATHWORK TECHNIQUES

- ✓ Diaphragmatic Breathing
- ✓ Nadi Shodhana (Alternate Nostril Breathing)
- ✓ Bhastrika & Kapalabhati
- ✓ Ujjayi & Ocean Breath
- ✓ Sudarshan Kriya Inspired Practices
- ✓ Emotional Release Breathwork
- ✓ Nervous System Reset Breathwork



RETREAT EXPERIENCES



BREATHWORK SESSIONS



AYURVEDIC THERAPIES



MEDITATION & INNER SILENCE



TEMPLE VISITS & RITUALS



GANGA ARTI & BLESSINGS



SATTVIC MEALS & HERBAL DETOX



NATURE WALKS & HEALING TIME



People facing stress, burnout or anxiety



Anyone seeking emotional healing & detox



Yoga & meditation practitioners



Wellness seekers & spiritual travelers



Women seeking hormonal & emotional balance



Professionals needing clarity & inner peace



International guests & retreat lovers

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BREATHE DEEPLY. LET GO. DETOX. HEAL. AWAKEN.



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Om Ayurveda



MOTHER EARTH
TRAVEL AND TOURISM



FAMILY GRATITUDE RETREAT

A SACRED JOURNEY OF LOVE, GRATITUDE AND TOGETHERNESS

Pause. Reflect. Appreciate. Reconnect.
Strengthen family bonds, express gratitude,
heal relationships and create beautiful
memories that last forever.

“Gratitude turns
ordinary moments
into blessings and
family into forever.”



TOGETHER
WE THANK
WE HEAL
WE GROW

WHAT THE RETREAT INCLUDES



FAMILY GRATITUDE
MEDITATION

Cultivate appreciation,
love and positive
energy together.



FAMILY BONDING &
HEART-CENTERED
CONVERSATIONS

Share, listen and
strengthen emotional
connection.



SACRED PUJA &
GRATITUDE
—RITUALS—

Offer thanks and
receive divine
blessings.



GANGA AARTI &
DIVINE EVENING
BLESSINGS

Experience peace,
devotion and spiritual
upliftment.



NATURE HEALING &
MINDFUL FAMILY
TIME

Rejuvenate in nature
and enjoy quality
family moments.



YOGA & BREATHWORK
FOR FAMILY
BALANCE

Calm the mind,
reduce stress and
increase harmony.



SATTVIC MEALS &
AYURVEDIC
WELLNESS

Nourishing food and
wellness support for
body and mind.



COMFORTABLE STAY
& LOVING CARE

Peaceful stay in a
safe, clean and
spiritually uplifting
environment.

BENEFITS FOR YOUR FAMILY

- ✓ Stronger family love and togetherness
- ✓ Healing of misunderstandings
- ✓ Better communication and understanding
- ✓ Deeper appreciation and gratitude
- ✓ Emotional peace and happiness
- ✓ Reduced stress and mental tension
- ✓ Spiritual growth and positive energy
- ✓ Sacred memories for a lifetime

Gratitude
is the heart
that brings
a family
together.

IDEAL FOR

- ✓ Families seeking harmony and reconnection
- ✓ Parents and children wanting deeper bonds
- ✓ Families celebrating milestones
- ✓ Couples and elders seeking shared peace
- ✓ Spiritual seekers and wellness travelers
- ✓ International spiritual guests
- ✓ Families wanting gratitude-based healing
- ✓ Anyone ready to reconnect through love and appreciation

RETREAT HIGHLIGHTS



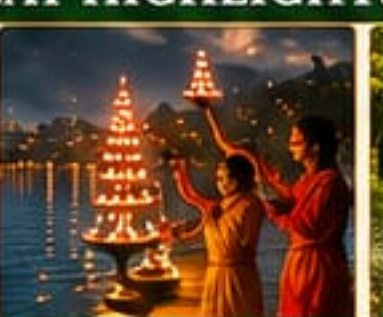
FAMILY MEDITATION
& GRATITUDE CIRCLE



SACRED FIRE RITUALS
& HOMA



TEMPLE VISITS &
SPIRITUAL DARSHAN



GANGA AARTI &
DIVINE BLESSINGS



NATURE WALKS &
MINDFUL CONNECTION



SATTVIC FOOD &
AYURVEDIC CARE



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RESTFUL COMFORT

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COMFORTABLE
ACCOMMODATION



HYGIENIC &
PEACEFUL
STAY



GRATEFUL HEARTS • STRONGER BONDS • BLESSED LIFE
THANK TODAY, LOVE ALWAYS, GROW TOGETHER.



EMOTIONAL HEALING

AYURVEDA RETREAT

HEAL YOUR HEART. CALM YOUR MIND.
RESTORE YOUR SOUL.

A holistic journey that blends the ancient wisdom of Ayurveda with emotional healing practices to help you release past burdens, reduce stress, balance hormones, and reconnect with inner peace and true happiness.

WHAT THE RETREAT INCLUDES



AYURVEDIC HEALING

Personalized consultation and therapies like Abhyanga, Shirodhara, Udvartana & herbal healing for deep emotional balance.



EMOTIONAL HEALING

Guided meditation, inner child healing, forgiveness practices and subconscious emotional release sessions.



YOGA & PRANAYAMA

Gentle yoga, breathwork and relaxation practices to calm the nervous system and uplift mind, body and spirit.



SPIRITUAL EXPERIENCES

Temple visits, sacred rituals, havan, Ganga Aarti and divine blessings for inner purification and protection.



SATTVIC NUTRITION

Sattvic Ayurvedic meals, herbal drinks and detox support to nourish body and mind.



PEACEFUL STAY

Comfortable stay in a serene, nature-filled environment for complete rest and relaxation.

BENEFITS OF THE RETREAT

- ✓ Release emotional blockages and past pain
- ✓ Reduce stress, anxiety and mental heaviness
- ✓ Calm the mind and improve sleep
- ✓ Balance hormones and uplift mood naturally
- ✓ Improve self-awareness and inner confidence
- ✓ Heal relationships and forgive with love
- ✓ Experience deep relaxation and mental clarity
- ✓ Reconnect with inner peace and happiness
- ✓ A complete reset for heart, mind and soul

*“When you heal
your emotions,
you heal your life.
Ayurveda shows you
the way back to you.”*



HEALING THERAPIES

- ✓ Abhyanga – Herbal Oil Massage
- ✓ Shirodhara – Oil Flow Therapy
- ✓ Nasya – Nasal Detox Therapy
- ✓ Udvartana – Herbal Powder Massage
- ✓ Pinda Sweda – Herbal Poultice
- ✓ Kati Basti – Lower Back Therapy
- ✓ Takra Dhara – Buttermilk Therapy
- ✓ Shiro Abhyanga – Head Massage
- ✓ Herbal Steam Therapy
- ✓ Foot Reflexology
- ✓ Sound Healing
- ✓ Crystal & Aroma Therapy

All therapies are customized as per your body constitution and emotional needs.



AYURVEDIC THERAPIES



MEDITATION



GANGA AARTI



TEMPLE VISITS



SATTVIC MEALS



NATURE WALKS



PEACEFUL STAY

IDEAL FOR



People facing stress, anxiety or emotional burnout



Women seeking hormonal & emotional balance



Individuals healing from past emotional pain or trauma



Wellness seekers and spiritual travelers



Yoga and meditation practitioners



Anyone ready for emotional renewal and inner transformation

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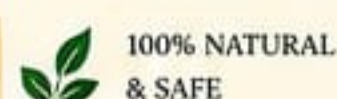
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SUPPORT



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SACRED LOCATION



HEAL YOUR EMOTIONS • BALANCE YOUR ENERGY • LIVE FROM YOUR HEART





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MOTHER EARTH
TRAVEL AND TOURISM

**Best
Care**
For Body, Mind & Soul



EXCLUSIVE
VIP TEMPLE
EXPERIENCES



PERSONALIZED
RITUALS &
BLESSINGS



SPIRITUAL
GUIDANCE &
LIFE CLARITY



LUXURY STAY
& PREMIUM
HOSPITALITY



SATTVIC GOURMET
MEALS & AYURVEDIC
WELLNESS



GANGA AARTI &
DIVINE RITUALS



COMPLETE COMFORT.
COMPLETE PRIVACY.
COMPLETE PEACE.

ROYAL SPIRITUAL PILGRIMAGE RETREAT

A SACRED JOURNEY. A DIVINE EXPERIENCE. A TRANSFORMED YOU.

WHAT THE RETREAT INCLUDES



VIP TEMPLE
VISITS &
PRIORITY
DARSHAN



PERSONALIZED
PUJA, HAVAN &
SACRED RITUALS



PRIVATE SPIRITUAL
GUIDANCE &
CONSULTATIONS



LUXURY STAY IN
SPIRITUAL &
PEACEFUL PLACES



GANGA AARTI
& DIVINE
EVENING RITUALS



SACRED RIVER
BLESSINGS &
CEREMONIES



MEDITATION, YOGA
& SOUL REFLECTION
SESSIONS



SATTVIC GOURMET
MEALS & AYURVEDIC
WELLNESS SUPPORT

IDEAL FOR

- Spiritual Seekers & Devotees
- Families Seeking Blessings
- International Travelers
- Couples Seeking Sacred Journeys
- Leaders & Professionals
- Anyone Seeking Divine Transformation

BENEFITS OF THIS RETREAT

- Deep spiritual connection & divine blessings
- Emotional healing & inner peace
- Personalized guidance for life clarity & purpose
- Sacred rituals for protection, abundance & harmony
- Stress relief with luxury comfort & support
- Renewed gratitude, devotion & life direction
- Exclusive once-in-a-lifetime experiences
- Complete transformation of body, mind & soul



TRAVEL TO DIVINE DESTINATIONS

Haridwar • Rishikesh • Kedarnath • Badrinath
Gangotri • Yamunotri • Varanasi • Ayodhya
Ujjain • Somnath • Dwarka & More



LUXURY STAY. DIVINE WAY.



SACRED PILGRIMAGE



POWERFUL RITUALS



DIVINE AARTI



PREMIUM TRANSPORT



SATTVIC GOURMET MEALS



INNER PEACE & HEALING

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JOURNEY
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Your Journey to Divine Blessings Awaits You.



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AUTHENTIC SPIRITUAL EXPERIENCES



24/7 PERSONAL ASSISTANCE



100% PRIVACY & COMFORT

WHEN DEVOTION TRAVELS WITH GRACE,
EVERY PILGRIMAGE BECOMES A ROYAL JOURNEY TO THE DIVINE.



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TRAVEL AND TOURISM



SOUND HEALING + AYURVEDA RETREAT

HEAL YOUR VIBRATIONS. BALANCE YOUR ENERGY.
AWAKEN YOUR INNER HARMONY.

Experience the magic of healing sound vibrations
combined with ancient Ayurvedic wisdom to restore
balance in body, mind, emotions and spirit.
A sacred journey to relax, renew and realign.

SACRED
SOUND.
ANCIENT WISDOM.
DEEP HEALING.
TIMELESS
TRANSFORMATION.

WHAT THE RETREAT INCLUDES



SOUND HEALING
Tibetan Singing Bowls,
Gong Bath, Tuning Forks
& Sacred Sound
Vibrations



AYURVEDIC HEALING
Personalized consultation
& therapies like Abhyanga,
Shirodhara, Udvartana
& more



**MEDITATION &
MANTRA**
Guided meditations,
mantra chanting &
inner silence practices



**YOGA &
PRANAYAMA**
Daily yoga, breathwork
& energy balancing
sessions



**SPIRITUAL
EXPERIENCES**
Temple visits, rituals,
havan, Ganga Aarti &
divine blessings



SATTVIC FOOD
Delicious sattvic meals,
herbal teas & detox
nutrition to nourish
your body & mind



PEACEFUL STAY
Comfortable stay in a
serene, nature-filled
ashram environment

BENEFITS OF THE RETREAT

- ✓ Deep relaxation & stress relief
- ✓ Emotional healing & release of negativity
- ✓ Balances chakras & energy flow
- ✓ Improves sleep & calms the nervous system
- ✓ Enhances focus, clarity & creativity
- ✓ Hormonal balance & improved well-being
- ✓ Strengthens immunity & vital energy
- ✓ Spiritual awakening & inner peace
- ✓ A complete reset for body, mind & soul

SOUND HEALING EXPERIENCES

- Tibetan Singing Bowl Therapy
- Crystal Bowl Sound Bath
- Gong Bath Healing
- Chakra Balancing with Sound
- Mantra & Nada Yoga
- Binaural Beats & Frequency Healing
- Group & Personal Sound Sessions



AYURVEDIC THERAPIES

- Abhyanga – Herbal Oil Massage
- Shirodhara – Oil Flow Therapy
- Pinda Sweda – Herbal Poultice
- Udvartana – Herbal Body Polish
- Nasya – Sinus & Head Therapy
- Foot Reflexology
- Herbal Steam Therapy
- Kati Basti – Back Therapy



DAILY HEALING EXPERIENCE



SOUND HEALING
SESSIONS



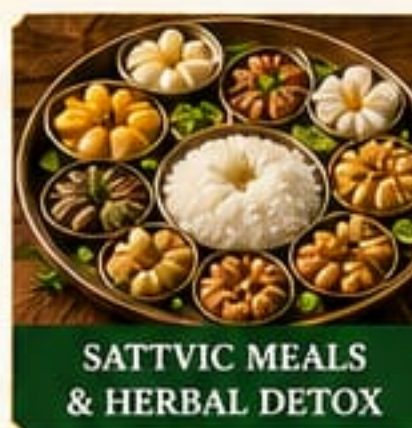
YOGA &
MEDITATION



SPIRITUAL RITUALS
& HAVAN



GANGA AARTI &
DIVINE BLESSINGS



SATTVIC MEALS
& HERBAL DETOX



NATURE WALKS &
SILENCE TIME

IDEAL FOR



People facing
stress, anxiety
& emotional
overwhelm



Individuals seeking
emotional healing
& inner balance



Yoga & meditation
practitioners



Wellness seekers
& spiritual
travelers



Women seeking
hormonal &
emotional harmony



Professionals
needing peace
& mental clarity



Anyone ready for
deep healing &
transformation

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For Body, Mind & Soul

PRIVATE GURU GUIDANCE RETREAT

ONE-TO-ONE GUIDANCE. DEEP TRANSFORMATION.
LIFE CLARITY & INNER AWAKENING.

Personal Guidance.
Divine Wisdom.
Life Transformation.



PERSONAL
ATTENTION



PRIVATE &
CONFIDENTIAL



SPIRITUAL
MENTORSHIP



TRUSTED.
AUTHENTIC.
TRANSFORMATIVE.

WHAT THE RETREAT INCLUDES



One-to-One Private Guru Sessions
Personalized spiritual guidance
for your life journey



Meditation & Mantra Teachings
Customized practices for inner
peace and self-realization



Life Clarity & Purpose Guidance
Get clarity on relationships, career,
goals and Dharma



Emotional Healing & Counseling
Release blockages, heal emotions
and restore inner balance



Sacred Rituals & Divine Blessings
Puja, Havan, Sankalpa & powerful
blessings for protection and peace



Yoga, Pranayama & Mindfulness
Daily sessions to align body, mind
and soul



Sattvic Meals & Ayurvedic Care
Pure, nourishing food and holistic
wellness support



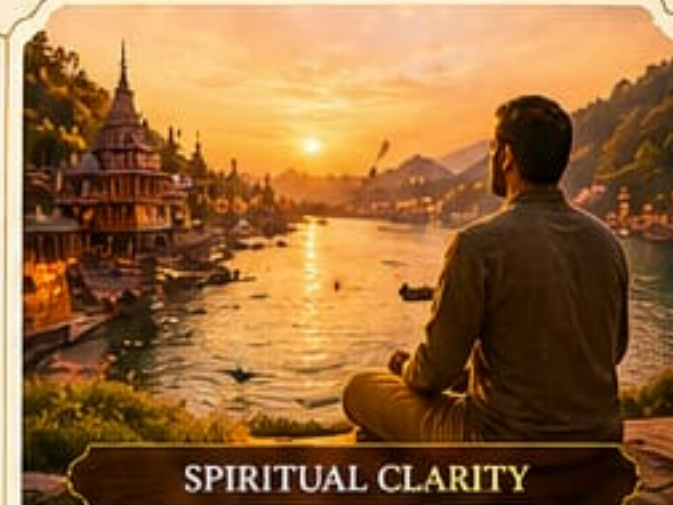
Luxury Stay in Peaceful Nature
Comfortable, private & serene
environment

BENEFITS OF PRIVATE GURU GUIDANCE

- Clear direction & life purpose
- Deep inner peace & emotional healing
- Freedom from confusion & stress
- Stronger spiritual connection & self-awareness
- Better decisions in relationships & work
- Increased confidence, focus & discipline
- Divine blessings for protection, prosperity & harmony
- A powerful transformation of mind, heart & soul



A GUIDED PATH.
A TRANSFORMED LIFE.



SPIRITUAL CLARITY



PEACEFUL LUXURY STAY

EXPERIENCE THE TRANSFORMATION



INNER PEACE



DIVINE BLESSINGS



SELF DISCOVERY



SACRED JOURNEYS



NATURE HEALING



SATTVIC LIVING

IDEAL FOR

- Spiritual Seekers
- Leaders & Professionals
- People Facing Life Transitions
- Meditation & Yoga Practitioners
- International Retreat Guests
- Anyone Seeking Clarity & Awakening

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Your Journey to Inner Wisdom Begins Here.

SCAN TO
KNOW MORE



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SPIRITUAL EXPERIENCE



24/7 PERSONAL
ASSISTANCE



100% PRIVACY
& CONFIDENTIALITY



COMFORT
& SAFETY

Sacred Guidance. Divine Blessings. Infinite Possibilities.

RISHIKESH • HARIDWAR • KEDARNATH • VARANASI • AYODHYA • UJJAIN • AND MORE

PREMIUM EXCLUSIVE RETREATS

SACRED JOURNEYS. DIVINE EXPERIENCES. LIFE TRANSFORMED.

 Luxury Stays |  Private Guidance |  Sacred Rituals |  Holistic Healing |  Soul Transformation

EXCLUSIVE • PERSONALIZED • PRIVATE • PURPOSEFUL

1 ROYAL SPIRITUAL PILGRIMAGE RETREAT



- VIP Temple Access
- Sacred Pilgrimage Tours
- Personalized Rituals
- Luxury Comfort

A ROYAL JOURNEY TO DIVINE CONNECTION

2 PRIVATE GURU GUIDANCE RETREAT



- One-to-One Guidance
- Life Clarity Sessions
- Mantra & Meditation
- Spiritual Healing

PERSONAL GUIDANCE. POWERFUL TRANSFORMATION.

3 LUXURY SACRED HONEYMOON RETREAT



- Romantic Sacred Rituals
- Private Experiences
- Wellness & Relaxation
- Luxury Getaways

LOVE. BLESSINGS. DIVINE TOGETHERNESS.

4 LEGACY FAMILY BLESSINGS RETREAT



- Family Blessings
- Ancestral Rituals
- Harmony & Healing
- Quality Family Time

BLESSINGS FOR GENERATIONS TO COME.

5 SPIRITUAL LEADERSHIP RETREAT



- Purpose & Vision Clarity
- Mindful Leadership
- Inner Strength
- Spiritual Wisdom

INSPIRE. LEAD. TRANSFORM.

6 VIP MOKSHA JOURNEY RETREAT



- Karmic Cleansing
- Moksha Path Guidance
- Ancestral Peace
- Deep Spiritual Practices

A SACRED PATH TO LIBERATION.

7 INTERNATIONAL DIVINE HEALING RETREAT



- Ayurvedic Healing
- Yoga & Meditation
- Stress Relief Programs
- Cultural & Spiritual Tours

HEAL IN INDIA. TRANSFORM GLOBALLY.

8 CUSTOMIZED SOUL JOURNEY RETREAT



- Personalized Itinerary
- Focus on Your Goals
- Emotional Healing
- Spiritual Growth

YOUR JOURNEY. YOUR WAY. YOUR TRANSFORMATION.

9 CORPORATE & EXECUTIVE WELLNESS RETREAT



- Leadership Development
- Team Harmony
- Stress Management
- Mindfulness & Balance

STRONGER LEADERS. HAPPIER TEAMS.

 PRIVATE & LUXURY
STAYS

 AUTHENTIC SPIRITUAL
EXPERIENCES

 SATTIVIC FOOD
& WELLNESS

 24/7 PERSONAL
ASSISTANCE

 COMPLETE PRIVACY
& COMFORT

BOOK
YOUR
EXCLUSIVE
RETREAT
NOW!

Begin Your Sacred Journey Today!

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Spiritual Journeys Crafted with Love, Care & Divine Blessings



SCAN TO
CONNECT
WITH US

SUNRISE PRAYER MOUNTAIN RETREAT

AWAKEN YOUR SOUL. EMBRACE THE LIGHT.

Begin each day with sunrise prayers, meditation and gratitude in the lap of the mountains.
A sacred journey of peace, devotion and inner transformation.

START
YOUR DAY
WITH PRAYER.
TRANSFORM
YOUR LIFE
FOREVER.

WHAT THE RETREAT INCLUDES



SUNRISE PRAYER & MEDITATION

Sacred sunrise prayers and guided meditation to awaken gratitude and inner peace.



YOGA & PRANAYAMA

Daily yoga and breathwork to energize the body and calm the mind.



MOUNTAIN STAY & NATURE HEALING

Peaceful stay in the mountains with nature walks and healing energy.



TEMPLE VISITS & DARSHAN

Visit sacred temples and receive divine blessings and spiritual upliftment.



GANGA ARTI & RITUALS

Experience divine Ganga Aarti and sacred spiritual rituals.



SATTVIC MEALS & WELLNESS

Pure sattvic meals and Ayurvedic support for body, mind and soul balance.



SOUL REFLECTION & JOURNALING

Journaling, self-reflection and spiritual guidance for clarity and inner transformation.

BENEFITS OF THE RETREAT

- ✓ Deep emotional healing and stress release
- ✓ Mental clarity and stronger inner peace
- ✓ Renewed gratitude and positive mindset
- ✓ Better sleep, calmness and emotional balance
- ✓ Stronger spiritual awareness and connection
- ✓ Nature healing and nervous system restoration
- ✓ Freedom from overthinking and distractions
- ✓ A complete reset for body, mind and soul

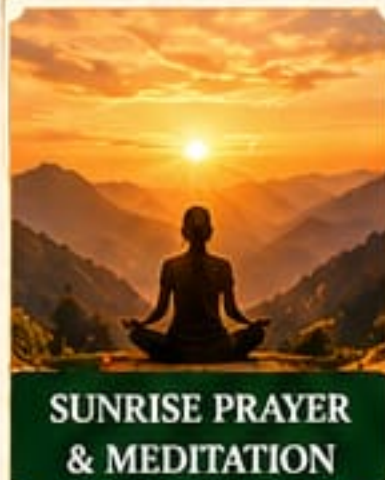
A TYPICAL RETREAT DAY

- 05:00 AM Wake Up in Silence
- 05:30 AM Sunrise Prayer & Meditation
- 07:00 AM Yoga & Pranayama
- 08:30 AM Sattvic Breakfast
- 10:00 AM Nature Walk / Reflection
- 12:30 PM Sattvic Lunch & Rest
- 03:30 PM Spiritual Guidance / Workshop
- 05:30 PM Ganga Aarti / Evening Prayer
- 07:00 PM Satsang / Sharing Circle
- 08:30 PM Light Dinner & Silence
- 09:30 PM Gratitude & Sleep

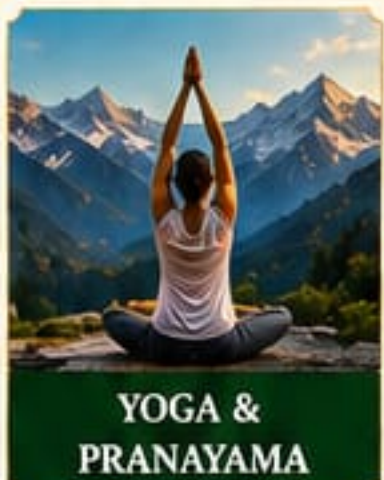
IDEAL FOR

- Spiritual seekers & wellness travelers
- People facing stress, anxiety or burnout
- Meditation & yoga practitioners
- Nature lovers seeking peace and clarity
- Professionals needing reflection and reset
- Anyone ready for peaceful awakening and transformation

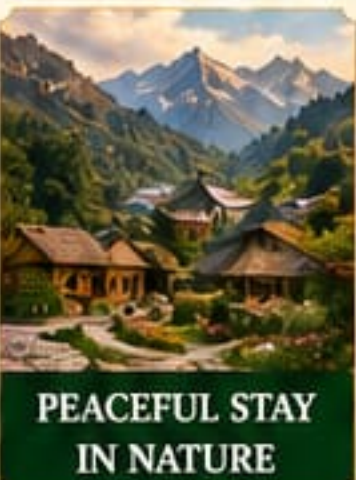
RETREAT EXPERIENCES



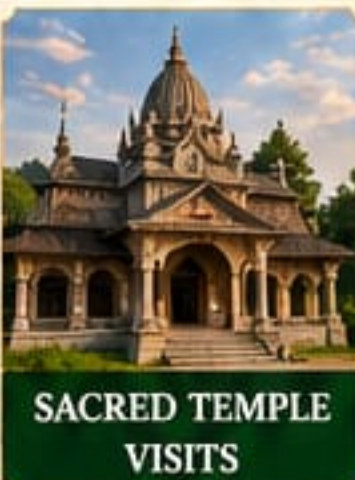
SUNRISE PRAYER
& MEDITATION



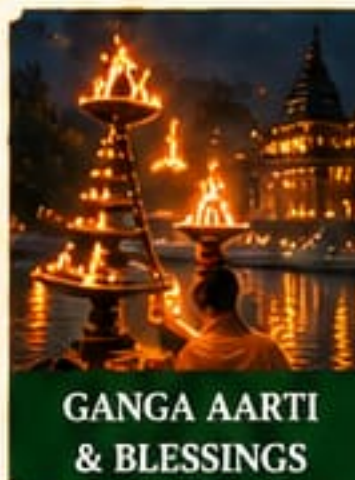
YOGA &
PRANAYAMA



PEACEFUL STAY
IN NATURE



SACRED TEMPLE
VISITS



GANGA ARTI
& BLESSINGS



SATTVIC MEALS
& DETOX



JOURNALING &
SELF REFLECTION



SILENCE
REJUVENATES



NATURE
HEALS



PRAYER
CONNECTS



GRATITUDE
TRANSFORMS



MOUNTAINS
INSPIRE



SOUL
AWAKENS

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SCAN TO
ENQUIRE

BEGIN EACH DAY WITH THE SUN. END EACH DAY WITH GRATITUDE.
LIVE IN THE LIGHT, WALK IN PEACE.



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Om Ayurveda



MOTHER EARTH
TRAVEL AND TOURISM

**Best
Care**
For Body, Mind & Soul

LEGACY FAMILY BLESSINGS RETREAT

**HONOR YOUR ROOTS. BLESS YOUR FAMILY.
CREATE A LEGACY OF LOVE & HARMONY.**

A sacred journey for your family to receive divine blessings, heal ancestral karma, strengthen bonds and create a peaceful, prosperous future for generations to come.



SACRED
TEMPLE VISITS
& DARSHAN



ANCESTRAL
RITUALS &
BLESSINGS



FAMILY HARMONY
& RELATIONSHIP
HEALING



SPIRITUAL
GUIDANCE FOR
EVERY MEMBER



SATTVIC MEALS &
AYURVEDIC WELLNESS
FOR ALL GENERATIONS



PEACE,
PROSPERITY
& PROTECTION
FOR YOUR
FAMILY

WHAT'S INCLUDED

- Ancestral Blessing Ceremonies & Pind Daan (as per tradition)
- Family Puja, Havan & Divine Rituals
- Temple Visits & VIP Darshan
- Gratitude & Forgiveness Rituals
- Spiritual Counseling for Family Harmony
- Ganga Aarti & Sacred Evening Experiences
- Luxury Stay, Transportation & Complete Family Care
- Yoga, Meditation & Mindfulness Sessions for All Ages

BENEFITS FOR YOUR FAMILY

- Strengthens love, trust & understanding
- Brings ancestral peace & karmic healing
- Creates harmony & reduces conflicts
- Attracts prosperity, health & abundance
- Builds gratitude & positive family energy
- Creates sacred memories for generations
- Protects and blesses future generations
- A deeper connection with God & each other

**STRONG ROOTS.
BLESSED GENERATIONS.
A BEAUTIFUL LEGACY.**

PERFECT FOR FAMILIES WHO

- ♥ Want to strengthen family bonds
- ♥ Seek ancestral blessings & healing
- ♥ Desire peace, prosperity & protection
- ♥ Want meaningful time together
- ♥ Value spiritual growth & traditions
- ♥ Want a legacy of love for future generations



TOGETHER TODAY. BLESSED FOREVER.

EXPERIENCE DIVINE JOURNEYS TO SACRED DESTINATIONS



RISHIKESH
Spiritual Serenity



HARIDWAR
Ganga Blessings



KEDARNATH
Divine Protection



VARANASI
Spiritual Awakening



AYODHYA
Divine Heritage



UJJAIN
Sacred Energy



LUXURY &
COMFORT STAY



PRIVATE &
PERSONALIZED SERVICE



AUTHENTIC SPIRITUAL
EXPERIENCES



24/7 PERSONAL
ASSISTANCE



COMPLETE PRIVACY
& SAFETY

**CREATE YOUR
FAMILY LEGACY
OF LOVE, PEACE &
DIVINE BLESSINGS
TODAY!**

BEGIN YOUR LEGACY FAMILY BLESSINGS RETREAT!



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♥ Your Family. Your Journey. Your Legacy. ♥



SCAN TO
KNOW MORE
& BOOK YOUR
RETREAT



SACRED RITUALS



DIVINE BLESSINGS



FAMILY HARMONY



LASTING LEGACY



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For Body, Mind & Soul

VIP MOKSHA JOURNEY RETREAT

A SACRED JOURNEY TOWARDS LIBERATION,
PEACE & HIGHER CONSCIOUSNESS

Purify your soul. Heal your karma. Receive divine blessings.
Take a sacred step towards Moksha and eternal peace.

EXCLUSIVE
VIP
SPIRITUAL
EXPERIENCE

- PRIVATE DARSHAN
- PERSONAL GUIDANCE
- LUXURY STAY
- COMPLETE PRIVACY
- SOUL TRANSFORMATION



VIP TEMPLE
DARSHAN &
PILGRIMAGE



MOKSHA RITUALS
FOR KARMIC
CLEANSING



ANCESTRAL
BLESSINGS &
PITRA SHANTI



SACRED RIVER
BLESSINGS &
HOLY DIP



PRIVATE SPIRITUAL
GUIDANCE & SOUL
CLARITY SESSIONS



GANGA AARTI &
DIVINE EVENING
RITUALS



LUXURY STAY &
PERSONALIZED
SPIRITUAL CARE



SATTVIC MEALS
& AYURVEDIC
WELLNESS

WHAT'S INCLUDED

- Personalized Moksha Journey Planning
- VIP Temple Darshan & Sacred Pilgrimages
- Moksha & Karmic Cleansing Rituals
- Pitra Shanti & Ancestral Blessing Ceremonies
- Holy River Bath & Tarpan Rituals
- Meditation, Silence & Soul Reflection
- Spiritual Counseling & Life Clarity
- Sacred Puja, Havan & Blessings
- Luxury Accommodation & Transport
- Sattvic Meals & Ayurvedic Care
- Complete Privacy & VIP Services
- 24/7 Personal Assistance

BENEFITS FOR YOUR SOUL

- Deep Karmic Cleansing & Emotional Healing
- Ancestral Peace & Family Blessings
- Freedom from Negative Patterns & Burdens
- Inner Peace, Clarity & Higher Awareness
- Stronger Connection with Dharma
- Protection, Prosperity & Divine Grace
- Purpose Alignment & Spiritual Direction
- A Step Closer to Moksha & Liberation

Let go of the past.
Cleanse your soul.
Awaken your true self.
Experience Moksha.

PERFECT FOR

- Spiritual Seekers & Devotees
- Families Seeking Ancestral Peace
- Individuals Facing Life Transitions
- International Spiritual Travelers
- Leaders & Professionals Seeking Inner Peace
- Wellness Travelers & Conscious Souls
- Anyone Seeking Liberation & Divine Connection



SACRED JOURNEY. DIVINE BLESSINGS. ETERNAL PEACE.

SACRED DESTINATIONS FOR YOUR MOKSHA JOURNEY



VARANASI
Spiritual Awakening



RISHIKESH
Ganga Blessings



GAYA
Pitra Shanti



HARIDWAR
Divine Purification



UJJAIN
Moksha & Blessings



KEDARNATH
Divine Liberation



AYODHYA
Divine Grace



VIP & PRIVATE
SERVICES



AUTHENTIC RITUALS
& EXPERIENCES



COMFORT &
LUXURY



24/7 PERSONAL
ASSISTANCE



COMPLETE PRIVACY
& CONFIDENTIALITY



SAFETY, CARE
& SUPPORT

BEGIN YOUR
MOKSHA JOURNEY
TODAY!
RELEASE. HEAL.
TRANSFORM.
BE FREE.

RESERVE YOUR VIP MOKSHA JOURNEY RETREAT

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Your Soul. Your Journey. Your Liberation.



SCAN TO
KNOW MORE
& BOOK YOUR
RETREAT



SACRED RITUALS



DIVINE BLESSINGS



SOUL TRANSFORMATION



MOKSHA & LIBERATION

ONE JOURNEY CAN CHANGE YOUR LIFE FOREVER.



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MOTHER EARTH
TRAVEL & TOURISM



For Body, Mind & Soul

SPIRITUAL LEADERSHIP RETREAT

LEAD WITH PURPOSE. SERVE WITH WISDOM.
INSPIRE WITH CONSCIOUSNESS.

A transformational journey for leaders and visionaries
to align success with Dharma, awaken inner power,
and create a conscious impact in the world.

ALIGN
PURPOSE
WITH POWER
AND LEAD
A LIFE OF
IMPACT



TEMPLE VISITS
& DIVINE
BLESSINGS



MEDITATION &
MINDFULNESS
PRACTICES



LEADERSHIP
GUIDANCE &
MENTORING



PURPOSE
ALIGNMENT &
DHARMA



SACRED RITUALS
FOR PROTECTION
& WISDOM



YOGA, PRANAYAMA
& ENERGY
BALANCE



SATTVIC MEALS &
AYURVEDIC
WELLNESS



LUXURY STAY
IN PEACEFUL
SURROUNDINGS

WHAT THE RETREAT INCLUDES

- Private Spiritual Leadership Coaching
- Meditation for Clarity & Decision-Making
- Emotional Intelligence & Mindful Leadership
- Purpose Alignment & Life Vision Sessions
- Sacred Puja & Blessing Ceremonies
- Journaling, Reflection & Inner Work
- Nature Healing & Mindful Solitude
- Digital Detox & Deep Inner Reset
- Premium Stay with Complete Comfort
- 24/7 Personal Care & Support

BENEFITS FOR YOU

- Clear Vision, Purpose & Direction
- Stronger Decision-Making & Focus
- Emotional Balance & Stress Relief
- Mindful, Ethical & Conscious Leadership
- Alignment of Success with Dharma
- Better Relationships & Communication
- Increased Confidence & Inner Strength
- Renewed Energy, Peace & Gratitude
- A Powerful Reset for Mind, Heart & Soul

WHEN LEADERS GROW WITHIN,
THE WORLD TRANSFORMS OUTSIDE.

PERFECT FOR

- Entrepreneurs & Business Leaders
- CEOs, Founders & Executives
- Healers, Mentors & Consultants
- Spiritual Seekers in Leadership Roles
- Professionals Facing Stress/Burnout
- Individuals Seeking Purpose-Driven Success
- Anyone Ready to Lead
with Peace, Wisdom & Purpose



EXPERIENCE A SACRED JOURNEY OF TRANSFORMATION



INNER CLARITY



DIVINE BLESSINGS



SELF DISCOVERY



PEACEFUL STAY



SATTVIC NOURISHMENT



NATURE HEALING

STEP INTO
YOUR HIGHEST
POTENTIAL.
LEAD. INSPIRE.
TRANSFORM.

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& BOOK YOUR
RETREAT

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AUTHENTIC
SPIRITUAL EXPERIENCES

24/7 PERSONAL
ASSISTANCE

COMPLETE PRIVACY
& CONFIDENTIALITY

COMFORT, SAFETY
& LUXURY

SACRED DESTINATIONS

RISHIKESH • HARIDWAR • KEDARNATH • VARANASI • UDAIPUR • AYODHYA • AND MORE



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SIMPLE LIVING. HIGH THINKING.
DIVINE LIVING.

**Best
Care**
For Body, Mind & Soul

ASHRAM LIVING EXPERIENCE *Retreat*

LIVE. SERVE. MEDITATE. AWAKEN.

Step into the peaceful rhythm of ashram life.
Experience simplicity, discipline, devotion and
selfless service in a sacred environment.
Reconnect with your true self and divine purpose.

EXPERIENCE
THE JOY OF
ASHRAM LIFE
AND AWAKEN
INNER PEACE.

WHAT THE RETREAT INCLUDES



**DAILY PRAYERS
& MEDITATION**
Start the day with
prayers, silent
meditation and
inner awareness.



**YOGA &
PRANAYAMA**
Revitalize body,
mind and energy
with yoga and
breathwork.



**SEVA (SELFLESS
SERVICE)**
Experience the joy
of selfless service
and humility in
daily activities.



**SATSANG &
TEACHINGS**
Gain wisdom through
satsang, spiritual
discourses and
scriptural study.



**TEMPLE VISITS &
SACRED RITUALS**
Visit sacred temples,
participate in rituals
and receive divine
blessings.



**GANGA AARTI &
DIVINE BLESSINGS**
Experience the divine
energy of Ganga Aarti
and other sacred
ceremonies.



**SATTVIC MEALS &
AYURVEDIC CARE**
Pure sattvic meals
and Ayurvedic support
for body, mind and
soul balance.



**JOURNALING &
SELF REFLECTION**
Journaling, spiritual
counseling and self-
reflection for deep
inner growth.

BENEFITS OF ASHRAM LIVING

- Deep emotional healing and stress release
- Freedom from mental overload and distractions
- Stronger discipline, humility and self-awareness
- Inner peace through devotion and silence
- Better sleep, calmness and emotional balance
- Spiritual growth and divine connection
- Renewed gratitude, purpose and mindful living
- A complete reset for body, mind and soul

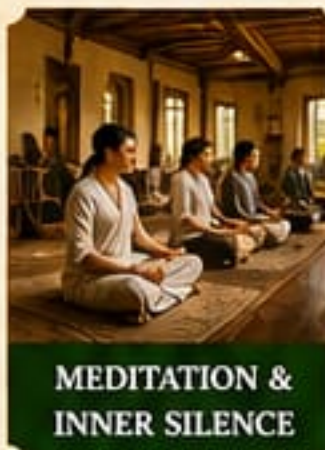
A DAY IN ASHRAM LIFE

- 04:30 AM Wake Up & Silent Prayer
- 05:00 AM Meditation & Breath Awareness
- 06:00 AM Yoga & Pranayama
- 07:00 AM Satsang / Chanting
- 08:00 AM Sattvic Breakfast
- 09:00 AM Seva (Selfless Service)
- 11:00 AM Spiritual Study / Reading
- 12:30 PM Lunch & Mindful Rest
- 02:00 PM Seva / Personal Reflection
- 04:00 PM Tea & Silence Time
- 05:00 PM Evening Meditation
- 05:00 PM Ganga Aarti / Prayer
- 07:00 PM Satsang / Sharing Circle
- 08:30 PM Light Dinner & Silence
- 09:30 PM Gratitude & Sleep

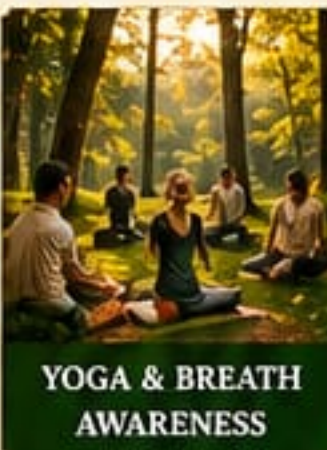
IDEAL FOR

- Spiritual seekers & wellness travelers
- People facing stress, anxiety or burnout
- Meditation & yoga practitioners
- Devotees seeking authentic spiritual living
- Professionals needing clarity and mindful reset
- Individuals seeking digital detox and inner discipline
- Anyone ready for devotion, simplicity and transformation

RETREAT HIGHLIGHTS



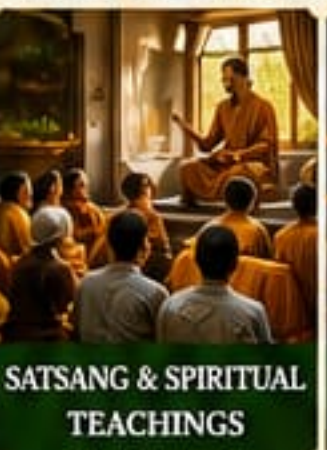
MEDITATION &
INNER SILENCE



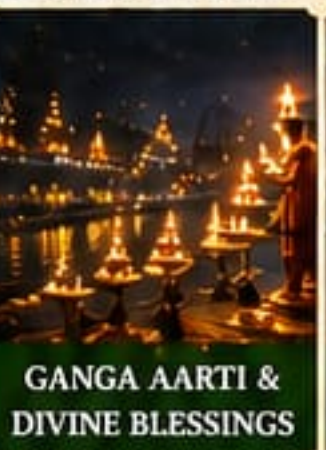
YOGA & BREATH
AWARENESS



SEVA & SELFLESS
SERVICE



SATSANG & SPIRITUAL
TEACHINGS



GANGA AARTI &
DIVINE BLESSINGS



SATTVIC FOOD &
AYURVEDIC CARE



JOURNALING &
SELF REFLECTION



PEACEFUL STAY
IN ASHRAM



SILENCE
HEALS



SEVA
PURIFIES



SATSANG
INSPIRES



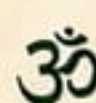
NATURE
CONNECTS



DISCIPLINE
TRANSFORMS



GRATITUDE
AWAKENS



DEVOTION
UNITES



SIMPLICITY
LIBERATES

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& ENROLL



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& TRUSTED



EXPERT GUIDANCE
& SUPPORT



100% NATURAL
& SAFE



PURE VEG
SATTVIC FOOD



24/7 CARE &
ASSISTANCE



PEACEFUL &
HOLY LOCATION

ASHRAM LIFE TEACHES THE SOUL THAT PEACE IS NOT FOUND OUTSIDE –
IT IS PRACTICED WITHIN.



Nature + Soul
RETREATS

Reconnect. Rejuvenate. Realize.

LET THE SACRED WATERS
CLEANSE, HEAL & BLESS
YOUR BODY, MIND & SOUL.

Best
Care
For Your Body, Mind & Soul

RIVER BLESSING Retreat

CLEANSE. SURRENDER. RECEIVE.
BE BLESSED.

Immerse in the divine energy of sacred rivers.
Release what no longer serves you, receive divine
blessings, and return home lighter, clearer and
spiritually renewed.

SACRED
WATERS.
DIVINE
BLESSINGS.
INNER
HEALING.

WHAT THE RETREAT INCLUDES



RIVER BLESSING RITUALS

Sacred rituals and
water blessings to
cleanse negativity and
restore inner purity.



MEDITATION & PRAYER

Guided meditation,
prayers and gratitude
sessions for inner
peace and clarity.



GANGA ARTI & SPIRITUAL RITUALS

Experience the divine
Ganga Aarti and other
sacred rituals that uplift
the soul.



YOGA & PRANAYAMA

Daily yoga and
breathwork to heal
emotions and balance
your energy.



SATTVIC MEALS & WELLNESS

Pure sattvic food and
Ayurvedic wellness
support for body,
mind and soul.



SOUL REFLECTION & GUIDANCE

Journaling, self-reflection
and spiritual guidance
for deep inner
transformation.

BENEFITS OF RIVER BLESSING RETREAT

- ✓ Deep emotional healing & release
- ✓ Spiritual purification & karmic cleansing
- ✓ Mental clarity & inner peace
- ✓ Stronger connection with devotion & gratitude
- ✓ Better sleep, calmness & emotional balance
- ✓ Healing through sacred water energy
- ✓ Renewed purpose, blessings & life direction
- ✓ A complete reset for body, mind & soul

SACRED EXPERIENCES

- ☀ Riverside Sunrise Meditation
- 🌊 Sacred Dip & Blessings
- 🏯 Temple Visits & Darshan
- 🌿 Nature Walks by the River
- 👥 Sharing Circles & Satsang
- 🕯 Evening Ganga Aarti
- 🌸 Healing, Silence & Reflection

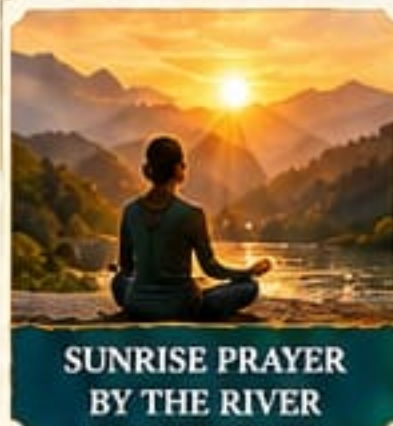


IDEAL FOR

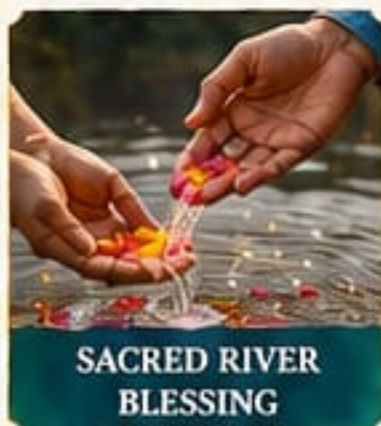
- 🌿 Spiritual seekers & devotees
- 🌿 People facing stress, grief or emotional heaviness
- 🌿 Meditation & yoga practitioners
- 🌿 Nature lovers seeking healing
- 🌿 Professionals needing peace & clarity
- 🌿 Anyone ready for spiritual cleansing & renewal



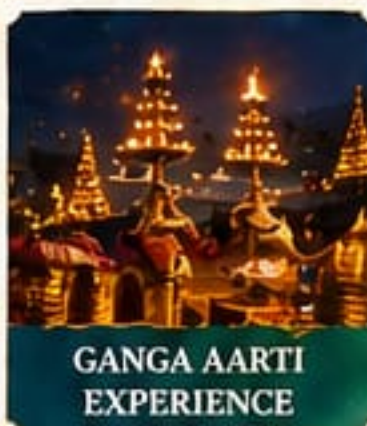
RETREAT HIGHLIGHTS



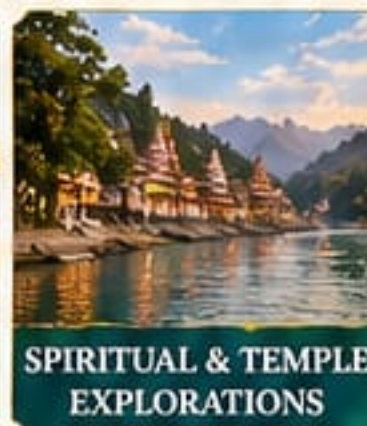
SUNRISE PRAYER
BY THE RIVER



SACRED RIVER
BLESSING



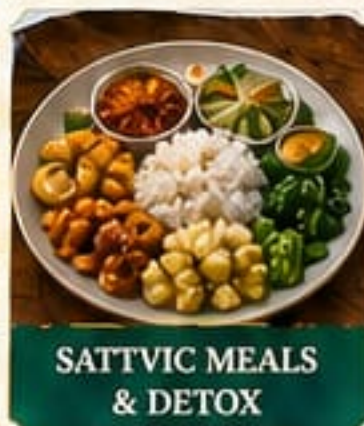
GANGA ARTI
EXPERIENCE



SPIRITUAL & TEMPLE
EXPLORATIONS



SATSANG &
SHARING CIRCLE



SATTVIC MEALS
& DETOX



JOURNALING &
SELF DISCOVERY



SILENT & PEACEFUL
ENVIRONMENT



DIGITAL DETOX
& MENTAL RESET



SAFE, PURE &
HOLY LOCATIONS



COMFORTABLE STAY
NATURE FRIENDLY



AYURVEDIC CARE
& WELLNESS



SMALL GROUP
PERSONAL CARE

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& TRUSTED



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& SUPPORT



100% NATURAL
& SAFE



PURE VEG
SATTVIC FOOD



24/7 CARE &
ASSISTANCE



PEACEFUL &
HOLY LOCATION

LET THE RIVER WASH YOUR WORRIES AWAY
AND FILL YOUR LIFE WITH DIVINE BLESSINGS.



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Connecting with Inner God



Om Ayurveda



MOTHER EARTH
TRAVEL AND TOURISM



For Body, Mind & Soul

LUXURY SACRED Honeymoon RETREAT

LOVE. BLESSINGS. HARMONY. FOREVER.

A divine beginning to your beautiful journey together.
Blessed by the Divine. Enriched with Love.

A SACRED
START TO A
BEAUTIFUL
LIFETIME
TOGETHER

EXPERIENCE LOVE WITH DIVINE BLESSINGS & LUXURY



SACRED TEMPLE
VISITS & VIP
DARSHAN



COUPLE BLESSING
RITUALS &
PERSONALIZED PUJA



ROMANTIC LUXURY
STAYS IN PEACEFUL
DESTINATIONS



COUPLE YOGA,
MEDITATION &
MINDFUL BONDING



GANGA AARTI &
DIVINE EVENING
EXPERIENCES



AYURVEDIC WELLNESS
& SATTVIC GOURMET
MEALS



COMPLETE PRIVACY,
COMFORT & PERSONAL
CARE

WHAT'S INCLUDED

- Sacred rituals for love, harmony & prosperity
- Private temple visits & spiritual experiences
- Luxury accommodation with romantic decor
- Ayurvedic couple therapies & wellness
- Meditation & mindfulness for deeper connection
- Personalized spiritual guidance for couples
- Sattvic gourmet meals & herbal care
- Nature activities & peaceful rejuvenation
- Gratitude & relationship reflection sessions
- 24/7 dedicated concierge & personal care

HIGHLIGHTS OF YOUR JOURNEY

- Sacred blessings for a joyful married life
- Strengthen love, trust & connection
- Emotional healing & inner peace together
- Create beautiful divine memories
- Relax, rejuvenate & celebrate your love
- Begin your life together with purpose
- A perfect blend of romance, spirituality & luxury



Two souls. One journey. Infinite blessings. ♥

PERFECT FOR COUPLES WHO

- Want a sacred & meaningful honeymoon
- Seek divine blessings for married life
- Desire privacy, luxury & spiritual experiences
- Love nature, peace & soulful connections
- Want to grow together in love & purpose



SACRED DESTINATIONS



RISHIKESH



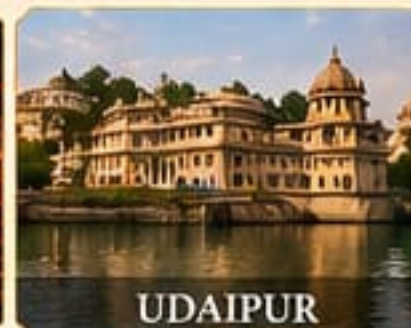
HARIDWAR



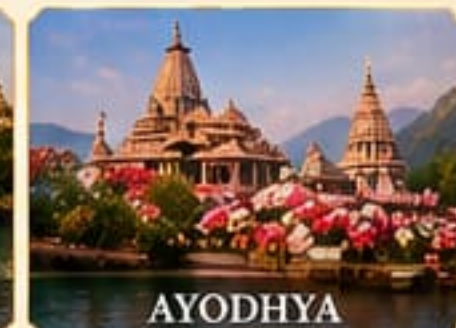
KEDARNATH



VARANASI



UDAIPUR



AYODHYA

Customized itineraries crafted with love, care & divine blessings for your unique journey.

CALL / WHATSAPP



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♥ Your Sacred Love Story Begins Here... ♥



SCAN TO
KNOW MORE
& BOOK YOUR
RETREAT



PRIVATE &
PERSONALIZED SERVICE



AUTHENTIC SPIRITUAL
EXPERIENCES



24/7 PERSONAL
ASSISTANCE



100% PRIVACY
& CONFIDENTIALITY



COMFORT, SAFETY
& LUXURY

BLESSED TOGETHER. STRONGER TOGETHER. FOREVER TOGETHER.

DETOX + TEMPLE RETREAT

CLEANSE YOUR BODY.
PURIFY YOUR MIND.
AWAKEN YOUR SOUL.

A sacred journey of Ayurvedic detox,
spiritual purification and divine blessings
to help you feel lighter, healthier, calmer
and deeply connected within.



PURIFY.
HEAL.
BLESSED.
RENEWED.

• DETOX YOUR BODY • CLEANSE YOUR KARMA • RECEIVE DIVINE BLESSINGS •

WHAT'S INCLUDED



AYURVEDIC DETOX

Personalized detox
therapies and
Panchakarma
support



YOGA & PRANAYAMA

Daily yoga,
breathwork and
energy balancing
practices



TEMPLE VISITS & DARSHAN

Visit sacred temples
and receive divine
blessings



PUJA, HAVAN & RITUALS

Sacred rituals for
purification, protection
and prosperity



MEDITATION & MINDFULNESS

Guided meditation
for inner peace and
emotional healing



SATTVIC MEALS

Nutritious, sattvic
meals for body
cleansing and
healing



PEACEFUL STAY

Comfortable stay in
a serene, natural
and spiritual
environment

BENEFITS OF DETOX + TEMPLE RETREAT

- ✓ Deep detoxification and toxin removal
- ✓ Improves digestion, immunity and energy
- ✓ Reduces stress, anxiety and mental heaviness
- ✓ Emotional healing and karmic purification
- ✓ Spiritual clarity, blessings and divine protection
- ✓ Better sleep, skin, and overall well-being
- ✓ Reconnect with yourself and inner peace
- ✓ A renewed, lighter and happier you



AYURVEDIC HEALING



SACRED TEMPLES



DIVINE RITUALS



SATTVIC FOOD

IDEAL FOR



Wellness Seekers



Stress & Burnout
Recovery



Detox &
Weight Balance



Spiritual
Seekers



Families &
Couples



International
Guests



Anyone Seeking
Healing & Peace

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SCAN TO
CONNECT
WITH US

FOREST MONK

LIVING Experience

A JOURNEY INTO SIMPLICITY, SILENCE & SOUL.

Step away from the noise of the world and immerse yourself in the peaceful life of a monk in the forest. Discover the power of silence, discipline, seva and mindful living. Reconnect with nature, find inner clarity and return to your true self.

SIMPLICITY
IS THE
HIGHEST
FORM OF
FREEDOM.

WHAT THE RETREAT INCLUDES

 SILENT MEDITATION & MINDFULNESS Daily guided silence (Mauna), meditation and awareness practices.	 FOREST STAY & NATURE HEALING Stay close to nature in peaceful forest environment.	 YOGA, PRANAYAMA & BREATH AWARENESS Daily yoga, pranayama and breathwork to calm the mind and energize the body.	 MONK-INSPIRED DISCIPLINE & SEVA Follow a monk-like routine with seva (selfless service) and mindful living.	 TEMPLE VISITS & SPIRITUAL RITUALS Visit sacred temples, participate in rituals and receive divine blessings.	 GANGA AARTI & DIVINE EXPERIENCES Experience the divine energy of Ganga Aarti and other sacred ceremonies.	 SATTVIC MEALS & AYURVEDIC CARE Pure sattvic meals and Ayurvedic support for body, mind and soul balance.	 JOURNALING & SOUL REFLECTION Journaling, spiritual counseling and self-reflection for deep inner growth.
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BENEFITS OF THIS EXPERIENCE

- Deep emotional healing and stress release
- Freedom from mental overload
- Stronger discipline and self-awareness
- Inner peace through simplicity and silence
- Better sleep and emotional balance
- Spiritual growth and higher awareness
- Renewed gratitude, humility and purpose
- A complete reset for body, mind and soul

A DAY IN THE FOREST MONK LIFE

	04:30 AM	Wake Up & Silent Prayer
	05:00 AM	Meditation & Breath Awareness
	06:00 AM	Yoga & Pranayama
	07:00 AM	Sattvic Breakfast
	08:00 AM	Seva (Selfless Service)
	10:00 AM	Study & Spiritual Reading
	12:00 PM	Lunch & Mindful Rest
	02:00 PM	Nature Walk / Reflection
	04:00 PM	Tea & Silence Time
	05:00 PM	Evening Meditation
	06:30 PM	Ganga Aarti / Prayer
	07:30 PM	Satsang / Sharing Circle
	09:00 PM	Light Dinner & Silence
	09:30 PM	Gratitude & Sleep

IDEAL FOR

- Spiritual seekers & wellness travelers
- People facing stress, anxiety or burnout
- Meditation & yoga practitioners
- Nature lovers seeking peace and simplicity
- Professionals needing clarity and mindful reset
- Individuals seeking digital detox and inner discipline
- Anyone ready for silence, simplicity and transformation

LESS NEEDS.
MORE PEACE.
REAL FREEDOM.

RETREAT HIGHLIGHTS

 SILENT MEDITATION & MINDFULNESS	 NATURE WALKS & FOREST HEALING	 SEVA & SELFLESS SERVICE	 TEMPLE VISITS & SACRED DARSHAN	 GANGA AARTI & DIVINE BLESSINGS	 SATTVIC FOOD & AYURVEDIC CARE	 JOURNALING & SELF REFLECTION	 PEACEFUL STAY IN NATURE
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 SILENCE HEALS	 NATURE PURIFIES	 DISCIPLINE TRANSFORMS	 SEVA ELEVATES	 GRATITUDE AWAKENS	 LOVE CONNECTS	 SPIRITUALITY AWAKENS	 SIMPLE LIVING LIBERATES
---	--	--	--	--	--	---	--

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SCAN TO
KNOW MORE
& ENROLL

 AUTHENTIC & TRUSTED	 EXPERT GUIDANCE & SUPPORT	 100% NATURAL & SAFE
 PURE VEG SATTVIC FOOD	 24/7 CARE & ASSISTANCE	 PEACEFUL & HOLY LOCATION

LEAVE THE WORLD BEHIND. EMBRACE THE FOREST WITHIN.
RETURN TO SIMPLICITY. RETURN TO YOURSELF.

FOREST MONK LIVING Experience

SIMPLE LIVING. DEEP PEACE. TRUE FREEDOM.

Step away from the noise of the world and immerse yourself in the peaceful life of a monk in the forest. Follow a simple routine, practice silence, meditation, seva and mindfulness, and reconnect with your true self in the lap of nature.

SIMPLICITY
IS THE
HIGHEST
FORM OF
FREEDOM.

WHAT THE RETREAT INCLUDES

 SILENT MEDITATION & MINDFULNESS Daily guided silence (Mauna), meditation and awareness practices.	 FOREST STAY & NATURE HEALING Stay close to nature in peaceful forest environment.	 YOGA, PRANAYAMA & BREATH AWARENESS Daily yoga, pranayama and breathwork to calm the mind and energize the body.	 MONK-INSPIRED DISCIPLINE & SEVA Follow a monk-like routine with seva (selfless service) and mindful living.	 TEMPLE VISITS & SPIRITUAL RITUALS Visit sacred temples, participate in rituals and receive divine blessings.	 GANGA AARTI & DIVINE EXPERIENCES Experience the divine energy of Ganga Aarti and other sacred blessings.	 SATTVIC MEALS & AYURVEDIC CARE Pure sattvic meals and Ayurvedic support for body, mind and soul balance.	 JOURNALING & SOUL REFLECTION Journaling, spiritual counseling and self-reflection for deep inner growth.
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BENEFITS OF THIS EXPERIENCE

- Deep emotional healing and stress release
- Freedom from mental overload and distractions
- Stronger discipline, clarity and self-awareness
- Inner peace through simplicity and silence
- Better sleep, calmness and emotional balance
- Spiritual growth and deeper nature connection
- Renewed gratitude, humility and life purpose
- A complete reset for body, mind and soul

A DAY IN THE FOREST MONK LIFE

04:30 AM	Wake Up & Silent Prayer
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07:30 PM	Satsang / Sharing Circle
09:00 PM	Light Dinner & Silence
09:30 PM	Gratitude & Sleep

IDEAL FOR

- Spiritual seekers & inner explorers
- People facing stress, anxiety or burnout
- Meditation & yoga practitioners
- Nature lovers seeking peace and simplicity
- Professionals needing clarity and mindful reset
- Individuals seeking digital detox and inner discipline
- Anyone ready for silence, simplicity and transformation

RETREAT EXPERIENCES

 SILENT MEDITATION & AWARENESS	 NATURE WALKS & FOREST HEALING	 SEVA & SELFLESS SERVICE	 TEMPLE VISITS & SACRED DARSHAN	 GANGA AARTI & DIVINE BLESSINGS	 SATTVIC FOOD & AYURVEDIC CARE	 JOURNALING & SELF REFLECTION	 PEACEFUL STAY IN NATURE
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SILENCE
HEALS



SIMPLICITY
LIBERATES



DISCIPLINE
TRANSFORMS



NATURE
CONNECTS



SEVA
PURIFIES



GRATITUDE
AWAKENS



LOVE
UNITES



SPIRITUALITY
AWAKENS

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ASSISTANCE



PEACEFUL &
HOLY LOCATION

LIVE LIKE A MONK. LOVE LIKE THE HEART. SERVE LIKE THE SOUL.
RETURN TO SIMPLICITY. RETURN TO YOURSELF.

AYURVEDA BEAUTY & SPIRITUAL GLOW RETREAT

NOURISH YOUR BODY. AWAKEN YOUR RADIANCE.
SHINE FROM WITHIN.

A holistic retreat that blends authentic Ayurveda, natural beauty therapies and spiritual practices to enhance your inner glow, balance hormones, rejuvenate your skin and awaken your divine energy.

INNER
BEAUTY
DIVINE GLOW
SPIRITUAL
RADIANCE





**NATURAL
BEAUTY**
Enhance skin, hair and body with Ayurvedic therapies.



**HORMONAL
BALANCE**
Balance hormones naturally and support women's wellness.



**SPIRITUAL
GLOW**
Meditation, mantra and rituals to awaken inner light and confidence.



**REJUVENATION
& DETOX**
Detoxify, nourish and rejuvenate for a radiant transformation.



**SATTVIC
LIFESTYLE**
Sattvic meals, herbal drinks and holistic lifestyle guidance.



**DIVINE
EXPERIENCES**
Temple visits, pujas and Ganga Aarti for deep spiritual blessings.

- WHAT'S INCLUDED
- Personalized Ayurvedic consultation
 - Natural beauty & skin glow therapies
 - Abhyanga, Ubtan, Shirodhara & more
 - Yoga, Pranayama & Meditation
 - Hormonal balance & wellness sessions
 - Herbal skincare & hair care guidance
 - Temple visits, Pujas & Ganga Aarti
 - Sattvic meals & detox support
 - Peaceful stay in nature
 - Spiritual counseling & self-care time



“ When body is nourished, mind is peaceful and soul is connected, true beauty shines. ”

- KEY BENEFITS
- Natural glow and youthful skin
 - Stronger hair and healthy body
 - Hormonal balance and emotional stability
 - Detoxification and improved digestion
 - Boosts confidence and self-love
 - Reduces stress and mental fatigue
 - Higher energy and better sleep
 - Deep spiritual connection and peace
 - A complete reset for body, mind and soul



AYURVEDIC
THERAPIES



NATURAL BEAUTY
TREATMENTS



YOGA &
MEDITATION



TEMPLE VISITS &
SPIRITUAL RITUALS



SATTVIC FOOD &
HERBAL DETOX



GANGA ARTI &
BLESSINGS



PEACEFUL STAY
IN NATURE

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EXPERT DOCTORS
& THERAPISTS



100% NATURAL
& SAFE



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24/7 CARE &
SUPPORT



PEACEFUL &
SACRED LOCATION

CAVE MEDITATION Retreat

A JOURNEY INTO SILENCE.
A RETURN TO YOUR SOUL.

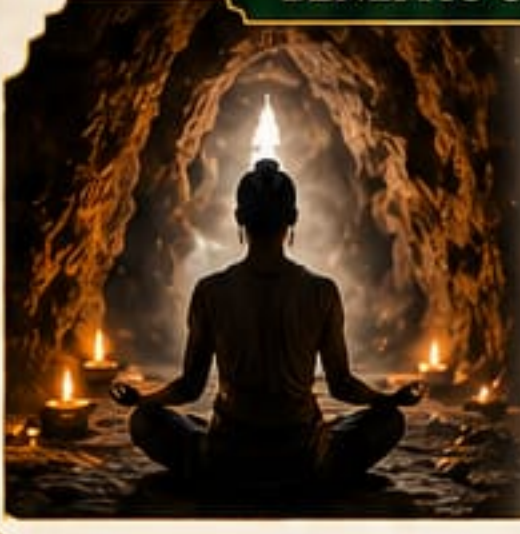
Experience the ancient practice of meditating in sacred caves used by sages and seekers for tapasya and enlightenment. Disconnect from the world and reconnect with your true self.

SILENCE
WITHIN.
WISDOM
BEYOND.

WHAT THE RETREAT INCLUDES

 CAVE MEDITATION Daily silent cave meditation to awaken stillness, clarity and higher consciousness.	 BREATHWORK & PRANAYAMA Powerful breathing techniques to release stress and balance energy.	 HIMALAYAN EXPERIENCE Stay close to nature with scenic walks and Himalayan spiritual energy.	 SPIRITUAL PRACTICES Mantra chanting, meditation, yoga & mindfulness for inner transformation.	 SATTVIC FOOD & AYURVEDIC CARE Pure sattvic meals and Ayurvedic support to detox body and mind.	 SACRED RITUALS & BLESSINGS Temple visits, Ganga Aarti and blessings for divine protection and peace.	 SOUL REFLECTION & JOURNALING Guided reflection sessions for self-discovery, healing and inner clarity.
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BENEFITS OF CAVE MEDITATION



- Deep emotional healing & release
- Mental clarity & freedom from overthinking
- Stronger spiritual connection & intuition
- Deeper meditation & concentration
- Better sleep, calmness & emotional balance
- Nervous system reset & stress relief
- Renewed life purpose & inner direction
- A complete reset for body, mind & soul

“
In the silence
of the cave,
the soul hears
what the world
cannot say.
”

IDEAL FOR

- Spiritual seekers & truth explorers
- Meditation & yoga practitioners
- People facing stress, anxiety or burnout
- Nature lovers seeking silence & healing
- Professionals needing clarity & reset
- International retreat guests
- Anyone ready for deep inner transformation

RETREAT EXPERIENCES

 CAVE MEDITATION & SILENCE	 HIMALAYAN NATURE WALKS	 GANGA AARTI & DIVINE BLESSINGS	 YOGA & PRANAYAMA	 SATTVIC MEALS & DETOX	 TEMPLE VISITS & SPIRITUAL RITUALS	 JOURNALING & SELF REFLECTION
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RETREAT HIGHLIGHTS

 Guided Silence (Mauna)	 Sacred Cave Experiences	 Digital Detox & Mental Reset	 Peaceful Stay in Nature	 Ayurvedic Wellness & Healing	 Small Group Personal Care	 Safe, Pure & Spiritual Environment
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 PURE VEG SATTVIC FOOD	 24/7 CARE & ASSISTANCE	 PEACEFUL & HOLY LOCATION

DESCEND INTO SILENCE. RISE IN AWARENESS.
RETURN TO YOUR TRUE SELF.

Nature + Soul Retreats

NATURE HEALS. SILENCE TRANSFORMS. SOUL AWAKENS.
Step away from the noise and return to your true self.

OUR NATURE + SOUL RETREATS

1 HIMALAYAN SILENCE RETREAT



Embrace the silence of the Himalayas. Deep meditation, self-reflection and spiritual awakening in divine simplicity.

2 CAVE MEDITATION RETREAT



Meditate in sacred caves and go deep within. Release emotional blocks and connect with higher consciousness.

3 SUNRISE PRAYER MOUNTAIN RETREAT



Start your day with sunrise prayers, mountain meditation and gratitude. Awaken your soul to divine light.

4 RIVER BLESSING RETREAT



Sacred river rituals, Ganga blessings and emotional cleansing for deep healing and spiritual renewal.

5 FOREST MONK LIVING EXPERIENCE



Live like a monk in the forest. Simplicity, silence, discipline and mindfulness for inner transformation.

6 SACRED CAMPING RETREAT



Sacred fire, stargazing, meditation, healing circles and soulful bonding under the open skies.

7 SPIRITUAL ECO VILLAGE RETREAT



Experience conscious living, organic food, sustainable practices and a spiritual community in harmony.

8 ASHRAM LIVING EXPERIENCE RETREAT



Live the ashram life with seva, satsang, yoga, meditation and timeless wisdom for complete inner growth.

9 SOULFUL JOURNEY BEGIN WITHIN



Every path leads you back to yourself. Choose your retreat. Begin your soulful transformation today.

WHAT ALL RETREATS INCLUDE



MEDITATION
& SILENCE
PRACTICES



YOGA &
PRANAYAMA
SESSIONS



TEMPLE VISITS
& SPIRITUAL
RITUALS



GANGA AARTI
& DIVINE
BLESSINGS



SATTVIC MEALS
& AYURVEDIC
SUPPORT



SPIRITUAL
COUNSELING &
SOUL REFLECTION



PEACEFUL STAY
IN NATURE &
ASHRAMS

BENEFITS OF OUR RETREATS



Deep
Emotional
Healing



Stress Relief
& Mental
Calmness



Stronger
Connection
with Nature



Spiritual
Awakening &
Inner Peace



Detox from
Stress, Worry
& Negativity



Clear Life
Direction &
Inspiration



A Complete Reset
for Body, Mind
& Soul

IDEAL FOR



Spiritual Seekers &
Wellness Travelers



People Facing Stress,
Burnout or Anxiety



Yoga & Meditation
Practitioners



Nature Lovers &
Soul Explorers



International
Retreat Guests



Professionals
Peace & Clarity



Anyone Ready for
Healing & Transformation

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& SAFE



PEACEFUL &
HOLY LOCATIONS



COME TO NATURE. RETURN TO YOUR SOUL.



HEAL. AWAKEN. TRANSFORM.



PARENTHOOD SPIRITUAL PREPARATION RETREAT

A SACRED JOURNEY TO PREPARE, CONNECT & WELCOME NEW LIFE CONSCIOUSLY

Step into parenthood with awareness, love and divine blessings. Strengthen your bond, heal emotionally, gain spiritual wisdom, and create a peaceful foundation for a happy, healthy and harmonious family life.

Today's
Preparation,
Tomorrow's
Beautiful
Legacy.

WHAT THE RETREAT INCLUDES

 GUIDED MEDITATION & MINDFULNESS Cultivate inner peace, emotional balance and mental clarity.	 CONSCIOUS PARENTING SESSIONS Learn the art of raising children with love, respect and awareness.	 COUPLE BONDING & RELATIONSHIP HARMONY Strengthen your connection and build a supportive partnership.	 SACRED PUJA & BLESSINGS Receive divine blessings for future family happiness and protection.	 GANGA AARTI & DEVOTIONAL EXPERIENCES Connect with divine energy and spiritual traditions.	 NATURE HEALING & PEACEFUL REFLECTION Rejuvenate in nature, release stress and align with positivity.	 SATTVIC MEALS & AYURVEDIC WELLNESS Nourishing sattvic food and holistic wellness support.	 COMFORTABLE STAY IN A SPIRITUAL ENVIRONMENT Peaceful, clean and comfortable stay for total relaxation.
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BENEFITS FOR YOU & YOUR FUTURE FAMILY

- Emotional readiness and mental peace for parenthood
- Stronger couple bond and better communication
- Reduced stress, fear and uncertainty
- Spiritual confidence and conscious life preparation
- Positive mindset for raising happy, healthy children
- Blessings for harmony, love and prosperity
- Better understanding of parenting responsibilities
- Creating a strong foundation for future generations

CONSCIOUS
PARENTHOOD
BEGINS WITH
LOVE, AWARENESS
AND DIVINE
INTENTION.

IDEAL FOR

- Couples preparing for parenthood
- Newly married couples planning family life
- Expecting parents seeking spiritual guidance
- Families wanting blessings for future children
- Spiritual seekers and wellness travelers
- International spiritual guests
- Couples seeking emotional & relationship balance
- Anyone ready to welcome life with awareness & love

RETREAT HIGHLIGHTS

 MEDITATION & YOGA TOGETHER	 SACRED FIRE RITUALS & HAVAN	 TEMPLE VISITS & DIVINE DARSHAN	 GANGA AARTI & SPIRITUAL BLESSINGS	 NATURE WALKS & MINDFUL SILENCE	 SATTVIC FOOD & AYURVEDIC CARE	 PEACEFUL STAY & RELAXATION
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COMFORTABLE ACCOMMODATION


HYGIENIC & PEACEFUL STAY



PREPARE WITH LOVE • PARENT WITH AWARENESS • RAISE WITH WISDOM
BUILD A BEAUTIFUL FUTURE TOGETHER



PREGNANCY BLESSING SPIRITUAL RETREAT

A SACRED JOURNEY OF LOVE, PEACE & BLESSINGS
FOR MOTHER AND BABY

Nurture your body, calm your mind and connect with the divine energy within you. Receive sacred blessings for a healthy pregnancy, safe delivery and a joyful beginning to motherhood.

YOU ARE
CREATING
LIFE.
LET DIVINE
ENERGY
NURTURE
YOU BOTH.

WHAT THE RETREAT INCLUDES



PREGNANCY MEDITATION

Guided meditation for peace, calmness & emotional balance.



PRENATAL YOGA & PRANAYAMA

Gentle yoga & breath work for strength, relaxation & well-being.



SACRED PUJA & BLESSINGS

Special rituals & pujas for mother and baby's health & protection.



GANGA AARTI & DEVOTIONAL TIME

Experience divine blessings, peace & positive energy.



MOTHERHOOD PREPARATION

Emotional support, parenting guidance & positive birth preparation.



AYURVEDIC WELLNESS

Ayurvedic care, herbal support & sattvic nutrition for a healthy you.



PEACEFUL STAY & NATURE HEALING

Serene stay, nature walks & peaceful environment for complete rest.

BENEFITS FOR YOU & YOUR BABY

- Reduces stress, anxiety & overthinking
- Brings emotional balance & inner peace
- Strengthens bond with your baby
- Blessings for a safe & smooth pregnancy
- Better sleep, energy & overall wellness
- Positive mindset for joyful motherhood
- Supports natural & healthy development
- Creates beautiful memories to cherish forever

A PEACEFUL
MOTHER CREATES
A PEACEFUL
BEGINNING FOR
THE SOUL SHE
CARRIES.

IDEAL FOR

- Expecting mothers seeking peace & blessings
- Couples preparing for conscious parenthood
- Families wanting sacred pregnancy rituals
- Women needing emotional support & calmness
- Spiritual seekers & wellness travelers
- International spiritual guests
- Women seeking holistic prenatal wellness
- Anyone ready for a sacred pregnancy journey

RETREAT HIGHLIGHTS



PRENATAL YOGA
& MEDITATION



SACRED PUJA & BLESSING RITUALS



GANGA AARTI & SPIRITUAL EXPERIENCES



SATTVIC FOOD & AYURVEDIC CARE



NATURE WALKS & PEACEFUL STAY



EMOTIONAL SUPPORT
& GUIDANCE



FAMILY BLESSINGS & SACRED MEMORIES

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& ASSISTANCE



COMFORTABLE
ACCOMMODATION

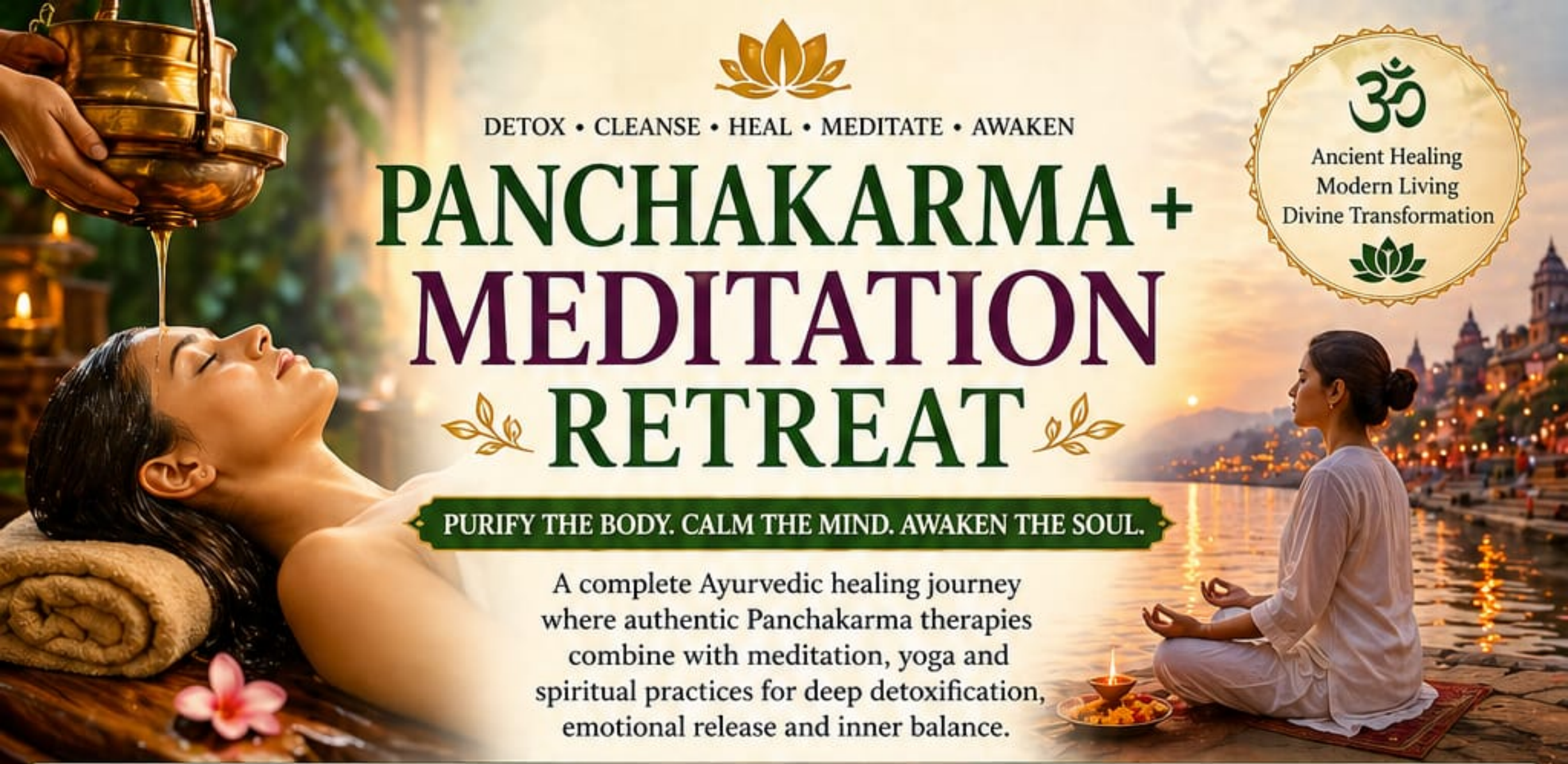


HYGIENIC & PEACEFUL
STAY



BLESSED MOTHER • BLESSED BABY • BLESSED JOURNEY





DETOX • CLEANSE • HEAL • MEDITATE • AWAKEN



PANCHAKARMA + MEDITATION RETREAT

PURIFY THE BODY. CALM THE MIND. AWAKEN THE SOUL.

A complete Ayurvedic healing journey where authentic Panchakarma therapies combine with meditation, yoga and spiritual practices for deep detoxification, emotional release and inner balance.



DETOXIFY THE BODY

Eliminate toxins and restore natural balance



CALM THE MIND

Reduce stress, anxiety and mental heaviness



RESTORE ENERGY

Rejuvenate your vitality and inner strength



IMPROVE IMMUNITY

Strengthen your natural defense and resilience



BETTER SLEEP & DIGESTION

Support deep sleep and a healthy digestive fire



EMOTIONAL HEALING

Release emotions, trauma and inner blockages



SPIRITUAL AWAKENING

Deepen meditation, awareness and inner connection

WHAT'S INCLUDED

- ✓ Personalized Ayurvedic consultation & dosha assessment
- ✓ Authentic Panchakarma detox therapies (Abhyanga, Shirodhara, Vasti, etc.)
- ✓ Daily meditation, mindfulness & breathwork sessions
- ✓ Yoga, pranayama & gentle movement
- ✓ Satvic Ayurvedic meals & herbal drinks
- ✓ Temple visits, sacred rituals & Ganga Aarti
- ✓ Nature walks, silence time & relaxation
- ✓ Comfortable stay in a peaceful environment
- ✓ Continuous guidance & post-retreat support



A SACRED JOURNEY TO DETOX, HEAL & TRANSFORM

BODY • MIND • SOUL

“When the body is cleansed and the mind becomes still, true healing begins from within.”

PANCHAKARMA THERAPIES

- Abhyanga – Herbal Oil Massage
- Shirodhara – Oil Flow on Forehead
- Vasti – Medicated Enema Therapy
- Nasya – Nasal Detox Therapy
- Kati Vasti – Lower Back Therapy
- Pinda Sweda – Herbal Steam Therapy
- Udvartana – Herbal Powder Massage
- Raktamokshana – Blood Purification

All therapies are customized as per your body constitution.



AYURVEDIC DETOX



DAILY MEDITATION



YOGA & PRANAYAMA



GANGA AARTI



SATTVIC MEALS



PEACEFUL STAY



EXPERT DOCTORS
& THERAPISTS



100% NATURAL
& SAFE



PURE VEG
SATTVIC FOOD



PEACEFUL &
NATURE-FILLED
ENVIRONMENT



24/7 CARE
& SUPPORT



HOLISTIC HEALING
FOR LONG-LASTING
WELLNESS

BOOK YOUR HEALING JOURNEY TODAY!

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Connecting with Inner God

CLEANSE YOUR BODY,
CALM YOUR MIND,
AWAKEN YOUR SOUL.



AYURVEDA HEALS • MEDITATION TRANSFORMS • TOGETHER THEY AWAKEN YOU





LOVE CONSCIOUSLY. CONNECT DEEPLY. GROW SPIRITUALLY.

A RETREAT
TO HEAL,
RECONNECT &
CREATE A
CONSCIOUS
LIFELONG
PARTNERSHIP

STRONG
RELATIONSHIP.
PEACEFUL MIND.
JOYFUL LIFE.

COUPLE CONSCIOUS RELATIONSHIP RETREAT

*A Sacred Journey to Love, Harmony
& Spiritual Partnership*

A mindful retreat for couples to heal
emotional wounds, strengthen trust,
improve communication and grow
together in love, understanding
and spiritual connection.

*Together
We Heal.
Together
We Grow.
Together
We Shine.*

WHAT YOU WILL EXPERIENCE



**DEEPER
CONNECTION**
Heart-connection
practices to deepen
love and intimacy.



**CONSCIOUS
COMMUNICATION**
Learn tools for better
communication,
listening and
understanding.



**EMOTIONAL
HEALING**
Release past hurts,
resentments and
build emotional
freedom.



**SPIRITUAL
GROWTH**
Grow together
spiritually and
align your life
purpose.



**TRUST &
HARMONY**
Build trust,
forgiveness and
create relationship
harmony.



**SACRED
EXPERIENCES**
Temple visits,
Ganga Aarti and
divine blessings
together.



**NATURE
HEALING**
Reconnect with
nature and restore
peace within
together.



**PEACE &
MINDFULNESS**
Meditation, yoga
and mindfulness
for inner peace
and balance.

BENEFITS OF THE RETREAT

- ♥ Strengthen your bond and emotional intimacy
- ♥ Resolve conflicts and heal past wounds
- ♥ Improve communication and understanding
- ♥ Bring more love, respect and appreciation
- ♥ Create harmony, joy and relationship balance
- ♥ Reduce stress and emotional reactivity
- ♥ Deepen spiritual connection as partners
- ♥ Build a conscious, loving and lasting partnership

*Love is
not just
a feeling,
it is a
conscious
choice.*

IDEAL FOR COUPLES WHO

- ♥ Want to deepen love and emotional connection
- ♥ Are facing communication or trust challenges
- ♥ Wish to heal past pain and move forward
- ♥ Are preparing for marriage or new beginnings
- ♥ Want to grow together spiritually
- ♥ Seek harmony, peace and understanding
- ♥ Desire a more conscious and joyful relationship
- ♥ Want to celebrate love and commitment

WHAT'S INCLUDED IN THE RETREAT



Guided Couple
Meditations
& Mindfulness



Yoga, Pranayama
& Relaxation
Sessions



Relationship
Healing Workshops
& Counseling



Temple Visits &
Spiritual
Experiences



Ganga Aarti
& Sacred
Rituals



Sattvic Meals &
Ayurvedic
Wellness



Nature Walks &
Peaceful Silent
Time



Comfortable
Accommodation
& Peaceful Stay



Special Rituals,
Workbooks &
Goodie Kit



MEDITATE TOGETHER
GROW TOGETHER



GANGA ARTI
DIVINE BLESSINGS



HEAL. LISTEN. UNDERSTAND.
COMMUNICATE CONSCIOUSLY



NATURE HEALS.
LOVE FLOWS.



RELAX. REJUVENATE.
RECONNECT.



TOGETHER TODAY.
TOGETHER FOREVER.

BEGIN YOUR SACRED JOURNEY TOGETHER!

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.



SAFE &
SUPPORTIVE
ENVIRONMENT



PURE VEG
SATTVIC
FOOD



24/7 SUPPORT
& ASSISTANCE



HYGIENIC &
COMFORTABLE
STAY

♥ WHEN TWO HEARTS GROW TOGETHER, LIFE BECOMES A SACRED JOURNEY. ♥

Heal Your Heart. Awaken Your Power. Embrace Your Divine Self.

A RETREAT
FOR HEALING,
SELF-LOVE &
SPIRITUAL
RENEWAL

Women's Divine Healing Retreat

A Sacred Journey to Emotional Healing, Self-Love, Inner Peace
& Feminine Empowerment

RETURN TO YOURSELF. RISE IN YOUR DIVINE LIGHT.

You are not
here to be perfect.
You are here to be
whole, healed and
beautifully you.



EMOTIONAL HEALING

Release stress,
let go & heal
your heart



SELF-LOVE & CONFIDENCE

Rebuild self-worth,
inner confidence
& self-respect



FEMININE ENERGY BALANCE

Awaken your divine
feminine energy &
life flow



INNER PEACE & JOY

Find deep peace,
happiness &
emotional freedom



SPIRITUAL GROWTH

Deepen connection
with your soul
and purpose



SISTERHOOD & CONNECTION

Share, support &
celebrate in a safe,
loving space

WHAT THE RETREAT INCLUDES



DAILY YOGA & PRANAYAMA

For strength, flexibility
and emotional
balance



GUIDED MEDITATION & HEALING

Meditation for emotional
release, inner healing
& clarity



SELF-LOVE & HEALING WORKSHOPS

Transform limiting
beliefs & nurture
yourself



TEMPLE VISITS & SACRED RITUALS

Divine blessings, sacred
rituals & spiritual
experiences



GANGA AARTI & DIVINE BLESSINGS

Experience the divine
energy & sacred
blessings



NATURE HEALING & SILENT REFLECTION

Reconnect with
nature, your soul
& inner peace



SATTVIC MEALS & AYURVEDIC CARE

Nourishing sattvic
meals & wellness
support



PEACEFUL STAY & COMFORT

Safe, comfortable &
peaceful accommodation
for deep rest

KEY BENEFITS

- Emotional healing & stress relief
- Stronger self-love & self-worth
- Balance of hormones & emotions
- Release of past wounds & fears
- Better mental clarity & focus
- Inner peace, joy & positivity
- Deep connection with your
feminine energy
- Renewed life purpose & confidence
- Stronger spiritual awareness

"YOU DESERVE TO BE
NURTURED, HEALED & LOVED."

Choose yourself.
Always.

IDEAL FOR YOU IF YOU ARE

- Seeking emotional healing & peace
- Going through life transitions
- Feeling stressed, overwhelmed
or emotionally drained
- Wanting to build confidence
and self-love
- A mother, professional or caregiver
needing renewal
- A spiritual seeker & wellness lover
- Ready to reconnect with your
true beautiful self

EXPERIENCE. HEAL. TRANSFORM.



SISTERHOOD &
SUPPORT



YOGA & WELLNESS
SESSIONS



FIRE CEREMONY
& HEALING



JOURNALING &
SELF REFLECTION



NATURE WALKS &
CONNECTION



JOY, LAUGHTER &
BEAUTIFUL MEMORIES



COME AS YOU ARE.
LEAVE AS WHO
YOU ARE MEANT
TO BE.

BOOK YOUR SPOT TODAY!

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SPIRITUAL
GUIDANCE



EXPERT FACILITATORS
& HEALERS



SMALL GROUPS
PERSONAL CARE



SAFE &
WOMEN FRIENDLY
ENVIRONMENT



PURE VEG
SATTVIC
FOOD



24/7 SUPPORT
& ASSISTANCE

HEAL YOURSELF. LOVE YOURSELF. BE YOUR OWN DIVINE LIGHT.

A BOND THAT HEALS. A JOURNEY THAT TRANSFORMS.

A SACRED
JOURNEY OF
LOVE, HEALING
& SOULFUL
CONNECTION

MOTHER-DAUGHTER SPIRITUAL RETREAT

STRONGER
TOGETHER
CONNECTED
FOREVER

♥ Heal Together. Grow Together. Shine Together. ♥

A sacred space for mothers and daughters
to connect deeply, heal hearts, strengthen
bonds and create lifelong memories
through spiritual experiences,
love and understanding.

CREATE MEMORIES
THAT LAST A LIFETIME
AND A BOND THAT
LASTS FOREVER.

WHAT TO EXPECT



DEEP BONDING EXPERIENCES

Meaningful activities
that bring you
closer and create
beautiful memories.



HEALING & FORGIVENESS

Release past hurts,
practice forgiveness
and open your hearts
to love and peace.



GUIDED MEDITATION & MINDFULNESS

Calm your mind,
heal emotions and
connect with your
inner selves.



YOGA & RELAXATION

Gentle yoga, pranayama
and relaxation for
physical, mental and
emotional well-being.



SACRED RITUALS & TEMPLE VISITS

Blessings, poojas and
divine darshan for
spiritual growth and
family harmony.



GANGA AARTI & DIVINE BLESSINGS

Experience the divine
energy and receive
blessings for a happy
and peaceful life.



NATURE HEALING & SILENT REFLECTION

Reconnect with
nature, enjoy silence
and reflect on what
truly matters.

RETREAT HIGHLIGHTS



MEDITATION & YOGA
TOGETHER



GANGA AARTI
EXPERIENCE



TEMPLE VISITS &
SPIRITUAL RITUALS



HEART-TO-HEART
CONVERSATIONS



SELF REFLECTION &
GRATITUDE JOURNAL



SATTVIC FOOD &
WELLNESS CARE



PEACEFUL STAY IN
NATURE

BENEFITS OF THIS RETREAT

- Strengthen the mother-daughter bond
- Heal emotional wounds and past conflicts
- Improve communication and understanding
- Build trust, respect and unconditional love
- Reduce stress and create emotional balance
- Grow spiritually together
- Create beautiful sacred memories
- Bring harmony and positivity to the family

TOGETHER
WE HEAL,
TOGETHER
WE GROW,
TOGETHER
WE SHINE.

IDEAL FOR

- Mothers & Daughters of all ages
- Women seeking emotional healing together
- Strengthening relationships & family bonds
- Celebrating milestones or new beginnings
- Families wanting harmony & happiness
- Spiritual seekers & wellness travelers
- International guests & retreat lovers



WHAT'S INCLUDED



Yoga &
Meditation
Sessions



Spiritual
Counseling &
Bonding Sessions



Temple Visits
& Sacred
Rituals



Ganga Aarti
& Divine
Experiences



Sattvic Meals &
Ayurvedic
Wellness



Comfortable
Accommodation
& Peaceful Stay



Special Rituals,
Workbooks &
Goodie Kit



24/7 Care
& Retreat
Support

A JOURNEY OF LOVE.
A LIFETIME OF
CONNECTION.

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SMALL GROUPS
PERSONAL CARE



BEAUTIFUL LOCATIONS
DIVINE ENERGY



24/7 SUPPORT
& ASSISTANCE

COME TOGETHER.
HEAL TOGETHER.
STAY CONNECTED
FOREVER.

FAMILY KARMA HEALING RETREAT

HEAL TOGETHER. GROW TOGETHER. SHINE TOGETHER.

Heal family patterns, release karmic burdens,
restore harmony and bring peace, love &
blessings across generations.

HEAL GENERATIONS.
CREATE BLESSINGS.
BUILD A HARMONIOUS
FUTURE.

WHAT THE RETREAT INCLUDES



FAMILY KARMA HEALING MEDITATION

Release emotional
burdens & heal
family patterns.



ANCESTRAL HEALING & FORGIVENESS

Bring peace to your
ancestors and heal
generational karma.



SACRED PUJA, HAVAN & RITUALS

Powerful purification
rituals for protection
& family harmony.



TEMPLE VISITS & DIVINE BLESSING EXPERIENCES

Connect with divine
energies and receive
sacred blessings.



GANGA AARTI & SPIRITUAL REFLECTION

Experience divine
energy and inner
peace together.



FAMILY BONDING & GRATITUDE PRACTICES

Strengthen love,
trust and create
beautiful memories.



NATURE HEALING & PEACEFUL STAY

Reconnect with
nature and enjoy a
serene stay.



SATTVIC MEALS & AYURVEDIC WELLNESS

Nourishing sattvic
food & holistic
wellness support.

BENEFITS FOR YOUR FAMILY

- Heal repeated family conflicts and emotional pain
- Release ancestral burdens and karmic blocks
- Improve communication and understanding
- Restore family harmony, love and trust
- Emotional peace and forgiveness across generations
- Blessings for prosperity, happiness and protection
- Strong spiritual bond and positive family energy

When Family
Karma is Healed,
Love Flows Freely
and Future
Generations Rise
in Peace.

IDEAL FOR

- Families seeking healing and peace
- Parents & children needing emotional reconnection
- Families facing repeated relationship conflicts
- Spiritual seekers & wellness travelers
- Families wanting ancestral peace rituals
- International spiritual guests
- Anyone ready to heal family patterns with love

RETREAT HIGHLIGHTS



FAMILY HEALING
MEDITATION



SACRED FIRE RITUALS
& PUJA



TEMPLE VISITS &
SPIRITUAL EXPERIENCES



GANGA AARTI &
DIVINE BLESSINGS



NATURE WALKS &
MINDFUL SILENCE



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FOOD



24/7 SUPPORT
& ASSISTANCE



COMFORTABLE
ACCOMMODATION



HYGIENIC &
PEACEFUL
STAY



HEAL YOUR PAST • HARMONIZE YOUR PRESENT • BLESS YOUR FUTURE
TOGETHER WE HEAL. TOGETHER WE GROW. TOGETHER WE SHINE.





KASHI
THE CITY OF
LIGHT,
LIBERATION
& LORD
SHIVA

AWAKEN THE SOUL. EXPERIENCE ETERNITY.

KASHI

SPIRITUAL AWAKENING RETREAT

**KASHI
CALLS
THE SOUL
ANSWERS**

IN THE ETERNAL CITY OF LORD SHIVA

A Sacred Journey of Devotion, Purification,
Ancestral Peace & Inner Awakening



EXPERIENCE THE DIVINE ENERGY OF KASHI
WHERE EVERY STEP AWAKENS THE SOUL,
EVERY MANTRA PURIFIES & EVERY MOMENT TRANSFORMS.



**KASHI
VISHWANATH
DARSHAN**



**GANGA AARTI
& SPIRITUAL
EXPERIENCES**



**PIND DAAN &
ANCESTRAL PEACE
RITUALS**



**RUDRABHISHEKAM
& SHIVA PUJA
CEREMONIES**



**MEDITATION,
YOGA & SILENT
REFLECTION**



**SATTVIC MEALS
& SPIRITUAL
STAY**



**COMFORTABLE
TRAVEL & VIP
SUPPORT**



**FAMILY BLESSINGS
& SACRED
MEMORIES**

EXPERIENCE THE DIVINE ESSENCE OF KASHI

SACRED EXPERIENCES IN KASHI



**KASHI VISHWANATH
TEMPLE DARSHAN**
Receive the blessings
of Lord Shiva



DIVINE GANGA AARTI
Experience the magical
spiritual energy



PIND DAAN & TARPAN
Peace for ancestors,
blessings for generations



**RUDRABHISHEKAM
& SPECIAL PUJAS**
Purify karma & invite
Shiva's grace



**SUNRISE BOAT
MEDITATION**
Connect with the divine
in silence & serenity



**SPIRITUAL WALKS
& SACRED SITES**
Explore the timeless
wisdom of Kashi

RETREAT INCLUDES

- Personalized Kashi Pilgrimage Planning
- VIP Darshan & Temple Access
- Puja, Havan & Sacred Rituals
- Pind Daan & Ancestral Blessings
- Rudrabhishekam & Shiva Puja
- Ganga Snan & Spiritual Purification
- Sunrise Boat Ride & Meditation
- Yoga, Meditation & Satsang Sessions
- Spiritual Guidance & Life Reflection
- Sattvic Meals & Ayurvedic Care
- Comfortable Stay & Travel Support
- Family Blessings & Sacred Memories

BENEFITS OF THIS RETREAT

- Divine blessings of Lord Shiva
- Spiritual purification & karmic cleansing
- Peace for ancestors & family harmony
- Deep inner peace & emotional healing
- Removal of obstacles & negative energies
- Stronger faith & spiritual awakening
- Moksha awareness & life transformation
- Healing through surrender & devotion
- A profound connection with eternal Kashi

KASHI IS NOT MERELY A CITY—
IT IS WHERE THE SOUL
REMEMBERS ETERNITY.

A DAY IN THE RETREAT

- 05:00 AM Sunrise Meditation & Ganga Snan
- 06:00 AM Kashi Vishwanath Darshan
- 07:30 AM Rudrabhishekam / Puja
- 09:00 AM Breakfast (Sattvic)
- 10:00 AM Spiritual Guidance / Satsang
- 12:30 PM Sattvic Lunch & Rest
- 03:00 PM Visit to Sacred Sites
- 05:00 PM Ganga Aarti / Evening Prayer
- 07:00 PM Dinner (Sattvic)
- 08:30 PM Mantra Chanting / Bhajan
- 09:30 PM Night Meditation & Reflection



"In Kashi,
time dissolves,
karma burns,
and the soul
awakens."



IDEAL FOR



Spiritual
Seekers



Shiva
Devotees



Families



Pilgrimage
Travelers



Ancestral Peace
Seekers



International
Guests



Wellness &
Retreat Guests



Anyone Seeking
Inner Awakening

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OUR CARE.
DIVINE EXPERIENCES.



EXPERT PRIESTS
& GUIDANCE



SAFE &
COMFORTABLE
TRAVEL



PURE VEG
SATTVIC FOOD



24/7 SUPPORT
& ASSISTANCE



HYGIENIC &
PEACEFUL STAY

—COME TO KASHI. SURRENDER TO SHIVA. RETURN TRANSFORMED.—



— A Sacred Journey to the Divine Mother —

SHAKTI PEETHA SPIRITUAL TOUR

— CONNECT. SURRENDER. RECEIVE. —

*Experience the Divine Power of Devi Maa
Blessings, Protection, Healing & Transformation.*

SHAKTI IS
STRENGTH
DEVOTION IS
THE PATH
GRACE IS
THE DESTINATION

PILGRIMAGE TO THE SACRED ABODES OF DEVI MA
AWAKEN YOUR INNER SHAKTI • HEAL • TRANSFORM • BLOSSOM

WHAT THIS SPIRITUAL TOUR OFFERS



Sacred Shakti
Peetha Visits



Devi Puja &
Special Rituals



Homa & Fire
Ceremonies



Spiritual Guidance
& Blessings



Yoga, Meditation
& Reflection



Sattvic Meals &
Comfortable Stay



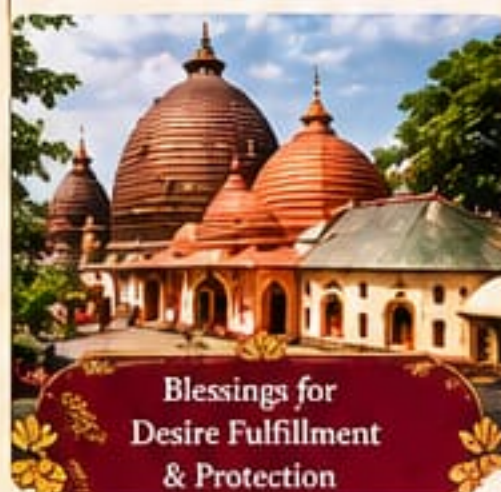
Comfortable Travel
& Support



Family Blessings &
Sacred Memories

VISIT POWERFUL SHAKTI PEETHAS

1 KAMAKHYA DEVI Assam



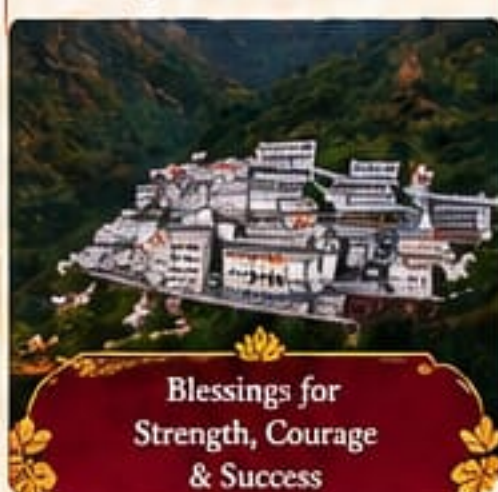
Blessings for
Desire Fulfillment
& Protection

2 KALIGHAT KALI Kolkata, West Bengal



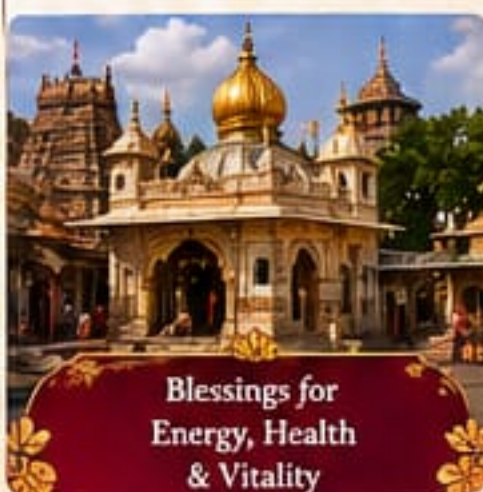
Blessings for
Protection, Peace
& Removal of Fear

3 VAISHNO DEVI Jammu & Kashmir



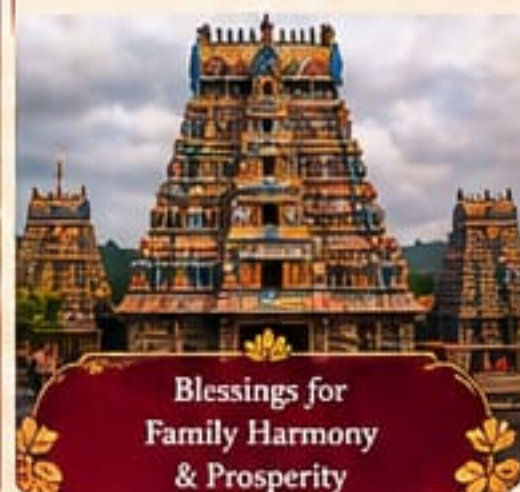
Blessings for
Strength, Courage
& Success

4 JWALAMUKHI DEVI Himachal Pradesh



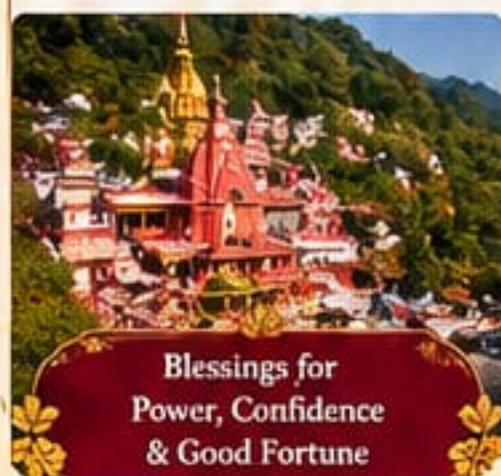
Blessings for
Energy, Health
& Vitality

5 MEENAKSHI DEVI Madurai, Tamil Nadu



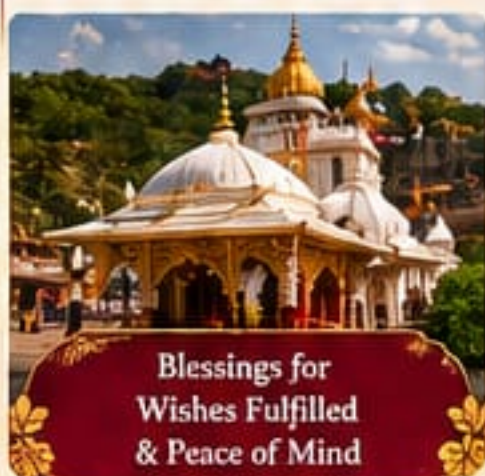
Blessings for
Family Harmony
& Prosperity

6 MAA VINDHYAVASINI Uttar Pradesh



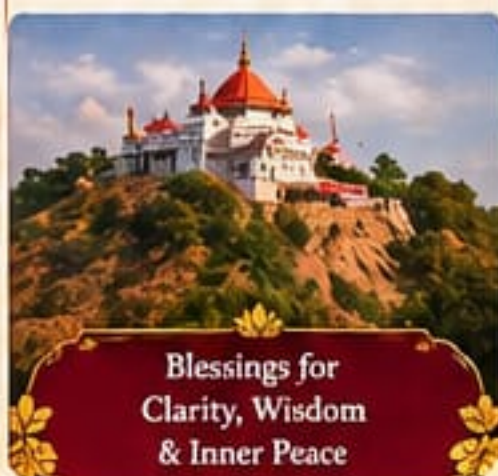
Blessings for
Power, Confidence
& Good Fortune

7 MAA CHINTPURNI Himachal Pradesh



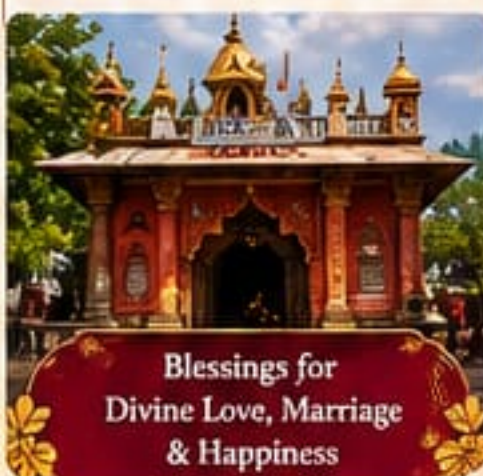
Blessings for
Wishes Fulfilled
& Peace of Mind

8 MAA NAINA DEVI Himachal Pradesh



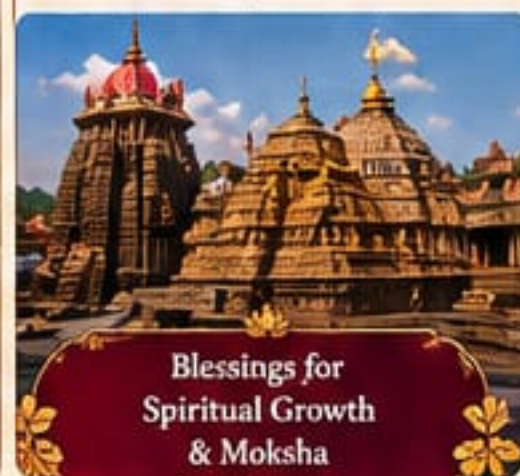
Blessings for
Clarity, Wisdom
& Inner Peace

9 KATYAYANI DEVI Vrindavan, Uttar Pradesh



Blessings for
Divine Love, Marriage
& Happiness

10 BIMALA DEVI Puri, Odisha



Blessings for
Spiritual Growth
& Moksha

RETREAT INCLUDES

- VIP Darshan & Temple Visits
- Personalized Puja & Rituals
- Chandi Path & Mantra Chanting
- Homa for Protection & Healing
- Spiritual Counseling & Guidance
- Ganga Aarti & Divine Experiences
- Yoga, Meditation & Silent Time
- Sattvic Meals & Ayurvedic Care
- Comfortable Stay & Travel Support
- Family Blessings & Sacred Memories

BENEFITS OF THIS TOUR

- Divine blessings of Maa Shakti
- Feminine energy healing & empowerment
- Protection from negative energies
- Removal of obstacles & karmic cleansing
- Emotional healing & inner peace
- Strengthens intuition & self-confidence
- Blessings for health, wealth & prosperity
- Harmony in relationships & family life
- Spiritual awakening & higher connection
- A life filled with grace, love & abundance

A DAY IN THE RETREAT

- 5:00 AM Sunrise Meditation
- 6:00 AM Temple Darshan
- 7:30 AM Devi Puja & Rituals
- 9:00 AM Breakfast (Sattvic)
- 10:30 AM Spiritual Guidance / Discourse
- 12:30 PM Sattvic Lunch & Rest
- 3:00 PM Temple Visit / Sacred Sites
- 5:30 PM Homa & Mantra Chanting
- 6:30 PM Ganga Aarti
- 8:00 PM Dinner (Sattvic)
- 9:30 PM Night Meditation & Reflection



EXPERIENCE DEVOTION. RECEIVE BLESSINGS. TRANSFORM YOUR LIFE.



EXPERT GUIDES
& PANDITS



AUTHENTIC
RITUALS



SAFE &
COMFORTABLE



PURE VEG
SATTVIC FOOD



24/7 ASSISTANCE
& SUPPORT



SPIRITUAL
ENVIRONMENT



SMALL GROUPS
PERSONAL CARE

*"The Divine Mother
is always with you.
You are never alone."*

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

RETURN
WITH BLESSINGS.
RETURN
TRANSFORMED.

BOW TO THE MOTHER. SURRENDER TO HER. SHE WILL GUIDE YOU.

KASHI
THE CITY OF
LIGHT,
LIBERATION
& LORD
SHIVA

A JOURNEY TO LIBERATION. A LIFE OF ETERNAL PEACE.

VARANASI MOKSHA RETREAT

IN THE ETERNAL CITY OF LORD SHIVA

*Seek blessings. Find peace. Attain Moksha.
A sacred journey for the soul.*

WHERE
EVERY BREATH
CHANTS SHIVA,
EVERY MOMENT
BRINGS YOU
CLOSER TO
MOKSHA.

EXPERIENCE THE DIVINE ENERGY OF KASHI
WHERE FAITH MEETS ETERNITY AND
THE SOUL FINDS ITS TRUE HOME.

WHAT YOUR VARANASI MOKSHA RETREAT INCLUDES



KASHI
VISHWANATH
DARSHAN
VIP ACCESS



DIVINE
GANGA ARTI
EXPERIENCES



PIND DAAN &
ANCESTRAL PEACE
RITUALS



RUDRABHISHEKAM
& SHIVA PUJA
CEREMONIES



YOGA, MEDITATION
& MINDFUL
SILENCE



GANGA SNAN
& SPIRITUAL
PURIFICATION



SATTVIC MEALS
& PEACEFUL
STAY



FAMILY BLESSINGS
& SACRED
MEMORIES

SACRED EXPERIENCES AWAIT YOU



KASHI VISHWANATH
TEMPLE DARSHAN
Receive the blessings
of Lord Shiva



DIVINE GANGA ARTI
Feel the divine energy
of Maa Ganga



PIND DAAN
Peace for ancestors,
blessings for generations



SUNRISE BOAT
MEDITATION
Silence, serenity &
self discovery



RUDRABHISHEKAM
Purify karma & invite
Shiva's grace



SPIRITUAL WALKS
Explore the timeless
wisdom of Kashi

RETREAT INCLUDES

- Personalized Varanasi Pilgrimage Planning
- VIP Darshan & Temple Access
- Puja, Havan & Sacred Rituals
- Pind Daan & Ancestral Blessings
- Rudrabhishekam & Shiva Puja
- Ganga Aarti & Spiritual Experiences
- Sunrise Boat Ride & Meditation
- Yoga, Meditation & Satsang Sessions
- Spiritual Guidance & Life Reflection
- Sattvic Meals & Ayurvedic Care
- Comfortable Stay & Travel Support
- Family Blessings & Sacred Memories

BENEFITS OF THIS RETREAT

- Divine blessings of Lord Shiva
- Moksha awareness & spiritual liberation
- Spiritual purification & karmic cleansing
- Peace for ancestors & family harmony
- Removal of obstacles & negative energies
- Deep inner peace & emotional healing
- Stronger faith & spiritual awakening
- Healing through surrender & devotion
- A profound connection with eternal wisdom
- A life of purpose, peace & light

*"In Varanasi,
the soul does not fear endings—
it remembers eternity."*

A DAY IN THE RETREAT

- 04:30 AM Sunrise Meditation & Ganga Snan
- 05:30 AM Kashi Vishwanath Darshan
- 07:00 AM Rudrabhishekam / Puja
- 08:30 AM Breakfast (Sattvic)
- 10:00 AM Spiritual Guidance / Satsang
- 12:30 PM Sattvic Lunch & Rest
- 03:00 PM Pind Daan / Sacred Rituals
- 05:00 PM Ganga Aarti / Evening Prayer
- 07:00 PM Dinner (Sattvic)
- 08:30 PM Mantra Chanting / Bhajan
- 09:30 PM Night Meditation & Reflection



IDEAL FOR



Spiritual
Seekers



Shiva
Devotees



Families &
Groups



Pilgrimage
Travelers



Ancestral Peace
Seekers



International
Guests



Wellness &
Retreat Guests



Anyone Seeking
Moksha

KASHI IS NOT
JUST A CITY,
IT IS A STATE
OF LIBERATION.

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.



EXPERT PRIESTS
& GUIDANCE



SAFE &
COMFORTABLE
TRAVEL



PURE VEG
SATTVIC FOOD



24/7 SUPPORT
& ASSISTANCE



HYGIENIC &
PEACEFUL STAY

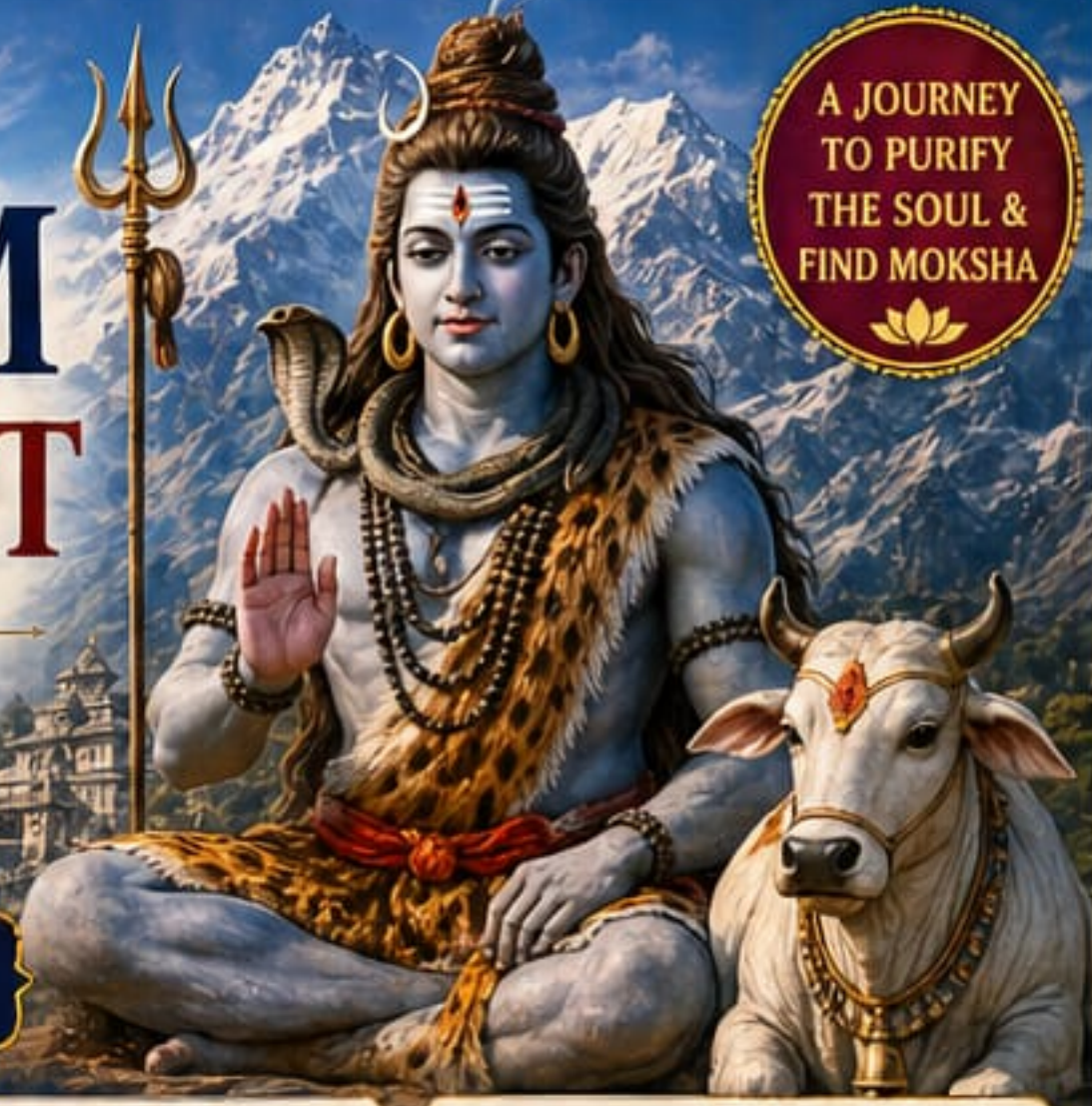
COME TO KASHI. SURRENDER TO SHIVA. RETURN TRANSFORMED.

FOUR
DHAMS
ONE
JOURNEY
COUNTLESS
BLESSINGS

CHAR DHAM YATRA RETREAT

A SACRED JOURNEY. DIVINE BLESSINGS.
ETERNAL TRANSFORMATION.

A JOURNEY
TO PURIFY
THE SOUL &
FIND MOKSHA



PILGRIMAGE TO THE HOLY FOUR DHAMS
FOR PURIFICATION, PEACE & MOKSHA

1

YAMUNOTRI
The Source of Yamuna
Goddess of Purity

Seek blessings for a healthy life, strength, and purification of mind and soul.

2

GANGOTRI
The Source of Ganga
Goddess of Grace

Receive the divine blessings of Maa Ganga for peace, prosperity & spiritual cleansing.

3

KEDARNATH
The Abode of Lord Shiva
Destroyer of Sins

Experience the powerful presence of Lord Shiva and destroyer of all negative karma.

4

BADRINATH
The Abode of Lord Vishnu
Bestower of Moksha

Attain peace, wisdom and moksha blessings from Lord Vishnu, the protector.



“Walk the path of the Himalayas,
Feel the presence of divinity,
Return with a transformed life.”

Divine Blessings

Karma Purification

Inner Peace & Healing

Spiritual Awakening

Moksha Awareness

- RETREAT INCLUDES
- Complete Char Dham Yatra Planning
 - VIP Darshan at All Four Dhams
 - Puja, Havan & Sacred Rituals
 - Ganga Aarti & Spiritual Experiences
 - Spiritual Guidance & Counsel
 - Yoga, Meditation & Reflection
 - Sattvic Meals & Ayurvedic Care
 - Comfortable Stay & Travel
 - Family Blessings & Sacred Memories

- BENEFITS OF THE YATRA
- Spiritual purification & divine blessings
 - Karma cleansing & removal of obstacles
 - Inner peace, happiness & positivity
 - Strong faith, devotion & surrender
 - Health, prosperity & family well-being
 - Emotional healing & stress relief
 - Moksha awareness & life transformation
 - A deeper connection with Dharma and the Divine

- A TYPICAL DAY ON YATRA
- | | | |
|--|----------|------------------------------|
| | 05:00 AM | Sunrise & Meditation |
| | 06:00 AM | Temple Darshan |
| | 08:00 AM | Holy Bath / Puja |
| | 10:00 AM | Breakfast (Sattvic) |
| | 11:00 AM | Travel to Next Dham |
| | 01:30 PM | Lunch & Rest |
| | 03:30 PM | Spiritual Talk / Reflection |
| | 05:30 PM | Ganga Aarti / Evening Prayer |
| | 08:00 PM | Dinner (Sattvic) |
| | 09:30 PM | Night Meditation |
-

- WHO CAN JOIN?
- Families & Individuals
- Elderly & Senior Citizens
- Spiritual Seekers
- Corporate Groups
- International Travelers
- Special Occasions & Celebrations

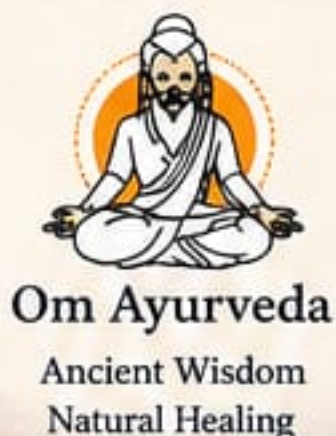
THE MOUNTAINS CALL,
THE SOUL ANSWERS.
CHAR DHAM CHANGES LIFE FOREVER.

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

- SAFE & COMFORTABLE TRAVEL
- 24/7 SUPPORT & ASSISTANCE
- PURE VEGETARIAN SATTVIC FOOD
- HYGIENIC & PEACEFUL STAYS

ONE JOURNEY.
FOUR DHAMS.
A LIFETIME OF
BLESSINGS.



“Every new moon
is a chance to
write a new story
for your life.”



NEW MOON INTENTION RETREAT

NEW BEGINNINGS • CLEAR INTENTIONS • ENDLESS POSSIBILITIES

*Align your soul. Set powerful intentions.
Create the life you truly desire.*

A SACRED BEGINNING. A TRANSFORMED YOU.

SET
YOUR INTENTIONS
MANIFEST YOUR
DREAMS
LIVE YOUR
PURPOSE

WHAT THE RETREAT INCLUDES



NEW MOON MEDITATION

Connect with the
energy of new
beginnings.



INTENTION SETTING

Set clear intentions
and align with
your soul's desires.



JOURNALING & REFLECTION

Deep self-reflection
and intention
journaling.



YOGA & BREATHWORK

Balance energy,
calm the mind
and ground within.



FIRE RITUALS & CLEANSING

Release the old,
clear blocks and
purify energy.



TEMPLE VISITS & BLESSINGS

Receive divine
blessings and
spiritual upliftment.



GANGA AARTI & SACRED RITUALS

Experience devotion
and sacred
spiritual energy.



SATTVIC MEALS & PEACEFUL STAY

Nourish your body
with pure food and
restful comfort.

BENEFITS OF NEW MOON RETREAT

- Fresh start and mental clarity
- Let go of the past and emotional baggage
- Clear intentions and powerful manifestation
- Increased focus, confidence and motivation
- Better intuition and inner guidance
- Emotional healing and energy reset
- Deeper spiritual connection and peace
- Purpose alignment and life direction

A DAY IN THE RETREAT

- 5:30 AM Silent Meditation & Gratitude
- 6:30 AM Yoga & Breathwork
- 7:30 AM Sattvic Breakfast
- 9:00 AM Intention Workshop
- 11:00 AM Journaling & Reflection
- 1:00 PM Sattvic Lunch & Rest
- 3:00 PM Healing Workshop / Sharing
- 5:00 PM Nature Walk / Silent Time
- 6:30 PM New Moon Ritual & Intention Setting
- 8:00 PM Ganga Aarti / Mantra Chanting
- 9:30 PM Sharing Circle & Meditation
- 10:30 PM Silent Night & Rest



IDEAL FOR

- Spiritual seekers
- Yoga & meditation practitioners
- Those starting a new chapter in life
- People seeking clarity and purpose
- Wellness travelers & retreat lovers
- International spiritual guests
- Individuals seeking manifestation
- Anyone ready for a fresh beginning

EVERY RETREAT INCLUDES



Comfortable
Stay



Expert
Guidance



Workshops &
Healing Circles



Ayurvedic
Wellness



Sattvic Meals
(Healthy & Pure)



Temple Visits &
Sacred Rituals



Safe, Supportive &
Nurturing Space



24/7 Care
& Support

A sacred space
to set, focus and
manifest your
highest dreams.

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OUR CARE.



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DIVINE
EXPERIENCE
AWAITS YOU.



SPIRITUAL
RETREATS



YOGA &
MEDITATION



AYURVEDIC
WELLNESS



DETOX &
HEALING



NATURE &
PEACE



SATTVIC
MEALS



TEMPLE VISITS &
SACRED RITUALS



24/7
SUPPORT

NEW MOON. NEW INTENTIONS. NEW YOU. MANIFEST. ALIGN. TRANSFORM.

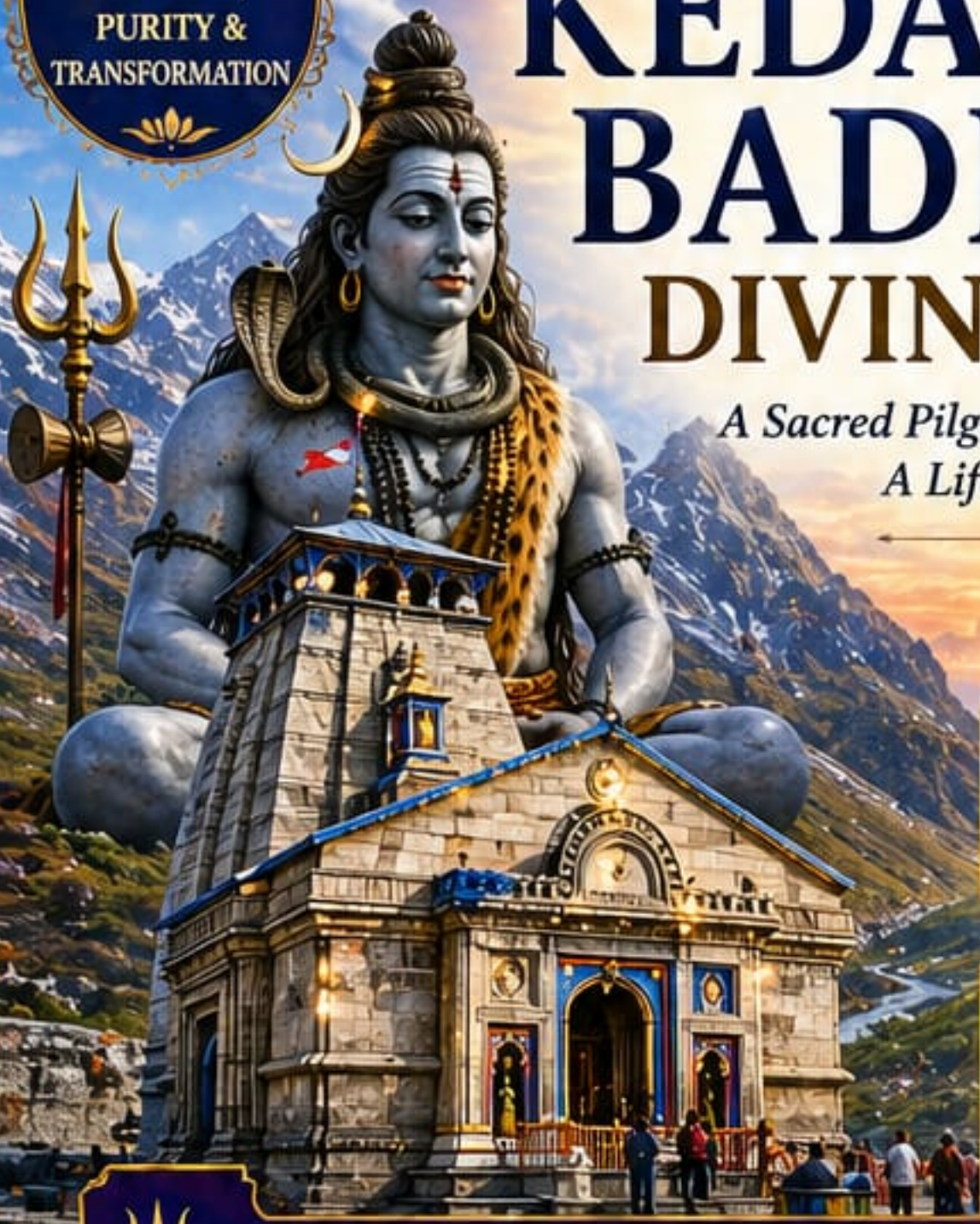
ॐ
A JOURNEY
OF FAITH,
PURITY &
TRANSFORMATION

Two Sacred Shrines. One Divine Journey.
"Infinite Blessings."

SEEK SHIVA'S
STILLNESS & VISHNU'S
GRACE IN THE LAP OF
THE HIMALAYAS

KEDARNATH- BADRINATH DIVINE RETREAT

A Sacred Pilgrimage. A Divine Experience.
A Life-Changing Journey.



KEDARNATH
The Abode of
Lord Shiva
ॐ
BADRINATH
The Abode of
Lord Vishnu



EXPERIENCE DIVINE BLESSINGS, SPIRITUAL PURIFICATION & INNER TRANSFORMATION
IN THE HOLY DHAMS OF KEDARNATH & BADRINATH.

- | | | | | | | | |
|--|---|---|--|---|--|------------------------------------|------------------------------------|
| SACRED PILGRIMAGE TO KEDARNATH & BADRINATH | VIP DARSHAN & PERSONALIZED YATRA PLANNING | RUDRABHISHEKAM & VISHNU PUJA CEREMONIES | HOMA & SACRED RITUALS FOR PURIFICATION | MEDITATION & SILENT REFLECTION IN THE HIMALAYAS | SATTVIC MEALS & PEACEFUL ACCOMMODATION | COMFORTABLE TRAVEL & YATRA SUPPORT | FAMILY BLESSINGS & DIVINE MEMORIES |
|--|---|---|--|---|--|------------------------------------|------------------------------------|

- | | | | | | |
|------------------------------|-------------------------------------|--|--------------------------------------|--------------------------------------|--------------------------------------|
| SCENIC & SAFE TRAVEL SUPPORT | KEDARNATH DARSHAN & SHIVA BLESSINGS | SACRED PUJA, HAVAN & SPIRITUAL RITUALS | BADRINATH DARSHAN & VISHNU BLESSINGS | GANGA BLESSINGS & DIVINE EXPERIENCES | HIMALAYAN PEACE, HEALING & AWAKENING |
|------------------------------|-------------------------------------|--|--------------------------------------|--------------------------------------|--------------------------------------|

RETREAT INCLUDES

- Complete Kedarnath-Badrinath Pilgrimage Planning
- VIP Darshan & Temple Access
- Puja, Havan & Sacred Rituals
- Rudrabhishekam & Vishnu Puja
- Ganga Aarti & Spiritual Experiences
- Yoga, Meditation & Satsang Sessions
- Spiritual Guidance & Life Counseling
- Sattvic Meals & Ayurvedic Care
- Comfortable Stay & Travel Support
- Family Blessings & Sacred Memories

BENEFITS OF THIS RETREAT

- Divine blessings of Lord Shiva & Lord Vishnu
- Spiritual purification & karmic cleansing
- Deep faith renewal & emotional healing
- Protection from obstacles & negative energies
- Moksha awareness & spiritual awakening
- Family blessings, peace & prosperity
- Strengthens devotion, surrender & gratitude
- Healing through sacred rituals & nature
- A life-changing journey of transformation

"Between Kedarnath and Badrinath, the soul learns both surrender and divine grace."

A TYPICAL DAY ON THE RETREAT

- | | |
|----------|--------------------------------|
| 04:30 AM | Morning Meditation & Guidance |
| 05:30 AM | Temple Darshan / Morning Aarti |
| 07:30 AM | Breakfast (Sattvic) |
| 09:00 AM | Spiritual Talk / Satsang |
| 11:00 AM | Puja / Abhishekam / Rituals |
| 01:00 PM | Lunch & Rest |
| 03:00 PM | Visit to Sacred Sites |
| 05:30 PM | Ganga Aarti / Evening Prayer |
| 07:00 PM | Dinner (Sattvic) |
| 08:30 PM | Bhajan / Mantra Chanting |
| 09:30 PM | Night Meditation & Reflection |



- | | | | | | | | |
|-----------|-------------------|----------------------------|-------------------|--------------------------------------|----------------------|-------------------------------|--------------------------------------|
| IDEAL FOR | SPIRITUAL SEEKERS | DEVOTEES OF SHIVA & VISHNU | FAMILIES & GROUPS | SENIOR CITIZENS & WELLNESS TRAVELERS | INTERNATIONAL GUESTS | THOSE SEEKING PEACE & HEALING | ANYONE READY FOR SPIRITUAL AWAKENING |
|-----------|-------------------|----------------------------|-------------------|--------------------------------------|----------------------|-------------------------------|--------------------------------------|

TWO DHAMS.
TWO DIVINE FORCES.
ONE TRANSFORMED LIFE.

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

- | | | | |
|---------------------------|---------------------------|-----------------------|----------------------------------|
| EXPERT GUIDANCE & SUPPORT | SAFE & COMFORTABLE TRAVEL | PURE VEG SATTVIC FOOD | 24/7 ASSISTANCE THROUGHOUT YATRA |
|---------------------------|---------------------------|-----------------------|----------------------------------|

COME TO THE HIMALAYAS. SURRENDER TO THE DIVINE. RETURN TRANSFORMED.



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Connecting with
Inner God



Om Ayurveda

Ancient Wisdom
Natural Healing



MOTHER EARTH
TRAVEL AND TOURISM



Best
Care



“Under the
full moon,
we release
what no
longer serves
and welcome
divine light
within.”

FULL MOON SPIRITUAL RETREAT

RELEASE • RENEW • REALIGN • RISE

*Harness the powerful energy of the Full Moon
for healing, gratitude, and transformation.*

A SACRED NIGHT. A TRANSFORMED YOU.

ALIGN
WITH THE
MOON.
AWAKEN YOUR
SOUL.

WHAT THE RETREAT INCLUDES



FULL MOON MEDITATION

Connect with lunar
energy for deep
inner peace.



RELEASE RITUALS

Let go of emotional
burdens and
energetic blocks.



GRATITUDE & MANIFESTATION

Set intentions and
attract abundance
and positivity.



YOGA & BREATHWORK

Balance body,
mind, and soul
with mindful flow.



FIRE CEREMONY (AGNI RITUAL)

Sacred fire ritual
for purification
and transformation.



TEMPLE VISITS & DIVINE BLESSINGS

Receive blessings
and connect with
divine energy.



GANGA AARTI & SACRED EXPERIENCES

Experience divine
vibrations and
spiritual upliftment.



SATTVIC MEALS & PEACEFUL STAY

Nourish your body
with pure food &
peaceful comfort.

BENEFITS OF FULL MOON RETREAT

- Emotional release and deep inner healing
- Mental peace and energetic cleansing
- Enhanced intuition and spiritual awareness
- Let go of stress, fear, and past burdens
- Increase gratitude and positive energy
- Clarity in relationships and life path
- Stronger spiritual connection
- Deep transformation and renewal

A DAY IN THE RETREAT

- 5:30 AM Silent Meditation & Gratitude
- 7:00 AM Yoga & Breathwork
- 8:30 AM Sattvic Breakfast
- 10:00 AM Spiritual Talk / Guidance
- 11:30 AM Journaling & Intention Setting
- 1:00 PM Sattvic Lunch & Rest
- 3:00 PM Healing Workshop / Reflection
- 5:30 PM Nature Walk / Silent Time
- 7:00 PM Full Moon Ritual & Fire Ceremony
- 8:30 PM Ganga Aarti / Mantra Chanting
- 9:30 PM Sharing Circle & Moon Meditation
- 10:30 PM Silent Night & Rest



IDEAL FOR

- Spiritual seekers
- Yoga & meditation practitioners
- Women & men seeking balance
- Emotional healing & clarity
- Wellness travelers & soul explorers
- International spiritual guests
- Those drawn to moon rituals
- Anyone ready for renewal and transformation

EVERY RETREAT INCLUDES



Comfortable
Stay



Expert
Guidance



Workshops &
Healing Circles



Ayurvedic
Wellness



Sattvic Meals
(Healthy & Pure)



Temple Visits &
Sacred Rituals



Safe, Supportive &
Nurturing Space



24/7 Care
& Support

A sacred space
to release, heal,
and rise into your
highest self.

YOUR
JOURNEY.
OUR CARE.



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DIVINE
EXPERIENCES
AWAIT YOU.



SPRITUAL
RETREATS



YOGA &
MEDITATION



AYURVEDIC
WELLNESS



DETOX &
HEALING



NATURE &
PEACE



SATTVIC
MEALS



TEMPLE VISITS &
SACRED RITUALS



24/7
SUPPORT

RELEASE THE PAST. EMBRACE THE LIGHT. LIVE IN ALIGNMENT WITH THE MOON.

SACRED MASCULINE BALANCE RETREAT

RESTORE STRENGTH. FIND PURPOSE.
BALANCE EMOTIONS. LIVE WITH WISDOM.

✦ DISCOVER YOUR TRUE POWER WITH PEACE & PURPOSE. ✦




INNER STRENGTH
Build confidence,
courage and
inner resilience.


EMOTIONAL BALANCE
Heal emotions,
release stress and
find inner calm.


FOCUS & DISCIPLINE
Improve focus,
self-control and
daily discipline.


PURPOSE & VISION
Discover your life
purpose and create
a meaningful path.


STRONG LEADERSHIP
Develop leadership
qualities and take
responsibility.


SPIRITUAL GROWTH
Deepen self-awareness,
spiritual connection
and inner wisdom.


HEALTH & VITALITY
Boost energy, improve
health and restore
mind-body balance.

WHAT YOU WILL EXPERIENCE

- ◆ Guided Meditation & Self-Awareness
- ◆ Breathwork & Energy Healing
- ◆ Yoga for Strength & Grounding
- ◆ Emotional Release & Healing
- ◆ Discipline & Habit Building
- ◆ Purpose & Leadership Workshops
- ◆ Silent Reflection & Nature Walks
- ◆ Spiritual Guidance & Life Coaching
- ◆ Sacred Rituals & Fire Ceremonies
- ◆ Journaling & Deep Self-Reflection

BENEFITS OF THIS RETREAT

- ✓ Emotional stability and mental clarity
- ✓ Better self-control and stress management
- ✓ Stronger confidence and self-worth
- ✓ Clear life purpose and direction
- ✓ Healthier relationships and communication
- ✓ Increased energy and physical vitality
- ✓ Release anger, fear and past wounds
- ✓ Spiritual maturity and inner peace
- ✓ Become a grounded, balanced and authentic man


**STRENGTH WITH COMPASSION.
POWER WITH PURPOSE.**

A DAY IN THE RETREAT

- 🕒 5:30 AM Sunrise & Silent Meditation
- 🕒 6:30 AM Yoga & Pranayama
- 🕒 7:30 AM Healthy Sattvic Breakfast
- 🕒 9:00 AM Workshop / Self-Development
- 🕒 11:00 AM Nature Walk / Reflection Time
- 🕒 1:00 PM Sattvic Lunch & Rest
- 🕒 3:00 PM Breathwork & Healing Session
- 🕒 5:00 PM Physical Training / Strength
- 🕒 6:30 PM Fire Ceremony / Sacred Ritual
- 🕒 7:30 PM Dinner & Sharing Circle
- 🕒 9:00 PM Night Meditation & Silence



EVERY RETREAT INCLUDES

-  Comfortable Stay
-  Expert Guidance
-  Workshops & Coaching
-  Ayurvedic Wellness
-  Sattvic Meals (Healthy & Pure)
-  Temple Visits & Sacred Rituals
-  Safe, Supportive Environment
-  24/7 Care & Support

NOT ABOUT
BEING PERFECT.
IT'S ABOUT BECOMING
YOUR BEST SELF.

YOUR
JOURNEY.
OUR CARE.

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DIVINE
EXPERIENCES
AWAIT YOU.



SPIRITUAL
RETREATS



YOGA &
MEDITATION



AYURVEDIC
WELLNESS



DETOX &
HEALING



NATURE &
PEACE



SATTVIC
MEALS



TEMPLE VISITS &
SACRED RITUALS



24/7
SUPPORT



DISCOVER THE WARRIOR WITHIN. LIVE WITH BALANCE. LEAD WITH WISDOM.





TRAVEL
PILGRIMAGE
WORSHIP
TRANSFORM

TEMPLE & RITUAL RETREATS

Sacred Journeys. Divine Blessings. Eternal Transformation.

PILGRIMAGE WITH PURPOSE. EXPERIENCE DIVINE ENERGY.

OUR SACRED RETREAT OFFERINGS

1 NAVAGRAHA TEMPLE RETREAT  Balance your planets, heal karma and invite harmony, peace & prosperity.	2 JYOTIRLINGA PILGRIMAGE RETREAT  Visit the sacred Jyotirlingas and receive Shiva's divine protection, grace & blessings.	3 SHAKTI PEETHA SPIRITUAL TOUR  Seek the blessings of Divine Mother at Shakti Peethas and experience feminine energy healing.	4 CHAR DHAM YATRA RETREAT  The ultimate pilgrimage to the four holy shrines for purification and moksha blessings.	5 KASHI SPIRITUAL AWAKENING RETREAT  Awaken your soul in the spiritual capital of the world. Seek peace, wisdom & liberation.
6 KEDARNATH-BADRINATH DIVINE RETREAT  Experience the divine power of the Himalayas. Faith, devotion & inner transformation.	7 TIRUPATI BLESSINGS RETREAT  Receive the blessings of Lord Venkateswara for prosperity, devotion & fulfillment.	8 RAMESHWARAM SACRED JOURNEY  A sacred pilgrimage for purification, ancestral peace and Shiva's divine blessings.	9 VARANASI MOKSHA RETREAT  A journey towards inner liberation, ancestral healing and eternal spiritual wisdom.	10 HARIDWAR-RISHIKESH SPIRITUAL RETREAT  Ganga Aarti, yoga, meditation & temples. A perfect retreat for peace & rejuvenation.

WHAT'S INCLUDED

- Temple visits & VIP darshan
- Personalized puja, havan & sacred rituals
- Spiritual guidance & support
- Comfortable stay
- Sattvic meals & Ayurvedic care
- Ganga Aarti & spiritual experiences
- Travel & pilgrimage coordination
- Family blessings & memories

BENEFITS OF OUR RETREATS

- Divine blessings & spiritual purification
- Karma healing & emotional release
- Peace, prosperity & family well-being
- Strengthen faith & inner connection
- Ancient temples, rituals & traditions
- Sacred travel with meaningful purpose
- Spiritual growth & self-transformation
- Create everlasting memories

IDEAL FOR

- Devotees & spiritual seekers
- Families & elders
- International travelers
- Wellness & retreat guests
- Anniversary & birthday celebrations
- Anyone seeking blessings, peace & spiritual growth
- Healing through devotion and temple energy

"A PILGRIMAGE IS NOT ONLY A JOURNEY TO A HOLY PLACE—
IT IS A JOURNEY BACK TO THE DIVINE WITHIN."

 SPIRITUAL EXPERIENCES	 EXPERT GUIDANCE	 AUTHENTIC RITUALS	 COMFORTABLE STAY	 SATTVIC MEALS	 SAFE & SECURE	 24/7 SUPPORT
--	---	---	--	---	---	--

TRAVEL WITH FAITH.
RETURN WITH GRACE.

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YOUR JOURNEY.
OUR CARE.
DIVINE EXPERIENCES.

- Pilgrimage
- Purification
- Blessings
- Transformation





Caring for You,
Naturally



goditsyou.net
Connecting with Inner God



Om Ayurveda
Ancient Wisdom,
Perfect for You

AYURVEDA DETOX RETREAT

CLEANSE. HEAL. REJUVENATE. TRANSFORM.

A JOURNEY TO PURE BODY, CALM MIND & HAPPY SOUL

An Ayurveda Detox Retreat is a holistic healing experience that removes toxins (Ama), balances your doshas, rejuvenates body and mind, and restores natural harmony and vitality.

WHAT IS AN AYURVEDA DETOX RETREAT?

It is a peaceful retreat focused on removing toxins (Ama), balancing Doshas (Vata, Pitta, Kapha), and rejuvenating the body naturally through Ayurveda, Panchakarma, yoga, meditation, sattvic food and mindful living.



DETOXIFY
THE BODY



BALANCE
THE DOSHAS



REJUVENATE
NATURALLY

WHAT YOU EXPERIENCE



Abhyanga
Oil Massage



Shirodhara
Therapy



Herbal Steam
& Detox



Panchakarma
Cleansing



Ayurvedic
Consultation



Yoga &
Pranayama



Meditation &
Mindfulness



Sattvic Food
& Lifestyle

BENEFITS OF AYURVEDA DETOX

- ✓ Deep body detoxification
- ✓ Improves digestion & metabolism
- ✓ Eliminates stress & toxins
- ✓ Boosts immunity & energy
- ✓ Improves skin & natural glow
- ✓ Enhances sleep & relaxation
- ✓ Balances hormones & doshas
- ✓ Improves mental clarity & focus
- ✓ Promotes overall wellness
- ✓ Long-term health transformation

IDEAL FOR

- Wellness Seekers
- Working Professionals
- People with Stress & Fatigue
- Yoga Practitioners
- International Travelers
- Families & Couples
- Anyone Seeking Natural Healing

RETREAT HIGHLIGHTS



Natural &
Peaceful
Environment



Experienced
Ayurvedic
Doctors



Personalized
Dosha-Based
Programs



100%
Sattvic Food



Safe, Hygienic
& Comfortable
Stay



Daily Routine
for Body, Mind
& Soul

OUR PROMISE

- Authentic Ayurveda
- Expert Care •
- Natural Healing
- Complete Rejuvenation

AYURVEDIC DETOX JOURNEY



Consultation
& Analysis



Preparation
(Purva Karma)



Cleansing
(Panchakarma)



Rejuvenation
(Paschat Karma)



Lifestyle
Guidance



Transformation
& Wellness

INVEST IN YOUR HEALTH,
RETURN TO YOUR BEST SELF.

You Deserve to Feel Amazing!

BOOK YOUR TRANSFORMATION TODAY!

CALL / WHATSAPP



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HEAL YOUR BODY
CALM YOUR MIND
NOURISH YOUR SOUL
LIVE YOUR BEST LIFE

AYURVEDA • PANCHAKARMA • YOGA • MEDITATION • NATURE • HEALING

A Retreat for Life.



Caring for You,
Naturally



goditsyou.net
Connecting with Inner God



Om Ayurveda

Ancient Wisdom,
Perfect for You

YOGA RETREAT

Relax. Reconnect. Rejuvenate.
A Journey to Inner Peace and Well-being

Step away from the noise of daily life and immerse yourself in a transformative experience of yoga, meditation, Ayurveda, nature and mindful living.



YOGA &
MEDITATION



AYURVEDA &
DETOX



NATURE
HEALING



SPIRITUAL
PRACTICES



SATTVIC
FOOD



PERSONAL
GROWTH

BENEFITS

- ✓ Reduces stress & anxiety
- ✓ Improves flexibility & strength
- ✓ Boosts immunity & energy
- ✓ Enhances focus & clarity
- ✓ Deep relaxation & better sleep
- ✓ Detoxifies body & mind
- ✓ Connects you with your true self
- ✓ Promotes happiness & positivity

EXPERIENCE THE JOY OF



DAILY YOGA



MEDITATION



AYURVEDA



SATTVIC FOOD



GANGA ARTI



NATURE WALKS

IDEAL FOR

- Individuals
- Couples
- Families
- Working Professionals
- Yoga Practitioners
- Wellness Seekers
- International Guests
- Anyone Seeking Peace & Balance

RETREAT HIGHLIGHTS



Peaceful &
Scenic Location



Comfortable
Accommodations



Experienced
Teachers



Small Groups,
Personal Attention



Safe, Healthy
& Hygienic

BOOK YOUR TRANSFORMATION TODAY!

CALL / WHATSAPP



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Take the first step towards a healthier, happier you.



HEAL YOUR BODY
CALM YOUR MIND
NOURISH YOUR SOUL
LIVE YOUR BEST LIFE

YOGA • MEDITATION • AYURVEDA • NATURE • WELLNESS

A Retreat for Life.

MEDITATION RETREAT

Silence the Mind. Awaken the Soul.

A Journey Inward to Peace, Clarity & Joy

Step away from the noise of daily life and immerse yourself in a sacred space of stillness, mindfulness and self-discovery. Rejuvenate your body, calm your mind and uplift your spirit.

WHAT IS A MEDITATION RETREAT?

A meditation retreat is a dedicated time away from daily distractions to deepen your inner practice through meditation, silence, yoga, mindfulness and spiritual living in a serene environment.



WHAT YOU EXPERIENCE



Meditation
Sessions



Mindfulness
& Silence



Pranayama
& Breathwork



Mantra Chanting
& Om Meditation



Yoga & Gentle
Movement



Satsang &
Spiritual Talks



Nature Walks
& Healing



Sattvic Food &
Ayurvedic Care

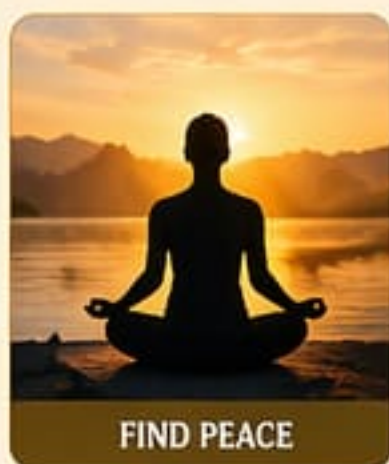
BENEFITS OF A MEDITATION RETREAT

- ✓ Deep mental peace
- ✓ Reduces stress & anxiety
- ✓ Improves focus & clarity
- ✓ Emotional balance & healing
- ✓ Better sleep & relaxation
- ✓ Spiritual growth & awareness
- ✓ Positive energy & happiness
- ✓ Stronger connection with self and the Divine



RETREAT HIGHLIGHTS

- Peaceful & Scenic Location
- Comfortable Accommodation
- Experienced Teachers
- Small Groups, Personal Attention
- Safe, Healthy & Hygienic
- Digital Detox Environment
- Daily Schedule for Balance of Body, Mind & Spirit



FIND PEACE



FOCUS WITHIN



HEAL NATURALLY



NOURISH YOUR BODY

IDEAL FOR

- Spiritual Seekers
- Working Professionals
- Students
- Yoga Practitioners
- Families & Couples
- Wellness Travelers
- International Guests
- Anyone Seeking Inner Peace & Balance

“ In the silence of meditation,
you will find the answers you
have been searching for. ”



SILENCE



MINDFULNESS



HEALING



BALANCE



TRANSFORMATION



INNER PEACE

GIVE YOURSELF
THE GIFT OF
INNER PEACE
AND WELLNESS



BOOK YOUR RETREAT TODAY!

CALL / WHATSAPP

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- HEAL YOUR BODY
- CALM YOUR MIND
- NOURISH YOUR SOUL
- LIVE YOUR BEST LIFE



SPIRITUAL PILGRIMAGE RETREAT

A Journey to the Divine Within

TRAVEL OUTWARD, AWAKEN INWARD

Discover the sacred beauty of holy places,
ancient traditions, and spiritual practices that
purify the soul, calm the mind and bring
you closer to the Divine.

PILGRIMAGE
IS NOT JUST
A JOURNEY...
IT IS A JOURNEY
WITHIN.

WHAT IS A SPIRITUAL PILGRIMAGE RETREAT?

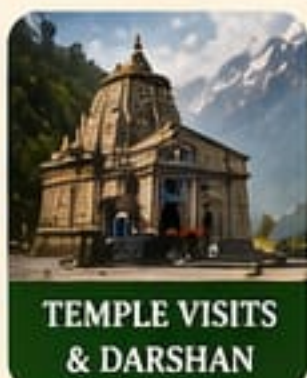
A deeply enriching journey to
sacred places that combines
pilgrimage, devotion, yoga,
meditation, and self-reflection
for inner transformation and
divine connection.



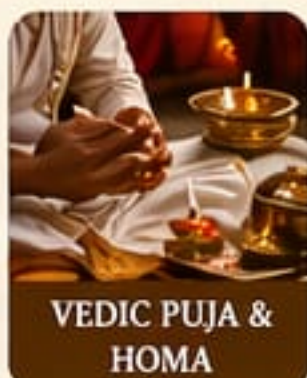
WHAT YOU EXPERIENCE



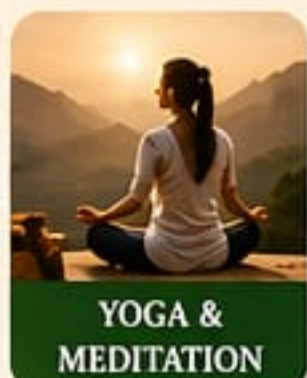
GANGA AARTI
& RIVER RITUALS



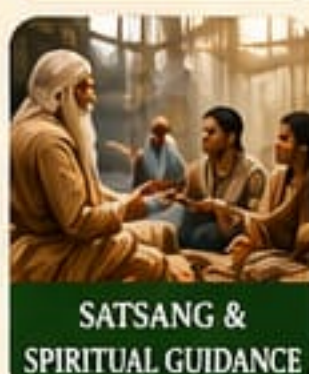
TEMPLE VISITS
& DARSHAN



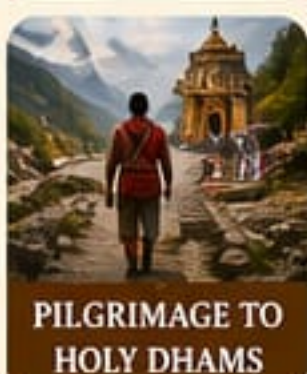
VEDIC PUJA &
HOMA



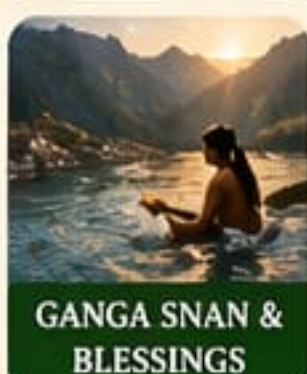
YOGA &
MEDITATION



SATSANG &
SPIRITUAL GUIDANCE



PILGRIMAGE TO
HOLY DHAMS



GANGA SNAN &
BLESSINGS



SATTVIC FOOD &
MINDFUL LIVING

BENEFITS OF THE RETREAT

- Inner peace & emotional healing
- Stronger devotion & faith
- Removes stress & negativity
- Spiritual purification & blessings
- Connection with sacred traditions
- Mindfulness & life clarity
- Divine grace & positive energy
- Life-changing inner transformation



PILGRIMAGE DESTINATIONS

- Haridwar – Gateway of the Gods
- Rishikesh – Yoga Capital of the World
- Kedarnath – Abode of Lord Shiva
- Badrinath – Sacred Vishnu Dham
- Gangotri – Source of Holy Ganga
- Yamunotri – Pure Divine Blessings
- Vrindavan – Land of Lord Krishna
- Varanasi – Eternal City of Moksha

...and many more sacred places

RETREAT HIGHLIGHTS



Expert Spiritual Guides



Comfortable & Peaceful Stay



Daily Yoga & Meditation



Sacred Rituals & Ceremonies



Ayurvedic Wellness Support



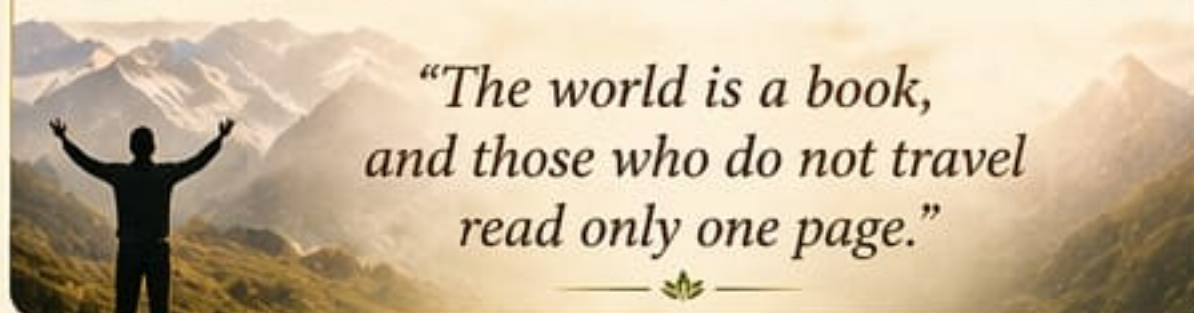
Sattvic Vegetarian Meals



Group Harmony & Bonding



Safe, Comfortable & Hygienic



*"The world is a book,
and those who do not travel
read only one page."*

IDEAL FOR



Spiritual Seekers



Families & Devotees



Yoga Practitioners



Wellness Travelers



International Guests



Seniors Seeking Peace



Anyone Seeking Divine Connection



TAKE THE STEP
TOWARDS DIVINE GRACE
AND INNER PEACE



BOOK YOUR SPIRITUAL JOURNEY TODAY!



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Let the Divine lead you. We take care of the rest.



SACRED JOURNEY
SOULFUL EXPERIENCE
DIVINE TRANSFORMATION

SILENT RETREAT

Step Away. Be Still. Discover Your True Self.

SILENCE SPEAKS. THE SOUL LISTENS.

A Silent Retreat (Mauna Retreat) is a sacred journey of inner stillness. Through silence, meditation, and mindful living, discover deep peace, clarity, and the wisdom within.

MAUNA
IS NOT ABSENCE
OF WORDS,
IT IS PRESENCE
OF AWARENESS.

WHAT IS A SILENT RETREAT?

A Silent Retreat is a dedicated time of silence to quiet the mind, observe your thoughts, connect within, and experience the joy of simply being.



WHAT YOU EXPERIENCE



SILENT
MEDITATION



YOGA &
PRANAYAMA



NATURE WALKS
& MINDFULNESS



SELF REFLECTION
& JOURNALING



SATTVIC FOOD &
SIMPLE LIVING



GANGA AARTI &
SPIRITUAL VIBES



DEEP REST &
INNER CALM



DIGITAL DETOX
& MENTAL RESET

BENEFITS OF SILENT RETREAT

- ✓ Deep mental peace
- ✓ Reduces stress & anxiety
- ✓ Emotional balance & healing
- ✓ Improved focus & clarity
- ✓ Better sleep & relaxation
- ✓ Nervous system reset
- ✓ Stronger self-awareness
- ✓ Spiritual growth
- ✓ Inner happiness & lasting calmness



IDEAL FOR

- 🧘 Spiritual Seekers
- 💼 Working Professionals
- 🧘 Yoga Practitioners
- 🌿 Wellness Travelers
- 🎓 Students Under Stress
- 💖 People Seeking Emotional Healing
- 🧘 Anyone Wanting Deep Inner Peace

RETREAT HIGHLIGHTS



Peaceful
Location in
Nature



Experienced
Meditation
Guides



Daily Yoga,
Pranayama &
Meditation



100% Sattvic
Vegetarian
Food



Comfortable
& Eco-Friendly
Accommodation



Supportive
Environment
for Inner Growth

“Silence is not empty—
it is full of answers.”



RETREAT GUIDELINES

- 🌿 Maintain silence (Mauna)
- 🌿 No mobile phones & digital devices
- 🌿 Mindful movement & respectful conduct
- 🌿 Follow schedule mindfully
- 🌿 Be present & observe
- 🌿 Let go & allow the healing

GIVE YOURSELF
THE GIFT OF SILENCE.

RETURN TO YOUR CENTER.
RETURN TO YOURSELF.



LIMITED SPACES | BOOK YOUR SILENT RETREAT TODAY!

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Disconnect to Reconnect.

- 🌿 QUIET MIND
- 🌿 BALANCED HEART
- 🌿 AWARE SOUL
- 🌿 FULFILLED LIFE



PANCHAKARMA HEALING RETREAT

DETOX. HEAL. REJUVENATE. TRANSFORM.

A traditional Ayurvedic detox therapy that cleanses the body, balances doshas, restores natural harmony and brings total wellness.

WHAT IS PANCHAKARMA HEALING RETREAT?

Panchakarma is the five-fold purification therapy of Ayurveda that removes toxins (Ama), balances Vata, Pitta & Kapha doshas and rejuvenates body, mind and soul.



DETOXIFY THE BODY BALANCE THE DOSHAS REJUVENATE NATURALLY

THE 5 PANCHAKARMA THERAPIES



VAMANA
Therapeutic emesis for cleansing the stomach

VIRECHANA
Purgation therapy for deep internal cleansing

BASTI
Medicated enema therapy to balance Vata dosha

NASYA
Nasal detoxification for head & sinuses

RAKTAMOKSHANA
Blood purification therapy for skin & toxins

Personalized by Ayurvedic Doctors
as per your body constitution

BENEFITS OF PANCHAKARMA HEALING RETREAT

- ✓ Deep toxin removal from body
- ✓ Improves digestion & metabolism
- ✓ Boosts immunity & energy
- ✓ Relieves stress, anxiety & fatigue
- ✓ Improves sleep & mental clarity
- ✓ Healthy skin & natural glow
- ✓ Relief from chronic pain & conditions
- ✓ Restores balance & inner harmony
- ✓ Long-term health transformation

WHAT YOU EXPERIENCE



ABHYANGA
Herbal Oil Massage



SHIRODHARA
Stress Relief Therapy



HERBAL STEAM
Detox & Purification



**AYURVEDIC
CONSULTATION**
Personalized Care



**YOGA &
PRANAYAMA**
Mind & Body Balance



**MEDITATION &
MINDFULNESS**
Inner Peace



SATTVIC FOOD
Pure, Light &
Nourishing



**SPIRITUAL
EXPERIENCE**
Ganga Aarti &
Satsang

IDEAL FOR

- People with stress, fatigue & burnout
- Digestive & lifestyle disorders
- Working professionals
- Yoga & wellness enthusiasts
- International health travelers
- Anyone seeking natural healing

RETREAT HIGHLIGHTS

- Natural & Peaceful Environment
- Experienced Ayurvedic Doctors
- 100% Ayurvedic Treatments
- Sattvic Food & Diet Plan
- Comfortable & Hygienic Stay
- Daily Routine for Body, Mind & Soul Balance

OUR PROMISE

- Authentic Ayurveda
- Expert Care
- Natural Healing
- Complete Rejuvenation

CLEANSE DEEPLY. HEAL NATURALLY. LIVE FULLY.

**BOOK YOUR
HEALING JOURNEY
TODAY!**



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YOUR HEALTH IS YOUR GREATEST WEALTH

- HEAL YOUR BODY
- CALM YOUR MIND
- NOURISH YOUR SOUL
- LIVE YOUR BEST LIFE



Caring for You,
Naturally



goditsyou.net
Connecting with Inner God



Om Ayurveda
Ancient Wisdom,
Perfected for You

DETOX RETREAT

→ CLEANSE. HEAL. REJUVENATE. RENEW. →

A HOLISTIC JOURNEY TO PURIFY BODY,
CALM MIND & RESTORE NATURAL BALANCE.

A Detox Retreat helps remove accumulated toxins,
improve digestion, boost immunity, reduce stress
and bring your body, mind and soul back to harmony.

DETOX
TODAY FOR
A HEALTHIER
TOMORROW

WHAT IS A DETOX RETREAT?

A Detox Retreat is a complete
healing program that uses the
power of Ayurveda, Panchakarma,
yoga, meditation and sattvic living
to cleanse your body, mind and
emotions from within.



WHAT YOU EXPERIENCE



AYURVEDIC
THERAPIES



SHIRODHARA
FOR RELAXATION



YOGA &
PRANAYAMA



SATTVIC FOOD
& HERBAL DRINKS



HERBAL STEAM
& CLEANSING



GANGA AARTI &
SPIRITUAL CALMNESS



NATURE WALKS &
FRESH HEALING



REST, REFLECTION &
EMOTIONAL RESET

BENEFITS OF DETOX RETREAT

- Deep body purification
- Better digestion & metabolism
- Reduces stress & mental fatigue
- Improved sleep & relaxation
- Increased energy & vitality
- Healthy skin & natural glow
- Stronger immunity
- Emotional balance & clarity
- Long-term wellness transformation



DETOX INCLUDES

- Panchakarma Detox Therapies
- Ayurvedic Consultation
- Herbal Cleansing Support
- Yoga & Meditation
- Sattvic Diet & Herbal Drinks
- Nature Therapy
- Digital Detox
- Personalized Wellness Plan

PROGRAM HIGHLIGHTS



Dosha
Balancing



Toxin
Elimination



Digestive
Healing



Immunity
Boosting



Stress
Relief



Mind-Body
Rejuvenation

Purify your body,
Calm your mind,
Elevate your life."

IDEAL FOR

- Working Professionals
- Wellness Seekers
- People with Stress & Burnout
- Yoga Practitioners
- International Healing Travelers
- Families Seeking Natural Healing
- Anyone Wanting a Healthy Reset



AYURVEDIC HEALING



HEALING FOOD



YOGA & MEDITATION



DETOX THERAPIES



PEACE & NATURE



INNER RENEWAL

GIVE YOUR BODY
THE GIFT OF DETOX.
LIVE LIGHT. LIVE RIGHT.
LIVE WELL.

BOOK YOUR DETOX RETREAT TODAY!

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Let Nature Heal You. We Take Care of the Rest.

- CLEANSE YOUR BODY
- CALM YOUR MIND
- RESTORE YOUR ENERGY
- TRANSFORM YOUR LIFE

AYURVEDA • YOGA • MEDITATION • NATURE • HEALING • PEACE • WELLNESS

A Retreat for Life. A Journey to Inner Peace.

COUPLES HEALING RETREAT

Heal Together. Grow Together. Stay Together.

RECONNECT • RENEW • REJUVENATE

A sacred journey for couples to heal,
strengthen their bond, and create a life of
love, understanding and harmony.

STRONGER
TOGETHER
HAPPIER
FOREVER

WHAT IS A COUPLES HEALING RETREAT?

A Couples Healing Retreat is a wellness and spiritual experience designed for partners to heal emotional wounds, improve communication, reduce stress, and reconnect on a deeper level through Ayurveda, yoga, nature and mindful practices.



WHAT YOU EXPERIENCE



COUPLE YOGA & MEDITATION



AYURVEDIC & PANCHAKARMA THERAPIES



NATURE WALKS & MINDFUL TIME TOGETHER



GANGA AARTI & SPIRITUAL BLESSINGS



SATTVIC FOOD & HEALTHY LIVING



RELATIONSHIP REFLECTION & HEART CONNECTION



RELAXATION & STRESS RELEASE



PEACEFUL STAY IN NATURE'S LAP

BENEFITS OF COUPLES HEALING RETREAT

- Stronger emotional connection
- Better communication & understanding
- Reduces stress & relationship tension
- Deep relaxation & peace
- Shared spiritual growth
- Healing from emotional burnout
- Improved trust & harmony
- Beautiful memories & life balance



IDEAL FOR

- Married Couples
- Newly Married Couples
- Anniversary Retreats
- Couples Seeking Emotional Healing
- Wellness Travelers
- Spiritual Partners
- Anyone Wanting Deeper Relationship Harmony

RETREAT HIGHLIGHTS



Holistic Healing



Ayurveda & Panchakarma



Yoga & Meditation



Himalayan Environment



100% Sattvic Vegetarian Food



Love, Peace & Togetherness

*"When two hearts heal together,
love becomes peace."*

RETREAT INCLUDES

- Yoga & Meditation Sessions
- Ayurvedic Consultations
- Panchakarma Therapies
- Couple Spa & Massages
- Breathwork & Mindfulness
- Temples & Spiritual Practices
- Nature Walks & Activities
- Sattvic Meals & Herbal Drinks
- Digital Detox & Relaxation



RIVER SIDE PEACE



SUNRISE YOGA



AYURVEDIC THERAPIES



HIMALAYAN VIEWS



CANDLE LIGHT DINNER



PEACEFUL STAY



SPIRITUAL BLESSINGS

INVEST IN YOUR RELATIONSHIP.
INVEST IN YOUR HAPPINESS.
CHOOSE HEALING. CHOOSE LOVE.

BOOK YOUR COUPLES HEALING RETREAT TODAY!



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Disconnect from the chaos. Reconnect with each other.

- HEAL TOGETHER
- GROW TOGETHER
- LOVE FOREVER
- LIVE A HARMONIOUS LIFE



Caring for You,
Naturally



goditsyou.net
Connecting with Inner God



Om Ayurveda

Ancient Wisdom,
Perfected for You

WELLNESS & NATURE RETREAT

Reconnect. Rejuvenate. Rejoice.

Heal Your Body, Calm Your Mind, Uplift Your Soul.

A holistic retreat that blends the healing power of nature, Ayurveda, yoga, and mindfulness to help you detox, destress, and discover a healthier, happier you.

RETURN
TO NATURE
RETURN TO
YOURSELF

WHAT IS A WELLNESS & NATURE RETREAT?

It is a complete wellness experience in the lap of nature that helps you reconnect with yourself and the natural world through yoga, Ayurveda, mindfulness, clean food, and conscious living.



WHAT YOU EXPERIENCE



YOGA &
PRANAYAMA



MEDITATION &
MINDFULNESS



AYURVEDA &
PANCHAKARMA



SATTVIC FOOD &
NUTRITION



NATURE WALKS &
FOREST HEALING



GANGA AARTI &
SPIRITUAL VIBES



HERBAL WELLNESS &
NATURAL HEALING



REST, RELAX &
REJUVENATE

BENEFITS OF THE RETREAT

- Deep stress relief & relaxation
- Better sleep & mental clarity
- Improved immunity & energy
- Emotional balance & happiness
- Detoxification & body cleansing
- Stronger connection with nature
- Healthy lifestyle & habit reset
- Long-lasting wellness & vitality



WE HEAL YOU NATURALLY

- Ayurvedic Consultations
- Panchakarma Therapies
- Yoga & Holistic Practices
- Herbal & Natural Therapies
- Lifestyle & Diet Guidance
- Mind-Body Detox Programs

RETREAT HIGHLIGHTS



Scenic &
Peaceful
Location



Comfortable
Eco-friendly
Stay



Experienced
Wellness
Experts



Daily Yoga
& Meditation
Sessions



100% Pure
Vegetarian
Food



Daily Schedule
for Body, Mind
& Soul

“In nature, you will find peace. In yourself, you will find strength.”

IDEAL FOR

- Working Professionals
- Wellness Seekers
- Families & Couples
- Yoga Practitioners
- International Guests
- Nature Lovers
- Anyone Seeking Peace, Health & Happiness



PURE NATURE



MOUNTAIN VIEWS



RIVER BLISS



PEACEFUL STAY



HOLISTIC WELLNESS

INVEST IN YOUR WELLNESS,
NURTURE YOUR NATURE,
TRANSFORM YOUR LIFE.

BOOK YOUR WELLNESS RETREAT TODAY!



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Take a Break. Heal Naturally. Live Fully.

- HEAL YOUR BODY
- CALM YOUR MIND
- NOURISH YOUR SOUL
- LIVE YOUR BEST LIFE

WELLNESS • NATURE • YOGA • AYURVEDA • MINDFULNESS • HEALING • HAPPINESS

A Retreat for Life. A Journey to Inner Peace.



WOMEN WELLNESS RETREAT

Heal. Reconnect. Empower.

A JOURNEY TO YOUR BEST SELF

A sacred space for women to relax, rejuvenate and renew through Ayurveda, yoga, meditation, nature, and self-care. Rediscover your inner strength, balance, and beauty.

**BE STRONG
BE YOU
BE LIMITLESS**

WHAT IS A WOMEN WELLNESS RETREAT?

It is a holistic retreat designed specially for women to support physical health, hormonal balance, emotional healing, stress relief, self-love and overall well-being in a peaceful and nourishing environment.



WHAT YOU EXPERIENCE



YOGA &
MEDITATION



AYURVEDIC
THERAPIES



SATTVIC FOOD &
HERBAL DRINKS



BREATHWORK &
MINDFULNESS



STRESS RELIEF &
DETOX



GANGA ARTI &
SPIRITUAL CONNECTION



NATURE WALKS &
INNER PEACE



SELF REFLECTION &
PERSONAL GROWTH

BENEFITS OF WOMEN WELLNESS RETREAT

- Hormonal balance & vitality
- Reduced stress & anxiety
- Better sleep & mental clarity
- Healthy skin & natural glow
- Emotional healing & happiness
- Increased energy & immunity
- Stronger self-confidence
- Spiritual awareness & peace
- Long-term wellness transformation



IDEAL FOR

- Working Women
- Mothers & Homemakers
- Wellness Seekers
- Yoga Practitioners
- Women with Stress & Burnout
- International Wellness Travelers
- Anyone Seeking Inner Peace & Renewal



RETREAT HIGHLIGHTS



Ayurveda &
Panchakarma
Healing



Daily Yoga,
Pranayama &
Meditation



100% Sattvic
Vegetarian
Food



Herbal & Natural
Beauty Care



Comfortable
Stay in Nature



Safe, Supportive
& Empowering
Environment

*“When a woman takes care of herself,
she blooms. And when she blooms,
she inspires the world.”*

RETREAT INCLUDES

- Yoga & Meditation Sessions
- Ayurvedic Consultations
- Panchakarma Therapies
- Herbal Beauty Treatments
- Group Sharing & Healing Circles
- Nature Walks & Activities
- Sattvic Meals & Herbal Drinks
- Digital Detox & Mindful Living
- Evening Satsang & Bhajans



YOGA IN NATURE



AYURVEDIC HEALING



COMFORT & CARE



DIVINE EXPERIENCE



SISTERHOOD & SUPPORT



NATURAL & PURE

**INVEST IN YOU.
YOU DESERVE IT.**

REST • RENEW • RISE

BOOK YOUR WOMEN WELLNESS RETREAT TODAY!

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YOUR JOURNEY TO HEALING BEGINS HERE.

- LOVE YOURSELF
- HEAL YOUR MIND
- NOURISH YOUR BODY
- EMPOWER YOUR SOUL
- LIVE YOUR BEST LIFE



AYURVEDA



YOGA



NATURE



HEALING



PEACE



WELLNESS



HARMONY

A Retreat for Life. A Journey to Inner Peace.

**Best
Care**

Caring for You,
Naturally



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Connecting with Inner God



Om Ayurveda
Ancient Wisdom,
Perfect for You

GARBHA SANSKAR RETREAT

**NURTURING MOTHER. NOURISHING LIFE.
BUILDING A BETTER TOMORROW.**

A sacred journey for expecting mothers to
nurture a healthy, happy and intelligent baby
through Vedic wisdom, Ayurveda and
positive living.

**SANSKAR
TODAY,
A BLESSING
FOREVER**

WHAT IS GARBHA SANSKAR RETREAT?

Garbha Sanskar is the ancient Vedic science that believes the baby learns, feels and grows in the womb. This retreat creates a peaceful, loving and positive environment for the holistic development of your baby and the well-being of the mother.



WHAT YOU EXPERIENCE



PREGNANCY YOGA
& GENTLE EXERCISES



VEDIC MANTRA
CHANTING



MEDITATION &
BREATHWORK



AYURVEDIC CARE &
HERBAL SUPPORT



SATTVIC DIET FOR
MOTHER & BABY



POSITIVE READING &
MUSIC THERAPY



TEMPLE BLESSINGS &
GANGA AARTI



NATURE HEALING &
PEACEFUL LIVING



Conscious Pregnancy, Conscious Parenting,
Conscious Future.

BENEFITS OF GARBHA SANSKAR RETREAT

- Healthy physical & emotional pregnancy
- Better mental peace & stress relief
- Strong bonding with your baby
- Supports baby's brain & emotional development
- Positive thoughts & good sanskars
- Better sleep & hormonal balance
- Increased confidence & happiness
- Spiritual strength & divine blessings
- Holistic care for mother & baby



IDEAL FOR

- Expecting Mothers
- Couples Planning Parenthood
- Families Supporting Pregnancy
- Women Seeking Natural & Spiritual Pregnancy Care
- Ayurveda & Wellness Seekers
- International Guests

RETREAT HIGHLIGHTS



Mother & Baby
Bonding



Ayurveda
Wellness



Yoga &
Meditation



Mantra &
Music Therapy



Vedic Wisdom
& Guidance



Love, Peace &
Positivity



*"A peaceful mother
creates a peaceful soul."*



RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Yoga & Meditation Sessions
- Sattvic Meals & Herbal Drinks
- Workshops & Guidance Sessions
- Nature Walks & Relaxation
- Temple Visits & Spiritual Practices
- 24x7 Care & Support



PEACEFUL ENVIRONMENT



AYURVEDIC THERAPIES



SATTVIC FOOD



POSITIVE READING



GANGA AARTI



NATURE WALKS

**NURTURE TODAY.
BLOSSOM TOMORROW.
BLESS FOREVER.**

BOOK YOUR GARBHA SANSKAR RETREAT TODAY!

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YOUR JOURNEY TO A DIVINE BEGINNING.

- HEAL YOUR BODY
- CALM YOUR MIND
- NURTURE YOUR BABY
- CREATE A BEAUTIFUL FUTURE

AYURVEDA • YOGA • NATURE • HEALING • LOVE • WELLNESS • HARMONY

A Retreat for Life. A Journey to Inner Peace.



Caring for You,
Naturally



goditsyou.net

Connecting with Inner God



Om Ayurveda

Ancient Wisdom,
Perfected for You

HIMALAYAN RETREAT

HEAL. RECONNECT. TRANSFORM.

*In the Himalayas, find peace,
purpose and the real you.*

THE MOUNTAINS
CLEANSE,
NATURE HEALS,
SILENCE
TRANSFORMS.

WHAT IS A HIMALAYAN RETREAT?

A Himalayan Retreat is a blissful journey to the lap of the Himalayas to relax, rejuvenate and reconnect with yourself through yoga, meditation, Ayurveda and the healing power of nature.



WHAT YOU EXPERIENCE



YOGA &
MEDITATION



MEDITATION
BY THE GANGA



GANGA AARTI &
SPIRITUAL PRACTICES



AYURVEDIC HEALING
& PANCHAKARMA



TEMPLE VISITS &
DIVINE DARSHAN



NATURE WALKS &
FOREST MEDITATION



SATTVIC FOOD &
SIMPLE LIVING



SELF REFLECTION &
SOUL RENEWAL

BENEFITS OF HIMALAYAN RETREAT

- Deep relaxation & stress relief
- Better sleep & emotional balance
- Improved focus & mental clarity
- Stronger immunity & vitality
- Spiritual awakening & mindfulness
- Reconnection with self & nature
- Positive energy & life renewal
- Long-lasting peace & happiness



IDEAL FOR

- Spiritual Seekers
- Wellness Travelers
- Yoga Practitioners
- Working Professionals
- Families & Couples
- International Visitors
- Nature Lovers
- Anyone Seeking Inner Peace

RETREAT HIGHLIGHTS



Breathtaking
Himalayan
Views



Daily Yoga,
Pranayama &
Meditation



Ayurveda &
Wellness
Therapies



100% Sattvic
Vegetarian
Food



Comfortable
& Eco-friendly
Stay



Peaceful
Environment
& Positive Vibes

“The Himalayas
offer you not just a view,
but a new perspective on life.”



INCLUDES

- Yoga & Meditation Sessions
- Ayurveda Consultations
- Panchakarma Therapies
- Breathwork & Mindfulness
- Satsang & Spiritual Guidance
- Ganga Aarti & Rituals
- Nature Excursions
- Digital Detox & Inner Work



SUNRISE YOGA



RIVER BLISS



EVENING SATSANG



FRESH MOUNTAIN AIR



DIVINE AARTI



PEACEFUL STAY



HOLISTIC WELLNESS

TAKE A BREAK.
HEAL IN NATURE.
TRANSFORM YOUR LIFE.

BOOK YOUR HIMALAYAN RETREAT TODAY!

CALL / WHATSAPP



+91 7904218828

YOUR JOURNEY TO PEACE BEGINS HERE.

- HEAL YOUR BODY
- CALM YOUR MIND
- NOURISH YOUR SOUL
- LIVE YOUR BEST LIFE

A Retreat for Life. A Journey to Inner Peace.

SENIOR CITIZEN SPIRITUAL RETREAT

PEACEFUL LIVING. DIVINE CONNECTION.
JOYFUL LIFE.

REST YOUR BODY. CALM YOUR MIND.
NOURISH YOUR SOUL.

A holistic retreat for senior citizens to experience
wellness, devotion, companionship and inner peace
in a sacred, natural and serene environment.

GOLDEN YEARS.
DIVINE YEARS.
BLESSED YEARS.

WHAT IS A SENIOR CITIZEN SPIRITUAL RETREAT?

It is a retreat designed for elders
to relax, rejuvenate and reconnect
with their inner self through
spiritual practices, Ayurveda,
healthy living, devotional
activities and joyful fellowship.



WHAT YOU EXPERIENCE



GENTLE YOGA &
PRANAYAMA



MEDITATION &
MINDFULNESS



AYURVEDIC THERAPIES
& WELLNESS CARE



TEMPLE VISITS &
SPIRITUAL DARSHAN



GANGA AARTI &
DEVOTIONAL PRACTICES



SATSANG &
BHAJANS



SATTVIC FOOD &
HEALTHY LIVING



NATURE WALKS &
PEACEFUL REST

BENEFITS OF THE RETREAT

- Emotional peace & happiness
- Reduces stress & loneliness
- Better physical comfort & vitality
- Improved sleep & mental calmness
- Spiritual strength & devotion
- Healthy routine & mindful living
- Positive companionship & support
- Graceful aging with fulfillment



IDEAL FOR

- Senior Citizens
- Retired Individuals
- Elderly Couples
- Spiritual Seekers in Later Life
- Families Planning Wellness
Care for Elders
- Anyone Seeking Peaceful
and Meaningful Aging



RETREAT HIGHLIGHTS



Comfortable
Stay



Ayurveda &
Wellness Care



Daily Prayers &
Aarti



Satsang &
Spiritual Talks



Doctor
Consultation



24x7 Care
& Support

*"A peaceful heart
makes every age beautiful."*

SAFE & SECURE
ENVIRONMENT

PURE VEGETARIAN
SATTVIC FOOD

HOLISTIC HEALING
FOR BODY & MIND

LOVE, CARE &
RESPECT

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Yoga & Pranayama Sessions
- Meditation & Mindfulness
- Satsang, Bhajans & Kirtan
- Temple Visits & Pooja
- Sattvic Meals & Herbal Drinks
- Nature Walks & Relaxation
- Laundry, Housekeeping &
24x7 Assistance



PEACEFUL ENVIRONMENT



AYURVEDIC HEALING



DAILY SATSANG



GANGA AARTI



COMFORT & CARE



JOYFUL COMPANIONSHIP

LIVE IN FAITH.
LIVE IN HEALTH.
LIVE IN HAPPINESS.
LIVE IN PEACE.

BOOK YOUR SPIRITUAL RETREAT TODAY!

CALL / WHATSAPP



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WE TAKE CARE OF YOU LIKE FAMILY.

- HEAL YOUR BODY
- CALM YOUR MIND
- NOURISH YOUR SOUL
- ENJOY YOUR LIFE



AYURVEDA • YOGA • SATTVIC FOOD • MEDITATION • DEVOTION • NATURE • WELLNESS

→ A Retreat for Life. A Journey to Inner Peace.



CHAKRA HEALING RETREAT

Balance Your Energy. Heal Your Life.

Align. Activate. Awaken.

BALANCE YOUR CHAKRAS, BALANCE YOUR LIFE

A transformative journey to cleanse, balance and energize your 7 chakras through Yoga, Meditation, Ayurveda, Sound Healing and Nature.

**CLEANSE
YOUR ENERGY.
AWAKEN YOUR
TRUE SELF.**

WHAT IS A CHAKRA HEALING RETREAT?

It is a holistic retreat designed to balance your 7 chakras, release emotional blockages, restore energy flow and awaken your body, mind and spirit for a healthy, happy and harmonious life.



WHAT YOU EXPERIENCE



CHAKRA MEDITATION
& VISUALIZATION



YOGA FOR
ENERGY BALANCE



PRANAYAMA &
BREATH HEALING



AYURVEDIC THERAPIES
& ABHYANGA



SOUND HEALING &
MANTRA CHANTING



NATURE WALKS &
MINDFUL AWARENESS



GANGA ARTI &
SPIRITUAL GROUNDING



SATTVIC FOOD &
CONSCIOUS LIVING

BENEFITS OF CHAKRA HEALING RETREAT

- Balances energy centers (chakras)
- Emotional balance & release
- Reduces stress & anxiety
- Improves focus & clarity
- Enhances energy & vitality
- Spiritual awakening & growth
- Better sleep & inner peace
- Strengthens intuition
- Promotes overall well-being
- Long-term healing & harmony



IDEAL FOR

- Spiritual Seekers
- Yoga Practitioners
- People Facing Stress or Emotional Blockages
- Meditation Learners
- Wellness Travelers
- Anyone Seeking Energy Healing & Inner Peace



RETREAT HIGHLIGHTS



Chakra
Balancing
Sessions



Mantra &
Sound
Healing



Ayurveda
Wellness
Therapies



Detox &
Energy
Cleansing



Silence &
Inner
Reflection



Spiritual
Wisdom &
Satsang



Love, Joy &
Positive
Energy

*“When energy flows freely,
life flows beautifully.”*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Yoga & Meditation Sessions
- Chakra Balancing Workshops
- Pranayama & Breathwork
- Sattvic Meals & Herbal Drinks
- Nature Walks & Excursions
- Evening Satsang & Bhajans
- Digital Detox & Silence Time
- 24x7 Care & Support



MEDITATION



AYURVEDIC HEALING



SOUND HEALING



YOGA & PRANAYAMA



GANGA ARTI



NATURE & PEACE



SATTVIC FOOD

**ALIGN YOUR CHAKRAS.
HEAL YOUR ENERGY.
AWAKEN YOUR SOUL.
LIVE YOUR BEST LIFE.**

BOOK YOUR CHAKRA HEALING RETREAT TODAY!



CALL / WHATSAPP
+91 7904218828
YOUR JOURNEY TO INNER BALANCE STARTS HERE.



**ROOTED. BALANCED.
ENERGIZED. AWAKENED.
ALIGNED. EMPOWERED.
HEALED. HAPPY.**

**Best
Care**

Caring for You,
Naturally



goditsyou.net
Connecting with Inner God



Om Ayurveda
Ancient Wisdom,
Perfect for You

STRESS RELIEF RETREAT

*Release Stress. Restore Balance.
Reclaim Your Peace.*

RELAX • HEAL • RECHARGE • RENEW

A healing journey to calm your mind, heal your body
and uplift your soul through Ayurveda, Yoga,
Meditation and Nature.

UNPLUG.
SLOW DOWN.
BREATHE.
HEAL.

DIGITAL
DETOX
INNER
DETOX

WHAT IS A STRESS RELIEF RETREAT?

It is a holistic retreat designed to reduce stress, anxiety, burnout and mental overload. It helps you relax deeply, heal from within and create a balanced, peaceful and happy life.



WHAT YOU EXPERIENCE



YOGA &
STRETCHING



MEDITATION &
MINDFULNESS



AYURVEDIC THERAPIES
& SHIRODHARA



PRANAYAMA &
BREATH HEALING



SATTVIC FOOD &
HEALTHY LIVING



NATURE WALKS &
NATURE HEALING



GANGA AARTI &
SPIRITUAL PEACE



DEEP RELAXATION &
RESTORATIVE SLEEP

BENEFITS OF STRESS RELIEF RETREAT

- Reduces stress & anxiety
- Better emotional balance
- Improved sleep quality
- Mental clarity & focus
- Relaxes nervous system
- Increases energy & positivity
- Boosts immunity
- Improves overall well-being
- Inner peace & happiness
- Long-term lifestyle transformation



IDEAL FOR

- Working Professionals
- Business Owners
- Students
- Anyone Facing Stress or Burnout
- Wellness Seekers
- Yoga Practitioners
- International Travelers



RETREAT HIGHLIGHTS



Ayurveda
Healing



Yoga &
Meditation



Mindfulness &
Breathwork



Peaceful
Environment



Sattvic
Food



Personalized
Care

*"Peace is not found outside—
it is created within."*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Yoga & Meditation Sessions
- Pranayama & Breathwork
- Sattvic Meals & Herbal Drinks
- Nature Walks & Excursions
- Evening Satsang & Bhajans
- 24x7 Care & Support



SUNRISE YOGA



AYURVEDIC HEALING



COMFORTABLE STAY



GANGA AARTI



NATURE & PEACE



SATTVIC FOOD

LET GO OF STRESS.
EMBRACE PEACE.
LIVE BETTER.



BOOK YOUR STRESS RELIEF RETREAT TODAY!



CALL / WHATSAPP

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YOUR JOURNEY TO PEACE STARTS HERE.

HEAL YOUR BODY
CALM YOUR MIND
BALANCE YOUR LIFE
LIVE YOUR BEST LIFE



AYURVEDA • YOGA • MEDITATION • NATURE • HEALING • WELLNESS • PEACE

A Retreat for Life. A Journey to Inner Peace.



PRANAYAMA RETREAT

Breathe Better. Live Better. Be Better.

**THE BREATH IS THE BRIDGE
BETWEEN BODY, MIND & SPIRIT.**

A transformative retreat to purify your breath,
calm your mind, balance your energy and
awaken your true potential through the power of
Pranayama, Yoga, Ayurveda & Meditation.

BREATHE IN
PEACE.
BREATHE OUT
STRESS.

ONE BREATH
CAN CHANGE
YOUR DAY.
CONSISTENT BREATH
CAN CHANGE
YOUR LIFE.

WHAT IS A PRANAYAMA RETREAT?

It is a holistic retreat designed to help you master the art of conscious breathing, cleanse your body, calm your mind, balance energy and bring harmony to your entire life. Through ancient yogic breath practices, you will experience deep relaxation, healing and inner clarity.



WHAT YOU EXPERIENCE



NADI SHODHANA
(ALTERNATE NOSTRIL
BREATHING)



KAPALABHATI
(CLEANING &
ENERGIZING BREATH)



BHRAMARI
(HUMMING BEE
BREATH)



ANULOM VILOM
(BALANCING
BREATH)



YOGA & GENTLE
STRETCHING



MEDITATION &
MINDFULNESS



AYURVEDIC THERAPIES
& WELLNESS



SATTVIC FOOD &
CONSCIOUS LIVING

BENEFITS OF PRANAYAMA RETREAT

- Reduces stress & anxiety
- Improves lung capacity & respiratory health
- Calms the mind & balances emotions
- Improves focus, memory & clarity
- Better sleep & deep relaxation
- Strengthens immunity & increases energy
- Detoxifies body & balances prana (life energy)
- Spiritual growth & inner awareness

IDEAL FOR

- Yoga Practitioners
- Spiritual Seekers
- Working Professionals
- Students & Learners
- People with Stress, Anxiety or High BP
- Anyone Seeking Natural Healing & Inner Peace

RETREAT HIGHLIGHTS

- Daily Pranayama Sessions
- Breath Awareness & Techniques
- Ayurveda Wellness
- Nature Walks & Fresh Air
- Ganga Aarti & Spirituality
- Silence, Self-Reflection & Inner Peace

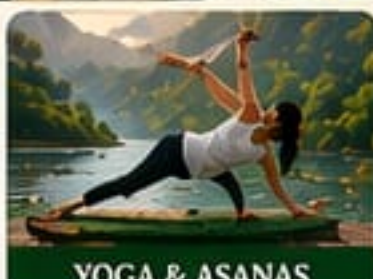
*“Control the breath,
and you calm the mind.”*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Pranayama & Breathwork Sessions
- Yoga & Meditation Sessions
- Sattvic Meals & Herbal Drinks
- Nature Walks & Excursions
- Ganga Aarti & Bhajans
- Digital Detox & Silence Time
- 24x7 Care & Support



PRANAYAMA PRACTICE



YOGA & ASANAS



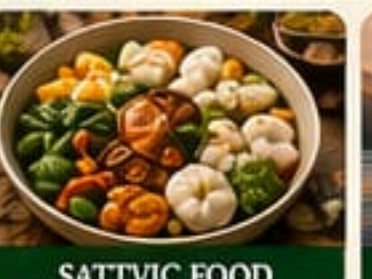
AYURVEDIC HEALING



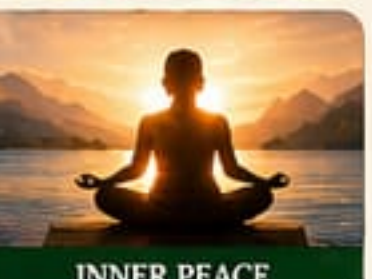
PEACEFUL ENVIRONMENT



GANGA ARTI



SATTVIC FOOD



INNER PEACE

**BREATHE DEEPLY.
LIVE FULLY.
BE PEACEFULLY YOU.**

BOOK YOUR PRANAYAMA RETREAT TODAY!
CALL / WHATSAPP
+91 7904218828

YOUR JOURNEY TO BREATH, BALANCE & BLISS STARTS HERE.

BREATHE • BALANCE
RELAX • REJUVENATE
HEAL • AWAKEN
LIVE • TRANSFORM





VEDIC MANTRA RETREAT

Sacred Sounds. Divine Connection. Inner Transformation.

CHANT. HEAL. TRANSFORM.
CONNECT WITH THE DIVINE WITHIN.

A transformative retreat to purify your mind,
uplift your soul and awaken your highest potential
through the power of Vedic Mantras, Yoga,
Meditation, Ayurveda and Spiritual Living.

THE POWER
OF MANTRA
CAN CHANGE
YOUR MIND,
YOUR LIFE &
YOUR DESTINY.

WHAT IS A VEDIC MANTRA RETREAT?

It is a sacred retreat focused on the power of Vedic Mantras that create healing vibrations, remove negativity, bring peace, protection and spiritual awakening. Experience the divine sciences of sound, breath, devotion and meditation in a pure and positive environment.



WHAT YOU EXPERIENCE



VEDIC MANTRA
CHANTING



GAYATRI, MAHAMRITYUNJAYA,
RUDRAM & MORE



MEDITATION WITH
MANTRA VIBRATION



HOMA & FIRE RITUALS
FOR HEALING



YOGA & PRANAYAMA
FOR ENERGY BALANCE



AYURVEDIC THERAPIES
& WELLNESS



GANGA AARTI &
SPIRITUAL BLESSINGS



SATTVIC FOOD &
CONSCIOUS LIVING

BENEFITS OF VEDIC MANTRA RETREAT

- Calms the mind & reduces stress
- Purifies energy & removes negativity
- Improves concentration & memory
- Emotional balance & inner peace
- Spiritual growth & self-realization
- Protection, healing & positive energy
- Better sleep & mental clarity
- Connects you with divine energy & higher consciousness



IDEAL FOR

- Spiritual Seekers
- Yoga & Meditation Practitioners
- Mantra Learners & Devotees
- People Facing Stress or Anxiety
- Students & Professionals
- Wellness Travelers
- Anyone Seeking Peace, Healing & Divine Connection



RETREAT HIGHLIGHTS



Daily Mantra
Sessions



Guided
Meditations



Pranayama &
Breathwork



Sacred Texts &
Shloka Learning



Nature Walks &
Silence



Devotional
Satsang

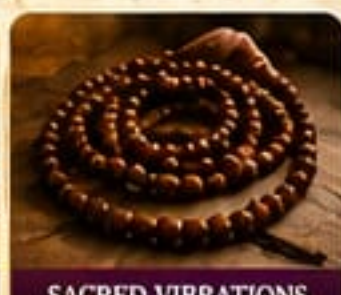
*"When the mantra
becomes your breath,
peace becomes your nature."*

RETREAT INCLUDES

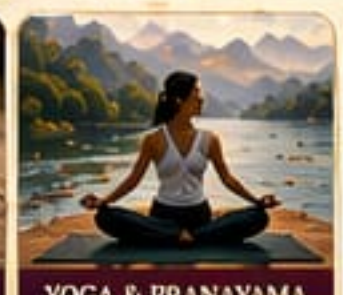
- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Yoga & Meditation Sessions
- Vedic Mantra Chanting
- Satsang & Spiritual Discourses
- Sattvic Meals & Herbal Drinks
- Nature Walks & Excursions
- Ganga Aarti & Bhajans
- Digital Detox & Silence Time
- 24x7 Care & Support



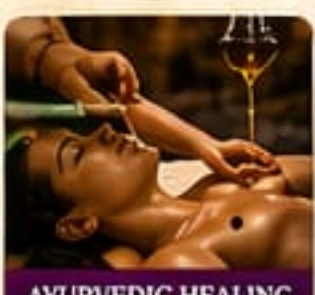
MANTRA CHANTING



SACRED VIBRATIONS



YOGA & PRANAYAMA



AYURVEDIC HEALING



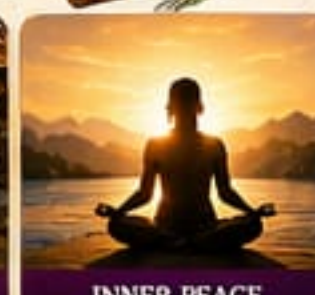
GANGA AARTI



NATURE & SILENCE



SATTVIC FOOD



INNER PEACE

CHANT WITH DEVOTION.
LIVE WITH AWARENESS.
TRANSFORM YOUR LIFE.
CONNECT WITH THE DIVINE.

BOOK YOUR VEDIC MANTRA RETREAT TODAY!

CALL / WHATSAPP



+91 7904218828

YOUR JOURNEY TO DIVINE CONNECTION STARTS HERE.



- PURE VIBRATION
- POSITIVE ENERGY
- DIVINE CONNECTION
- INNER PEACE
- SPIRITUAL GROWTH

EMOTIONAL HEALING RETREAT

*Heal Your Heart. Release Your Pain.
Reclaim Your Peace.*

A JOURNEY FROM PAIN TO PEACE

A sacred space to release emotional burdens, find inner clarity, restore balance and reconnect with your true self through Ayurveda, Yoga, Meditation and Spiritual Healing.

HEAL
WITHIN.
LIVE
BEYOND.

WHAT IS AN EMOTIONAL HEALING RETREAT?

It is a holistic retreat designed to help you overcome emotional stress, sadness, anxiety, grief, heartbreak, burnout and past trauma. It supports you to release, heal, forgive and reconnect with yourself on a deeper level.



IDEAL FOR

- Anyone going through emotional stress
- Heartbreak, grief or loss
- Anxiety, depression & burnout
- Those seeking inner peace
- People on a self-growth journey
- Yoga & Spiritual seekers
- International wellness travelers



WHAT YOU EXPERIENCE



MEDITATION &
MINDFULNESS



BREATHWORK FOR
EMOTIONAL BALANCE



AYURVEDIC THERAPIES
& DEEP HEALING



JOURNALING &
SELF-REFLECTION



NATURE WALKS &
NATURE HEALING



GANGA ARTI &
SPIRITUAL PEACE



SATTVIC FOOD &
HEALTHY LIVING



DEEP RELAXATION &
BETTER SLEEP

BENEFITS OF EMOTIONAL HEALING RETREAT

- Release emotional pain & heaviness
- Reduces stress, anxiety & fear
- Improves emotional balance
- Strengthens self-love & self-acceptance
- Rebuilds confidence & inner strength
- Promotes forgiveness & letting go
- Better sleep & nervous system calm
- Spiritual growth & inner clarity
- Long-term emotional wellness transformation



RETREAT HIGHLIGHTS



Healing
Environment



Yoga &
Meditation



Ayurveda
Wellness



Emotional
Healing Sessions



Spiritual Wisdom
& Satsang



Sattvic Food
& Herbal Drinks



Safe, Supportive
& Rest

"Healing begins when the heart feels safe enough to soften." ♥

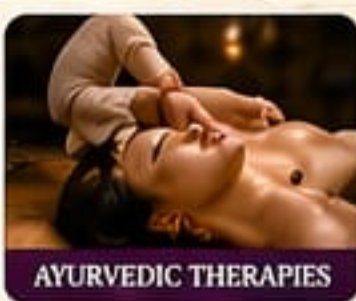
You are not your past.
You are not your pain.
You are here to heal, grow
and blossom.

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Yoga & Meditation Sessions
- Breathwork & Healing Sessions
- Satsang, Bhajans & Kirtan
- Nature Walks & Excursions
- Sattvic Meals & Herbal Drinks
- Evening Ganga Aarti
- 24x7 Care & Support



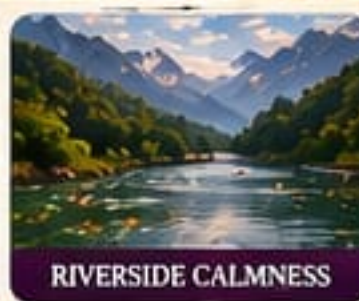
YOGA & STRETCHING



AYURVEDIC THERAPIES



PEACEFUL ENVIRONMENT



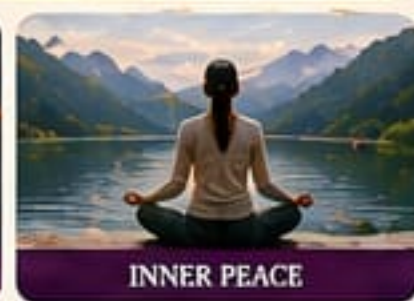
RIVERSIDE CALMNESS



SPIRITUAL SATSANG



GANGA ARTI



INNER PEACE

LET GO. HEAL DEEPLY.
LIVE FREELY.
YOU DESERVE PEACE.

BOOK YOUR EMOTIONAL HEALING RETREAT TODAY!

CALL / WHATSAPP



+91 7904218828

YOUR JOURNEY TO EMOTIONAL FREEDOM STARTS HERE.

- ♥ HEAL YOUR HEART
- ♥ CALM YOUR MIND
- ♥ LOVE YOURSELF
- ♥ LIVE YOUR BEST LIFE



SATSANG RETREAT

A JOURNEY TO TRUTH, PEACE &
DIVINE CONNECTION

BE IN THE COMPANY OF TRUTH.
TRANSFORM YOUR LIFE.

A sacred retreat with spiritual discourses,
mantra chanting, meditation, devotion and seva.
Awaken your higher self and live a meaningful life.

SATSANG
IS THE LIGHT
THAT REMOVES
THE DARKNESS
WITHIN.

WHAT IS A SATSANG RETREAT?

It is a retreat that brings you
closer to truth through satsang,
spiritual wisdom, bhajan,
meditation, seva and the
company of seekers.
It helps you gain clarity,
inner peace and a deeper
connection with yourself
and the Divine.

WHAT YOU EXPERIENCE



SPIRITUAL DISCOURSES
& WISDOM TALKS



BHAJAN, KIRTAN &
MANTRA CHANTING



MEDITATION &
INNER SILENCE



TEMPLE VISITS &
DIVINE BLESSINGS



GANGA AARTI &
SACRED RITUALS



SEVA (SELFLESS
SERVICE)



NATURE WALKS &
MINDFUL AWARENESS



SATTVIC FOOD &
CONSCIOUS LIVING

BENEFITS OF SATSANG RETREAT

- Mental peace & emotional balance
- Spiritual clarity & life direction
- Reduces stress & negative thinking
- Stronger faith, devotion & gratitude
- Wisdom for daily life decisions
- Positive energy & inner discipline
- Deeper self-understanding
& surrender
- Long-term spiritual growth
& lasting peace

IDEAL FOR

- Spiritual Seekers
- Devotees & Bhajan Lovers
- Yoga Practitioners
- Students of Vedanta & Dharma
- Families & Individuals
- Wellness Travelers
- Anyone Seeking Wisdom,
Peace & Inner Growth

RETREAT HIGHLIGHTS



Daily
Satsang
Sessions



Bhajan &
Kirtan
Evenings



Mantra
Chanting &
Japa



Wisdom
Talks &
Teachings



Yoga &
Meditation



Seva &
Selfless
Service



Temple Visits
& Rituals



Silence,
Reflection &
Journaling

*“In the company of truth,
the soul remembers itself.”*

RETREAT INCLUDES

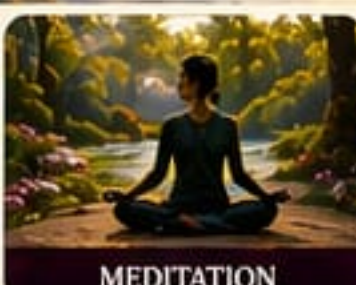
- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Daily Satsang & Spiritual Discourses
- Bhajan, Kirtan & Mantra Sessions
- Yoga & Meditation Sessions
- Sattvic Meals & Herbal Drinks
- Nature Walks & Excursions
- Ganga Aarti & Bhajans
- Digital Detox & Silence Time
- 24x7 Care & Support



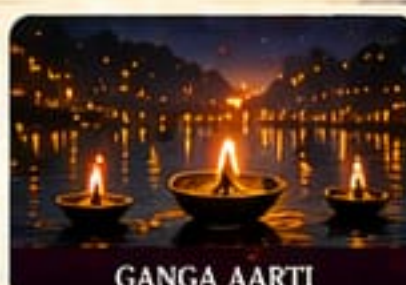
SATSANG & TEACHINGS



BHAJAN & KIRTAN



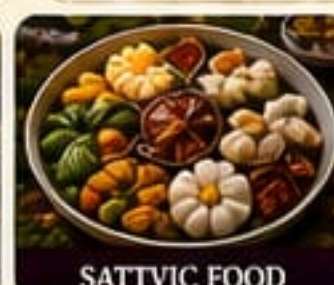
MEDITATION



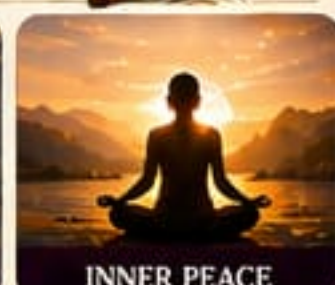
GANGA AARTI



NATURE & SILENCE



SATTVIC FOOD



INNER PEACE

LISTEN. REFLECT.
TRANSFORM.
LIVE IN TRUTH & PEACE.

BOOK YOUR SATSANG RETREAT TODAY!
CALL / WHATSAPP
+91 7904218828
YOUR JOURNEY TO INNER PEACE STARTS HERE.



TRUTH
DEVOTION
WISDOM
PEACE
AWAKENING

VEDANTA RETREAT

A JOURNEY OF WISDOM,
SELF-INQUIRY & SPIRITUAL AWAKENING



**KNOW THE TRUTH.
BE FREE. BE YOU.**



A transformative retreat based on Vedantic wisdom
to help you understand the true nature of the Self
and live a life of peace, clarity and purpose.

**VEDANTA
IS NOT JUST
PHILOSOPHY,
IT IS THE SCIENCE
OF REALIZING
WHO YOU TRULY
ARE.**

WHAT IS A VEDANTA RETREAT?

It is a retreat focused on the timeless wisdom of Vedanta – the path of knowledge (Jnana Yoga) that helps one realize the Self, the ultimate reality beyond body, mind and ego. Through study, reflection, meditation and satsang, you will gain clarity, freedom and inner peace.

WHAT YOU EXPERIENCE



VEDANTA CLASSES
& SPIRITUAL DISCOURSE



STUDY OF BHAGAVAD
GITA & UPANISHADS



MEDITATION &
INNER SILENCE



GURU GUIDANCE &
SELF-INQUIRY



SATSANG & WISDOM
SHARING



GANGA AARTI &
TEMPLE VISITS



YOGA &
PRANAYAMA



SATTVIC FOOD &
SIMPLE LIVING

BENEFITS OF VEDANTA RETREAT



Deep mental peace & clarity



Better understanding of life
& purpose



Freedom from fear, stress
& attachment



Stronger wisdom &
self-awareness



Emotional balance & contentment



Divine connection & inner joy



Long-term transformation
& liberation

IDEAL FOR

- Spiritual Seekers
- Students of Vedanta, Gita & Upanishads
- Yoga Practitioners
- Philosophy & Dharma Learners
- Wellness Travelers
- Anyone Seeking Truth, Wisdom & Self-Realization

RETREAT HIGHLIGHTS



Daily Vedanta
Teachings



Guided
Meditation



Self-Inquiry
& Reflection



Nature Walks
& Silence



Seva
(Selfless Service)



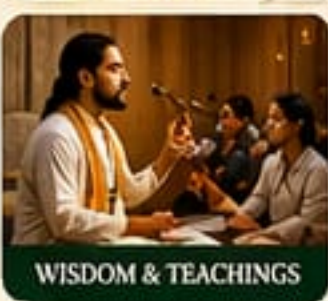
Peaceful
Ashram Stay

*“Knowing the Self
is the highest peace.”*

— Vedanta —

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Daily Vedanta Classes & Satsang
- Yoga & Meditation Sessions
- Sattvic Meals & Herbal Drinks
- Ganga Aarti & Bhajans
- Nature Walks & Excursions
- Digital Detox & Silence Time
- 24x7 Care & Support



WISDOM & TEACHINGS



BHAJAN & KIRTAN



MEDITATION



GANGA AARTI



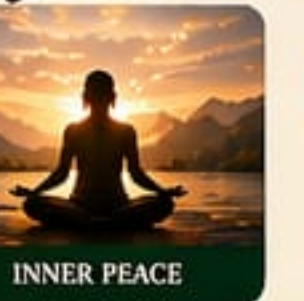
NATURE & SILENCE



NATTVIC FOOD



ASHRAM STAY



INNER PEACE

**AWAKEN YOUR WISDOM.
REALIZE YOUR TRUE NATURE.
LIVE IN FREEDOM & PEACE.**



BOOK YOUR VEDANTA RETREAT TODAY!

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YOUR JOURNEY TO SELF-REALIZATION STARTS HERE.



**TRUTH
WISDOM
FREEDOM
PEACE
AWAKENING**



Love Divine.
Live Divine.



Om Ayurveda
Ancient Wisdom,
Perfect for You

BHAKTI RETREAT

A JOURNEY OF DEVOTION,
LOVE & DIVINE CONNECTION

SURRENDER YOUR HEART.
EXPERIENCE DIVINE LOVE.

A sacred retreat to awaken your heart through
Bhakti Yoga, Kirtan, Mantra, Meditation, Seva,
Satsang and divine practices.

BHAKTI IS
NOT JUST A
FEELING,
IT IS A WAY
OF LIFE.

WHAT IS A BHAKTI RETREAT?

It is a retreat dedicated to the path of devotion and love for the Divine. Through kirtan, prayer, mantra chanting, satsang and seva, you will experience inner peace, gratitude and a deep connection with God.

WHAT YOU EXPERIENCE



BHAJAN &
KIRTAN SESSIONS



MANTRA CHANTING
& JAPA MEDITATION



TEMPLE VISITS &
DARSHAN



SATSANG &
SPIRITUAL DISCOURSE



SEVA (SELFLESS
SERVICE)



GANGA ARTI &
SACRED RITUALS



YOGA &
MEDITATION



SATTVIC FOOD &
SIMPLE LIVING

BENEFITS OF BHAKTI RETREAT

- Deep emotional peace & joy
- Stronger faith & spiritual connection
- Reduces stress & mental restlessness
- Inner surrender & acceptance
- Positive energy & devotional strength
- Healing through prayer & mantra vibration
- Loving connection with self & the Divine
- Long-term spiritual growth & lasting happiness

IDEAL FOR

- Devotees & Spiritual Seekers
- Yoga Practitioners
- Bhajan & Mantra Lovers
- Families & Individuals
- Wellness Travelers
- Anyone Seeking Divine Love & Inner Peace

RETREAT HIGHLIGHTS



Daily Prayers
& Aarti



Kirtan &
Devotional
Singing



Japa &
Mantra
Meditation



Sacred Rituals
& Puja



Inspiring
Satsang



Peaceful
Environment



Spiritual
Growth

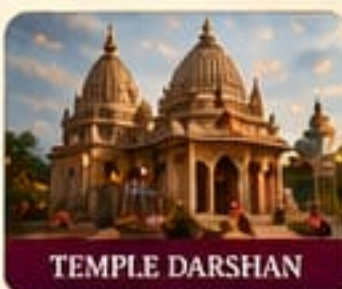
*"Where devotion begins,
fear ends."*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Bhajan & Kirtan Sessions
- Daily Meditation & Yoga
- Mantra Japa & Spiritual Discourses
- Sattvic Meals & Herbal Drinks
- Temple Visits & Rituals
- Nature Walks & Silence Time
- Digital Detox & Reflection
- 24x7 Care & Support



KIRTAN & BHAJAN



TEMPLE DARSHAN



GANGA ARTI



YOGA & MEDITATION



NATURE WALKS



SATTVIC FOOD



SATSANG



INNER PEACE

OPEN YOUR HEART.
SING HIS NAME.
FEEL HIS PRESENCE.
LIVE IN DIVINE LOVE.

BOOK YOUR BHAKTI RETREAT TODAY!

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YOUR JOURNEY TO DIVINE LOVE STARTS HERE.

LOVE
DEVOTION
SURRENDER
PEACE
DIVINE CONNECTION



BHAKTI PREMA SEVA SHANTI SATSANG KIRTAN AARTI ANAND

Come with an open heart, leave with a transformed life.

BHAGAVAD GITA RETREAT

WISDOM FOR LIFE. PEACE FOR THE SOUL.



UNDERSTAND LIFE. LIVE WISDOM.
REALIZE YOUR TRUE SELF.



A transformative retreat based on the timeless teachings
of Bhagavad Gita to help you discover purpose,
inner peace and spiritual freedom.

THE GITA
TEACHES NOT
ESCAPE FROM LIFE,
BUT MASTERY
WITHIN IT.



WHAT IS A BHAGAVAD GITA RETREAT?



It is a retreat dedicated to the study and
contemplation of the Bhagavad Gita –
the divine dialogue between
Lord Krishna and Arjuna.
Through Gita wisdom, meditation,
satsang and self-reflection, you will
gain clarity, courage and strength
to live a meaningful life.



WHAT YOU EXPERIENCE



BHAGAVAD GITA
CLASSES & DISCOURSE



CHAPTER-WISE
GITA STUDY



MEDITATION &
INNER SILENCE



GANGA AARTI &
TEMPLE VISITS



BHAJAN, KIRTAN &
SATSANG



YOGA &
PRANAYAMA



SEVA & SELFLESS
SERVICE



SATTVIC FOOD &
PEACEFUL LIVING

BENEFITS OF BHAGAVAD GITA RETREAT



- Mental peace & emotional strength
- Better decision-making & clarity
- Freedom from stress, fear & confusion
- Stronger spiritual discipline & faith
- Understanding of Dharma & life purpose
- Inner courage & balanced living
- Divine connection & self-awareness
- Long-term transformation & lasting peace

IDEAL FOR

- Spiritual Seekers
- Students of Dharma & Vedanta
- Yoga Practitioners
- Working Professionals
- Wellness Travelers
- Anyone Seeking Wisdom & Life Guidance



RETREAT HIGHLIGHTS



Daily Gita
Teachings



Karma Yoga,
Bhakti Yoga,
Jnana Yoga



Guided
Meditation



Satsang &
Wisdom
Discussions



Nature Walks
& Mindful
Awareness



Reflection,
Journaling &
Self-Inquiry

*"The Gita illuminates the path
from confusion to clarity,
from weakness to wisdom."*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Daily Gita Classes & Satsang
- Yoga & Meditation Sessions
- Sattvic Meals & Herbal Drinks
- Ganga Aarti & Bhajans
- Nature Walks & Excursions
- Digital Detox & Silence Time
- 24x7 Care & Support



GITA TEACHINGS



MEDITATION



GANGA AARTI



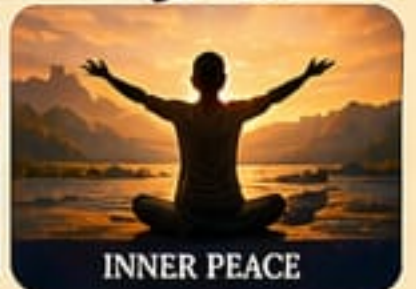
NATURE WALKS



SATTVIC FOOD



ASHRAM STAY



INNER PEACE

STUDY THE GITA.
LIVE ITS WISDOM.
TRANSFORM YOUR LIFE.



BOOK YOUR BHAGAVAD GITA RETREAT TODAY!



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YOUR JOURNEY TO WISDOM & INNER PEACE STARTS HERE.



DHARMA
WISDOM
DEVOTION
PEACE
SELF-REALIZATION



RUDRABHISHEKAM SPIRITUAL RETREAT

A SACRED JOURNEY OF DEVOTION,
PURIFICATION & DIVINE GRACE

**SURRENDER TO SHIVA.
BE BLESSED. BE TRANSFORMED.**

Experience the immense blessings of
Rudrabhishekam, Vedic chanting, meditation
and spiritual practices in a serene ashram
environment.

RUDRABHISHEKAM
CLEANSES KARMA,
REMOVES NEGATIVITY &
BRINGS HEALTH, PEACE
PROSPERITY & DIVINE
PROTECTION.

WHAT IS A RUDRABHISHEKAM RETREAT?

It is a retreat dedicated to the worship of
Lord Shiva through Rudrabhishekam and
Vedic rituals. Through mantra chanting,
meditation and spiritual discipline, you
will experience inner purification, peace
and the divine grace of Mahadev.

WHAT YOU EXPERIENCE



RUDRABHISHEKAM
& SHIVA POOJA



MAHAMRITYUNJAYA
MANTRA CHANTING



RUDRAM & VEDIC
RECITATION



MEDITATION &
INNER SILENCE



TEMPLE VISITS &
DIVINE DARSHAN



GANGA ARTI &
SACRED RITUALS



YOGA &
PRANAYAMA



SATTVIC FOOD &
DEVOTIONAL LIVING

BENEFITS OF RUDRABHISHEKAM RETREAT

- Spiritual purification & inner peace
- Removes stress, fear & negativity
- Brings divine blessings & protection
- Improves health, energy & vitality
- Strengthens devotion & faith
- Emotional healing & karmic cleansing
- Better focus, clarity & self-discipline
- Long-term peace, joy & fulfillment

IDEAL FOR

- Shiva Devotees
- Spiritual Seekers
- Yoga Practitioners
- Families & Individuals
- Wellness Travelers
- Anyone Seeking Healing,
Peace & Transformation

RETREAT HIGHLIGHTS



Daily
Rudrabhishekam
& Pooja



Vedic
Chanting &
Mantras



Guided
Meditation &
Silence



Spiritual
Discourses &
Satsang



Nature Walks
& Himalayan
Energy

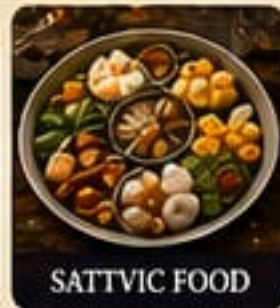


Peaceful
Ashram
Stay

*"Where Shiva is remembered,
fear dissolves and peace begins."*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Daily Rudrabhishekam & Pooja
- Mahamantra & Chanting Sessions
- Yoga & Meditation Sessions
- Sattvic Meals & Herbal Drinks
- Ganga Aarti & Bhajans
- Nature Walks & Excursions
- Digital Detox & Silence Time
- 24x7 Care & Support



COME. PURIFY. PRAY.
RECEIVE SHIVA'S GRACE.
TRANSFORM YOUR LIFE.

BOOK YOUR RUDRABHISHEKAM RETREAT TODAY!

CALL / WHATSAPP



+91 7904218828

YOUR JOURNEY TO DIVINE BLESSINGS STARTS HERE.

ॐ OM NAMAH SHIVAYA
ॐ PEACE
ॐ PURIFICATION
ॐ PROTECTION
ॐ PROSPERITY
ॐ SPIRITUAL AWAKENING

ॐ SHIVA BHAKTI • MANTRA • YOGA • SATSANG • SEVA • DHARMA • LOVE • HEALING • LIBERATION

ॐ "Let go of the old. Surrender to the Divine. Awaken your true Self." ॐ

UPANISHAD STUDY RETREAT

A JOURNEY INTO THE HEART OF WISDOM

KNOW THE SELF.
BE FREE. BE YOU.

Dive deep into the timeless wisdom of the Upanishads and awaken to your true nature through study, reflection, meditation and silence.

THE
UPANISHADS
ARE NOT JUST
WORDS, THEY ARE
THE MAP TO YOUR
TRUE SELF.

WHAT IS AN UPANISHAD STUDY RETREAT?

It is a retreat dedicated to studying the Upanishads – the spiritual essence of the Vedas. These ancient scriptures reveal the highest truth about the Self, the Universe and the Ultimate Reality. Through study, meditation and contemplation, you will gain clarity, wisdom and freedom from ignorance.

WHAT YOU EXPERIENCE



UPANISHAD
CLASSES & STUDY



SCRIPTURAL
REFLECTIONS



MEDITATION &
INNER SILENCE



GURU GUIDANCE &
SPIRITUAL DISCOURSE



SATSANG & WISDOM
DISCUSSIONS



YOGA &
PRANAYAMA



GANGA ARTI &
TEMPLE VISITS



SATTVIC FOOD &
PEACEFUL LIVING

BENEFITS OF UPANISHAD STUDY RETREAT

- Deep mental clarity & inner peace
- Deeper understanding of life & existence
- Freedom from fear, stress & confusion
- Stronger spiritual wisdom & discrimination
- Self-awareness & emotional balance
- Divine connection & inner joy
- Long-term transformation & liberation

IDEAL FOR

- Spiritual Seekers
- Students of Vedanta & Dharma
- Yoga Practitioners
- Philosophy & Wisdom Lovers
- Wellness Travelers
- Anyone Seeking Truth, Self-Knowledge & Liberation

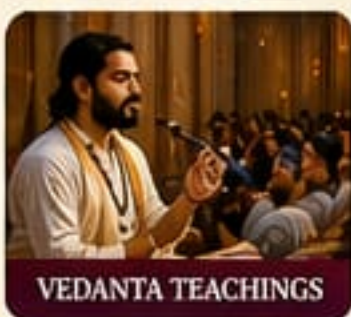
RETREAT HIGHLIGHTS

- Daily Upanishad Teachings
- Guided Contemplation
- Self-Inquiry (Atma Vichara)
- Nature Walks & Silence
- Journaling & Reflection
- Peaceful Ashram Stay

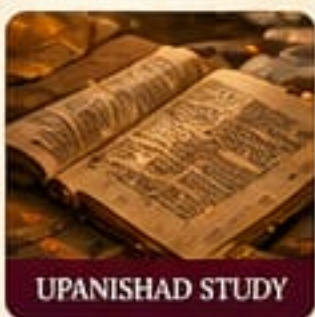
*"The highest knowledge
is to know who you truly are."*

RETREAT INCLUDES

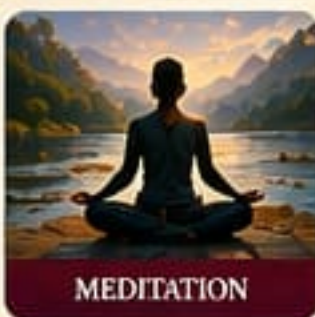
- Accommodation in Peaceful Ashram
- Ayurvedic Consultations
- Ayurvedic Therapies
- Daily Upanishad Classes & Satsang
- Yoga & Meditation Sessions
- Sattvic Meals & Herbal Drinks
- Ganga Aarti & Bhajans
- Nature Walks & Excursions
- Digital Detox & Silence Time
- 24x7 Care & Support



VEDANTA TEACHINGS



UPANISHAD STUDY



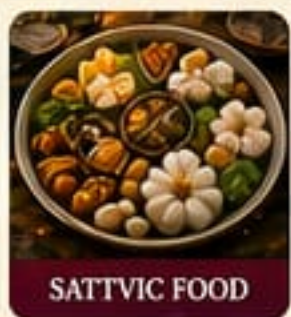
MEDITATION



GANGA ARTI



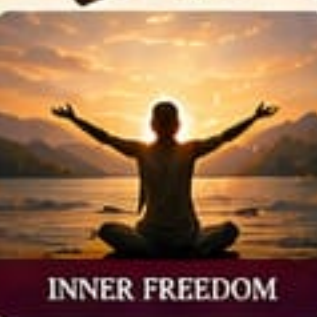
NATURE & SILENCE



SATTVIC FOOD



ASHRAM STAY



INNER FREEDOM

STUDY. CONTEMPLATE.
REALIZE. BE FREE.
AWAKEN TO YOUR
TRUE NATURE.

BOOK YOUR UPANISHAD STUDY RETREAT TODAY!



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YOUR JOURNEY TO SELF-REALIZATION STARTS HERE.



TRUTH
WISDOM
SELF-KNOWLEDGE
FREEDOM
LIBERATION

TEMPLE & ASHRAM LIVING RETREAT

A SACRED JOURNEY OF
DEVOTION • DISCIPLINE • DISCOVERY

LIVE SIMPLY.
SERVE SELFLESSLY.
REALIZE DIVINITY.

Experience the bliss of ashram life and
temple traditions in a peaceful, spiritual
environment that nourishes the body,
mind and soul.

WHAT IS A TEMPLE & ASHRAM LIVING RETREAT?

It is a retreat that allows you to live in
temples and ashrams, follow a divine
routine, participate in spiritual practices,
seva and satsang, and experience the
transformative power of a simple,
devotional lifestyle.

WHAT YOU EXPERIENCE



DAILY TEMPLE
DARSHAN & PUJA



MEDITATION &
YOGA



SATSANG &
SPIRITUAL TEACHINGS



BHAJAN, KIRTAN &
MANTRA CHANTING



SEVA (SELFLESS
SERVICE)



GANGA ARTI &
SACRED RITUALS



SATTVIC FOOD &
MINDFUL LIVING



NATURE WALKS &
INNER REFLECTION

BENEFITS OF THIS RETREAT

- Deep peace & mental clarity
- Stronger devotion & faith
- Reduced stress & anxiety
- Better discipline & routine
- Emotional healing & balance
- Inner calm & happiness
- Divine connection & guidance
- Long-term spiritual transformation

IDEAL FOR

- Spiritual Seekers
- Devotees & Pilgrims
- Yoga Practitioners
- Wellness Travelers
- Families & Individuals
- Anyone Seeking Peace,
Purpose & Divine Living

RETREAT HIGHLIGHTS



Sacred
Environment



Daily Spiritual
Routine



Guided
Meditation



Authentic
Teachings



Seva &
Selflessness



Silence &
Reflection



Holistic
Well-being

*"When life becomes simple,
the soul becomes clear."*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Daily Temple Darshan & Rituals
- Yoga, Meditation & Pranayama
- Satsang, Classes & Discussions
- Bhajan, Kirtan & Mantra Chanting
- Seva Opportunities
- Sattvic Meals & Herbal Drinks
- Ganga Aarti & Bhajans
- Nature Walks & Excursions
- Digital Detox & Silence Time
- 24x7 Care & Support



TEMPLE DARSHAN



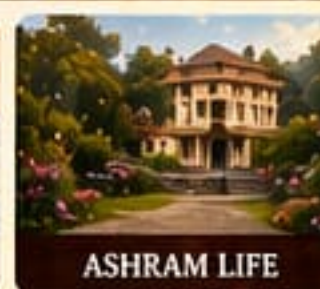
MEDITATION



GANGA ARTI



SEVA



ASHRAM LIFE



SATTVIC FOOD



SATSANG



INNER PEACE

STEP AWAY FROM THE ORDINARY.
STEP INTO A LIFE OF PURPOSE,
PEACE & DIVINE CONNECTION.



BOOK YOUR TEMPLE & ASHRAM
LIVING RETREAT TODAY!

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YOUR JOURNEY TO INNER PEACE STARTS HERE.

- DEVOTION
- DISCIPLINE
- SERVICE
- SURRENDER
- SELF-REALIZATION

TEMPLE & ASHRAM LIVING RETREAT

LIVE SIMPLE. LIVE SACRED. LIVE DIVINE.

A JOURNEY INWARD.
A LIFE TRANSFORMED.

Step into the serene world of temples and ashrams.
Experience a life of devotion, discipline, and
self-discovery in the lap of spirituality.

WHAT IS A TEMPLE & ASHRAM LIVING RETREAT?

It is a retreat that allows you to live in the peaceful environment of temples and ashrams, following a simple, spiritual lifestyle rooted in devotion, discipline, seva, and self-awareness.

WHAT YOU EXPERIENCE



DAILY TEMPLE
DARSHAN & PUJA



MEDITATION &
YOGA



SATSANG &
SPIRITUAL TEACHINGS



BHAJAN, KIRTAN &
MANTRA CHANTING



GANGA AARTI &
SACRED RITUALS



SEVA
(SELFLESS SERVICE)



NATURE WALKS &
MINDFUL LIVING



SATTVIC FOOD &
MINDFUL DISCIPLINE

BENEFITS OF THIS RETREAT

- Deep peace & spiritual grounding
- Reduces stress & brings clarity
- Stronger devotion & faith
- Better discipline & mindful living
- Inner calm & emotional healing
- Divine connection & sacred routine
- Simplicity, contentment & gratitude
- Long-term spiritual transformation

IDEAL FOR

- Spiritual Seekers
- Devotees & Pilgrims
- Yoga Practitioners
- Wellness Travelers
- Families Seeking Divine Blessings
- Anyone Wanting Peace and Sacred Living

RETREAT HIGHLIGHTS



Temple
Darshan



Daily Prayers
& Rituals



Mantra
Chanting



Silence &
Reflection



Seva &
Community



Pure
Environment

“When life becomes simple,
the soul becomes clear.”

RETREAT INCLUDES

- Accommodation in Ashram
- Daily Temple Visits & Pujas
- Meditation & Yoga Sessions
- Satsang, Bhajan & Kirtan
- Seva Activities
- Ganga Aarti & Bhajans
- Sattvic Meals & Herbal Drinks
- Nature Walks & Excursions
- Digital Detox & Silence Time
- 24x7 Care & Support



TEMPLE DARSHAN



MORNING MEDITATION



GANGA AARTI



SEVA & SERVICE



SATTVIC FOOD



ASHRAM STAY



INNER PEACE

LIVE WITH PURPOSE.
SERVE WITH LOVE.
AWAKEN YOUR SOUL.

BOOK YOUR TEMPLE & ASHRAM LIVING RETREAT TODAY!



CALL / WHATSAPP
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YOUR JOURNEY TO PEACE & DIVINE LIVING STARTS HERE.

DEVOTION
DISCIPLINE
SEVA
SATSANG
SELF-REALIZATION

AYURVEDA & NATURAL HEALING PROGRAMS

Heal Naturally. Live Holistically. Be Your Best.



Ancient Wisdom



Natural Therapies



Holistic Healing



Lasting Wellness

**BALANCE
DETOX
REJUVENATE
TRANSFORM
YOUR LIFE**

OUR HEALING PROGRAMS

WELLNESS & THERAPEUTIC RETREATS



Weight Management Retreat
Healthy weight. Fit body. Happy you.



Diabetes Wellness Support
Balance sugar levels. Live better.



Uric Acid Healing Program
Reduce pain. Restore comfort.



Arthritis Relief Retreat
Move freely. Live pain-free.



Spine & Back Pain Healing
Stronger spine. Better posture.



Sleep & Insomnia Healing Retreat
Deep sleep. Calm mind.



Hormonal Balance Program
Balance hormones. Embrace life.



Anti-Stress Panchakarma Retreat
Detox stress. Reclaim peace.

BEAUTY & REJUVENATION PROGRAMS



Beauty & Skin Rejuvenation Retreat
Natural glow. Radiant you.



Natural Hair Care Retreat
Nourish roots. Beautiful hair.



Rejuvenation Therapy Retreat
Renew body. Refresh life.



Seasonal Detox Retreat
Cleanse. Reset. Re-energize.



Immunity Boosting Retreat
Stronger immunity. Stronger you.

LIFESTYLE & FOOD HEALING PROGRAMS



Herbal Cooking Retreat
Cook healthy. Live healthy.



Ayurvedic Nutrition Retreat
Eat right. Heal naturally.



Panchakarma Detox Support
Deep cleansing. Total renewal.



Daily Wellness Routine Guidance
Daily habits for lifelong health.



Personalized Dosha Balancing Programs
Personal care. Perfect balance.

WHAT THESE PROGRAMS INCLUDE



Ayurvedic Consultation & Pulse Diagnosis



Personalized Wellness Plans



Panchakarma Detox Therapies



Abhyanga, Shirodhara & Herbal Therapies



Yoga & Pranayama Sessions



Meditation & Stress Relief Practices



Herbal Medicines & Lifestyle Guidance



Sattvic Healing Meals & Nutrition Support



Nature Healing & Peaceful Retreat Stay

BENEFITS OF AYURVEDA HEALING RETREATS



Natural Healing Without Imbalance



Better Digestion & Metabolism



Reduced Stress & Emotional Fatigue



Improved Sleep & Mental Peace



Stronger Immunity & Vitality



Healthy Skin, Hair & Natural Glow



Long Medicines & Lifestyle Guidance



Deep Balance of Body, Mind & Spirit



AYURVEDIC THERAPIES



PANCHAKARMA DETOX



YOGA & MEDITATION



SATTVIC FOOD



HERBAL HEALING



PEACEFUL RETREAT STAY

IDEAL FOR

Wellness Seekers • Working Professionals
Families & Elders • International Travelers
Preventive Healthcare • Anyone Seeking Natural Healing & Balance



Begin Your Healing Journey Today!

INVEST IN YOUR HEALTH. TRANSFORM YOUR LIFE.

CALL / WHATSAPP



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YOUR JOURNEY TO HEALTH, HAPPINESS & INNER PEACE STARTS HERE.

OUR PROMISE

- Authentic Ayurveda
- Experienced Doctors & Therapists
- Natural & Safe Treatments
- Personalized Care
- Holistic & Compassionate Healing



EAT RIGHT • THINK POSITIVE • LIVE NATURAL • BE HAPPY



॥ गंगे च यमुने चैव गोदावरी सरस्वति ।
नर्मदे सिन्धु कावेरी जलेऽसिन् सन्निधिं कुरु ॥

GANGA AARTI EXPERIENCE RETREAT

FEEL THE
DIVINE ENERGY
OF MAA GANGA.
LET YOUR HEART
BE LIGHT.

A SACRED JOURNEY OF DEVOTION,
PEACE & DIVINE CONNECTION

EXPERIENCE THE DIVINE.
EMBRACE THE GANGA.
TRANSFORM YOURSELF.

Immerse yourself in the spiritual energy of
Maa Ganga through Aarti, spiritual practices,
meditation and soulful living.

WHAT IS A GANGA AARTI EXPERIENCE RETREAT?

It is a retreat that offers you the blessings of Maa Ganga through daily Ganga Aarti, sacred rituals, yoga, meditation, satsang and ashram living. A divine experience that purifies the mind, awakens the soul and brings inner peace.

WHAT YOU EXPERIENCE



LIVE GANGA AARTI
AT SACRED GHATS



MORNING MEDITATION
BY THE GANGA



TEMPLE VISITS &
SPIRITUAL DARSHAN



YOGA &
PRANAYAMA



BHAJAN, KIRTAN
& SATSANG



RUDRABHISHEKAM
& SACRED RITUALS



NATURE WALKS
& SILENCE



SATTVIC FOOD &
DEVOTIONAL LIVING

BENEFITS OF THIS RETREAT

- Deep emotional peace & spiritual joy
- Reduces stress & mental heaviness
- Stronger faith & divine connection
- Positive energy & inner calm
- Healing through sacred sound & devotion
- Better clarity & mindful living
- Gratitude & emotional renewal
- Long-term spiritual peace & happiness

IDEAL FOR

- Spiritual Seekers
- Devotees & Pilgrims
- Families Seeking Divine Blessings
- Yoga Practitioners
- Wellness Travelers
- Anyone Seeking Peace & Sacred Experience

RETREAT HIGHLIGHTS



Daily
Ganga Aarti



Guided
Meditation



Spiritual
Discourse &
Satsang



Sacred
Mantra
Chanting



Ashram
Stay



Seva &
Selfless
Service



Pure
Vegetarian
Food



Peaceful
Environment

*"When the lamps rise
to Maa Ganga,
the heart becomes light."*

RETREAT INCLUDES

- Accommodation in Peaceful Ashram
- Daily Ganga Aarti Experience
- Meditation & Yoga Sessions
- Spiritual Classes & Satsang
- Temple Visits & Darshan
- Rudrabhishekam & Rituals
- Sattvic Meals & Herbal Drinks
- Ganga Aarti & Bhajans
- Nature Walks & Silence
- Digital Detox & Silence Time
- 24x7 Care & Support

GANGA AARTI

MEDITATION

SACRED CHANTING

TEMPLE DARSHAN

NATURE & SILENCE

SATTVIC FOOD

ASHRAM STAY

INNER PEACE

COME TO THE GANGA.
COME TO YOURSELF.
FIND PEACE, PURPOSE
& DIVINE CONNECTION.

BOOK YOUR GANGA AARTI RETREAT TODAY!

CALL / WHATSAPP



+91 7904218828

YOUR JOURNEY TO INNER PEACE STARTS HERE.

- DEVOTION
- PEACE
- PURIFICATION
- TRANSFORMATION
- DIVINE CONNECTION



Caring for You, Naturally



Om Ayurveda



goditsyou.net
Connecting with Inner God

DIABETES WELLNESS SUPPORT

NATURAL HEALING • BALANCED LIVING • BETTER TOMORROW

A HOLISTIC APPROACH TO MANAGE DIABETES
AND IMPROVE OVERALL WELLNESS



AYURVEDA
HEALS



YOGA
BALANCES



NUTRITION
NOURISHES



DISCIPLINE
TRANSFORMS



Balanced
Sugar
Happy Life

TAKE CONTROL
OF DIABETES
NATURALLY
LIVE HEALTHY
LIVE HAPPY

OUR DIABETES WELLNESS SUPPORT INCLUDES



AYURVEDIC
CONSULTATION
& ASSESSMENT



PERSONALIZED
DIET & LIFESTYLE
GUIDANCE



PANCHAKARMA
& DETOX
THERAPIES



HERBAL SUPPORT
FOR BLOOD SUGAR
BALANCE



YOGA & PRANAYAMA
FOR BETTER
METABOLISM



STRESS MANAGEMENT
& MEDITATION



DIABETIC-FRIENDLY
SATTVIC MEALS

WHAT YOU EXPERIENCE

- ✓ Balanced blood sugar support
- ✓ Improved energy & stamina
- ✓ Better digestion & metabolism
- ✓ Healthy weight management
- ✓ Reduced stress & better sleep
- ✓ Increased immunity & vitality
- ✓ Holistic mind-body balance



PROGRAM HIGHLIGHTS

- ✓ Ayurvedic Consultations
- ✓ Daily Yoga & Pranayama
- ✓ Panchakarma Therapies
- ✓ Herbal Medicines & Supplements
- ✓ Nutrition & Cooking Guidance
- ✓ Lifestyle & Routine Correction
- ✓ Meditation & Stress Relief
- ✓ Nature Walks & Relaxation
- ✓ Progress Tracking & Support



IDEAL FOR

- ✓ People with Diabetes (Type 1, Type 2)
- ✓ Pre-diabetic Individuals
- ✓ Those on Medication
- ✓ People with Lifestyle Disorders
- ✓ Anyone Seeking Natural Healing & Preventive Health



NATURAL
SAFE
SIDE EFFECT
FREE



IMPROVED
BLOOD SUGAR
BALANCE



BETTER
DIGESTION &
METABOLISM



STRONGER
IMMUNITY



MORE
ENERGY



BETTER SLEEP
& MENTAL
CLARITY



HEALTHY
TOMORROW

HEAL TODAY
THRIVE
TOMORROW

BEGIN YOUR HEALING JOURNEY TODAY!

LET AYURVEDA HELP YOU MANAGE DIABETES NATURALLY
AND LIVE A HEALTHIER, HAPPIER LIFE.

BOOK YOUR RETREAT NOW

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HOLISTIC HEALING • NATURAL CARE • LOVING SUPPORT • LIFE TRANSFORMATION



Caring for You, Naturally



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URIC ACID HEALING PROGRAM

NATURAL RELIEF • HOLISTIC HEALING • LONG TERM WELLNESS

A complete Ayurvedic approach to reduce uric acid levels,
detox the body, relieve joint pain and inflammation,
and restore healthy balance – naturally.



DETOXIFY
NATURALLY



REDUCE
INFLAMMATION



IMPROVE
FLEXIBILITY



SUPPORT KIDNEY
HEALTH



BOOST ENERGY
& VITALITY



RESTORE BALANCE
& WELLNESS

HEAL THE ROOT
REDUCE PAIN
RESTORE BALANCE
REGAIN FREEDOM
LIVE BETTER

OUR URIC ACID HEALING PROGRAM INCLUDES



**AYURVEDIC
CONSULTATION
& ASSESSMENT**
Personalized diagnosis
and treatment plan



**DIET & LIFESTYLE
GUIDANCE**
Personalized diet plan
with anti-inflammatory
foods



**PANCHAKARMA
& DETOX
THERAPIES**
Cleansing therapies
to remove toxins
and balance Doshas



**HERBAL MEDICINES
& THERAPIES**
Powerful Ayurvedic
rembs to reduce
uric acid naturally



YOGA & PRANAYAMA
Improves metabolism,
reduces stress and
supports joint health



**SATTVIC DIET &
HYDRATION**
Pure, nutritious meals
and proper hydration
for healing

WHO IS THIS FOR?

- ✓ People with High Uric Acid Levels
- ✓ Gout Pain & Joint Inflammation
- ✓ Swelling, Stiffness & Discomfort
- ✓ Frequent Joint Pain in Feet, Knees, Ankles, Hands
- ✓ Sedentary Lifestyle & Stress
- ✓ Anyone Seeking Natural & Long-Term Relief



Uric Acid
Crystal

PROGRAM HIGHLIGHTS

- ✓ Natural & Safe Healing Approach
- ✓ Focus on Root Cause Correction
- ✓ Detoxification & Toxin Removal
- ✓ Joint Pain Relief & Inflammation Support
- ✓ Improved Digestion & Metabolism
- ✓ Kidney Support & Overall Wellness
- ✓ Holistic Care for Body, Mind & Soul
- ✓ Long-Term Balance & Prevention

WHAT YOU EXPERIENCE

- ✓ Reduced Pain & Swelling
- ✓ Better Mobility & Flexibility
- ✓ Increased Energy & Stamina
- ✓ Better Sleep & Stress Relief
- ✓ Healthy Digestion & Weight Balance
- ✓ Lightness, Comfort & Well-Being
- ✓ Positive Lifestyle Transformation

HEALING THROUGH AYURVEDA



HERBAL HEALING



THERAPEUTIC OILS



DETOX THERAPIES



YOGA & PRANAYAMA



SATTVIC FOOD



NATURE & PEACE

EAT RIGHT – HEAL RIGHT

- ✓ Low Purine, Anti-inflammatory Diet
- ✓ Plenty of Water & Herbal Drinks
- ✓ Fresh Fruits, Vegetables & Greens
- ✓ No Alcohol, No Smoking
- ✓ No Processed & Junk Food

CLEANSE TODAY
HEAL NATURALLY
LIVE PAIN FREE
TOMORROW

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW

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BALANCED BODY
PEACEFUL MIND
HEALTHY LIFE

HOLISTIC HEALING

NATURAL CARE

LOVING SUPPORT

LIFE TRANSFORMATION

WEIGHT MANAGEMENT RETREAT

LOSE WEIGHT • DETOX • REBALANCE • FEEL AMAZING

A HOLISTIC APPROACH TO SUSTAINABLE WEIGHT LOSS & LIFELONG WELLNESS



Healthy Weight Loss



Better Digestion & Metabolism



More Energy & Vitality



Better Mood & Confidence



PURE FOOD



PURE BODY



PURE MIND



PURE YOU

LOSE WEIGHT NATURALLY
THE AYURVEDIC WAY!

WHO IS THIS FOR?

- Overweight & obese individuals
- Slow metabolism
- Post pregnancy weight
- Stress eating & emotional eating
- Sedentary lifestyle
- Anyone looking for a healthy, natural weight loss



“It's not just about losing weight, it's about gaining a healthy lifestyle.”

WHAT YOU EXPERIENCE



Personalized Ayurvedic Consultation & Body Analysis



Sattvic, Low Calorie, Nutrient-Rich Meals



Daily Yoga, Pranayama & Meditation



Fat Burning Ayurvedic Therapies & Massages



Herbal Detox & Cleansing



Nature Walks & Active Lifestyle



Metabolism Boosting Herbs & Supplements



Lifestyle Counselling & Weight Management Guidance

BENEFITS YOU WILL EXPERIENCE



Healthy & Sustainable Weight Loss



Improved Digestion & Metabolism



Detoxification & Cleansing



More Energy & Stamina



Better Mood, Confidence & Self-Esteem



Better Sleep & Stress Management



Healthy Heart & Overall Wellbeing

RETREAT INCLUDES

- ✓ Luxurious Stay in Nature
- ✓ Ayurvedic Consultations
- ✓ Customized Diet Plan
- ✓ Daily Yoga & Meditation
- ✓ Ayurvedic Therapies
- ✓ Herbal Detox Programs
- ✓ Cooking Demonstrations
- ✓ Lifestyle Workshops
- ✓ Motivation & Support
- ✓ Track Your Progress

RETREAT HIGHLIGHTS



Doctor Consultations



Daily Weight & Body Fat Monitoring



Holistic & Sustainable Weight Loss



No Starvation, No Side Effects



Long Term Results

“★★★★★
A life changing experience. I lost weight, gained confidence and found a new me!”



3-8 KG
Healthy Weight Loss in 7-21 Days
(Individual Results May Vary)



100%
Natural & Ayurvedic



Holistic Care for Body, Mind & Soul



YOUR HEALTH IS YOUR TRUE WEALTH

BOOK YOUR WEIGHT MANAGEMENT RETREAT TODAY!



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HEAL YOUR BODY.
LOVE YOURSELF.
LIVE YOUR BEST LIFE.

EAT RIGHT • MOVE MORE • DETOX DAILY • STAY POSITIVE • LIVE HEALTHY

SLEEP & INSOMNIA

Healing Retreat

REST YOUR MIND • HEAL YOUR BODY • RECLAIM YOUR SLEEP

A holistic Ayurvedic approach to improve sleep quality, calm the nervous system, reduce stress and anxiety, and restore deep, natural and refreshing sleep.

GOOD SLEEP
BETTER MIND
HEALTHIER YOU
HAPPIER LIFE



IMPROVE
SLEEP QUALITY



REDUCE STRESS
& ANXIETY



CALM MIND &
NERVES



BETTER FOCUS
& CLARITY



MORE ENERGY
EVERYDAY



EMOTIONAL
BALANCE

OUR SLEEP HEALING PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized diagnosis
and sleep assessment



PANCHAKARMA THERAPIES

Detoxify the body,
balance doshas and
calm the nervous
system



SHIRODHARA & RELAXATION

Herbal oil therapy for
deep relaxation and
mental peace



NASYA THERAPY

Nourishes the brain
and nervous system,
improves sleep
naturally



YOGA & YOGA NIDRA

Gentle yoga, Yoga Nidra
and breathing practices
to relax body and mind



MEDITATION & PRANAYAMA

Guided meditation
and pranayama for
inner calm and peace



SATTVIC DIET

Nourishing, light
and mind-balancing
meals for better
sleep

WHO IS THIS RETREAT FOR?

- People with insomnia or disturbed sleep
- Stress, anxiety and overthinking
- Night awakenings & light sleep
- Mental fatigue & emotional exhaustion
- Irregular sleep routine
- Anyone seeking natural sleep healing

PROGRAM HIGHLIGHTS

- Natural & Holistic Healing Approach
- Personalized Ayurvedic Care
- Deep Relaxation & Stress Relief
- Improved Sleep Quality
- Detoxification & Dosha Balance
- Nervous System Rejuvenation
- Better Digestion & Metabolism
- Mental Clarity & Emotional Balance
- Long-Term Wellness & Prevention

WHAT YOU WILL EXPERIENCE

- Peaceful & healing environment
- Daily therapies for deep relaxation
- Calm mind & emotional stability
- Better sleep and morning freshness
- Increased energy & productivity
- Healthy routine & lifestyle guidance
- Renewed confidence & happiness

POWERFUL AYURVEDIC THERAPIES



SHIRODHARA



ABHYANGA
MASSAGE



NASYA



HERBAL KIZHI



FOOT REFLEXOLOGY



YOGA NIDRA &
MEDITATION

A GOOD NIGHT'S
SLEEP IS THE
FOUNDATION OF
A HEALTHY AND
HAPPY LIFE.



REST TODAY
HEAL TOMORROW
LIVE BETTER
EVERYDAY

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW

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BETTER SLEEP
BETTER YOU
BETTER LIFE



Caring for You, Naturally



Om Ayurveda

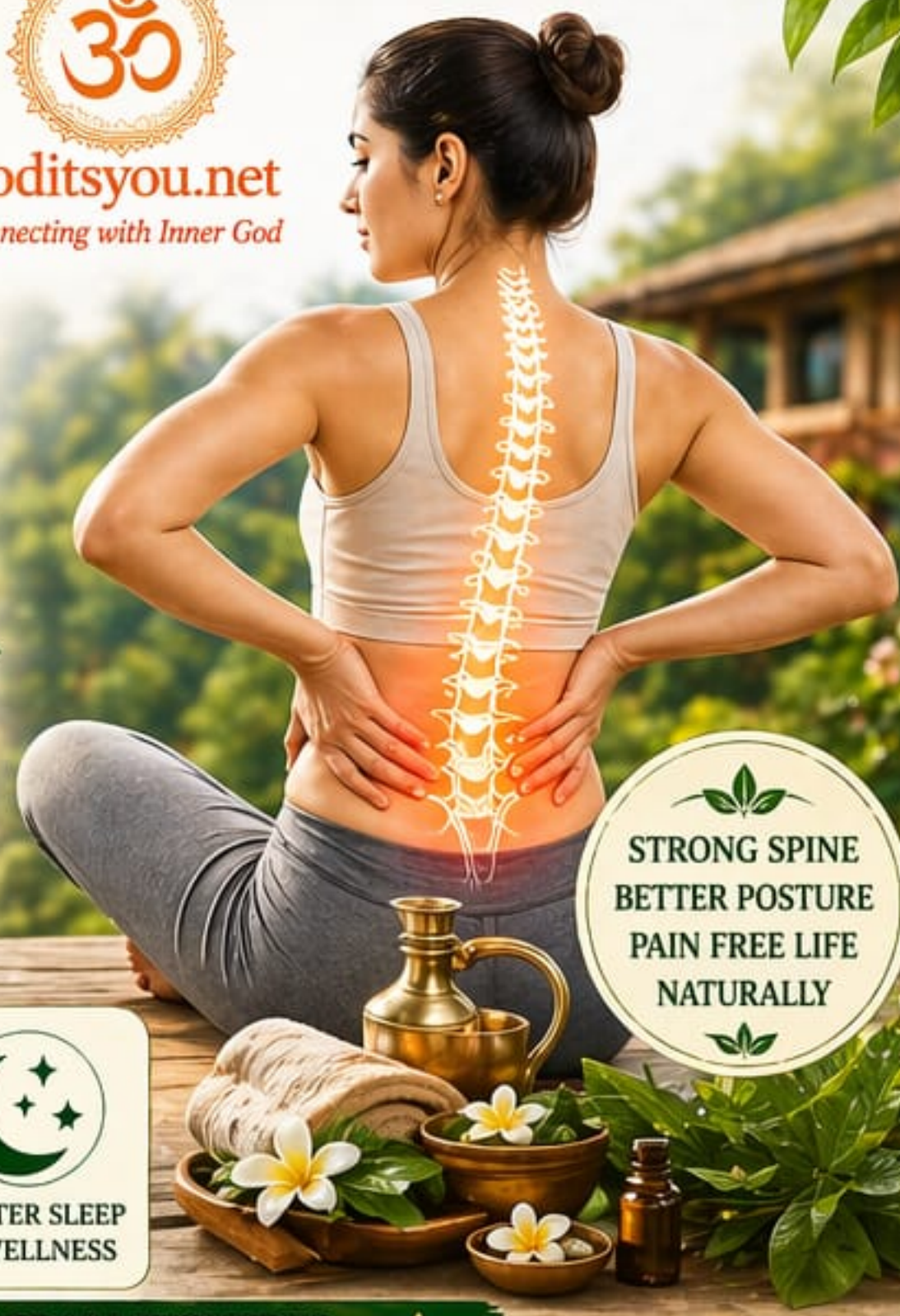


goditsyou.net
Connecting with Inner God

SPINE & BACK PAIN HEALING RETREAT

HEAL YOUR SPINE • RELIEVE PAIN • RESTORE LIFE

A holistic Ayurvedic approach to reduce back pain, strengthen the spine, improve posture and flexibility and help you live a pain-free, active and happy life.



STRONG SPINE
BETTER POSTURE
PAIN FREE LIFE
NATURALLY



RELIEVE
BACK PAIN



STRENGTHEN
THE SPINE



IMPROVE
FLEXIBILITY



BETTER
POSTURE



REDUCE STRESS
& TENSION



BETTER SLEEP
& WELLNESS

OUR SPINE & BACK PAIN HEALING PROGRAM INCLUDES



AYURVEDIC
CONSULTATION
Personalized diagnosis
and treatment plan



PANCHAKARMA
THERAPIES
Detoxify the body,
remove toxins and
reduce inflammation



THERAPEUTIC
MASSAGE
Abhyanga, Pizhichil
relaxes muscles
and relieves pain



KATI BASTI &
GREEVA BASTI
Herbal oil therapy for
lower back, neck &
spine nourishment



YOGA THERAPY &
POSTURE CORRECTION
Strengthen back muscles
and improve alignment
& flexibility



PRANAYAMA &
STRESS RELIEF
Breathing practices
to relax the mind
and reduce stress



SATTVIC DIET
Anti-inflammatory,
nutritious and
easily digestible
meals

WHO IS THIS RETREAT FOR?

- ✓ People with chronic back pain
- ✓ Neck, shoulder & lower back pain
- ✓ Slip disc, sciatica & spinal issues
- ✓ Poor posture & muscular stiffness
- ✓ Long sitting & sedentary lifestyle
- ✓ Elderly with spine discomfort
- ✓ Anyone seeking natural healing



PROGRAM HIGHLIGHTS

- ✓ Natural & Holistic Healing Approach
- ✓ Personalized Ayurvedic Care
- ✓ Pain Relief & Inflammation Support
- ✓ Spine Strengthening & Flexibility
- ✓ Posture Correction & Alignment
- ✓ Detoxification & Metabolism Balance
- ✓ Better Sleep & Stress Relief
- ✓ Improved Mobility & Daily Function
- ✓ Holistic Care for Body, Mind & Soul
- ✓ Long-Term Wellness & Prevention



WHAT YOU WILL EXPERIENCE

- ✓ Reduced pain and muscle tension
- ✓ Improved spine strength & flexibility
- ✓ Better posture & body balance
- ✓ Enhanced energy & daily comfort
- ✓ Peaceful mind & emotional balance
- ✓ Healthy digestion & immunity
- ✓ Renewed confidence & active life



POWERFUL AYURVEDIC THERAPIES



ABHYANGA
MASSAGE



KATI BASTI



GREEVA BASTI



PIZHICHIL
THERAPY



NASYAM



HERBAL STEAM
THERAPY



KIZHI
THERAPY



SPINE
STRETCH THERAPY



100%
NATURAL



CHEMICAL
FREE



SAFE & SIDE
EFFECT FREE



DOCTOR
GUIDED



DOCTOR
GUIDED



HOLISTIC
CARE



PEACEFUL
ENVIRONMENT



CARE FOR
BODY, MIND & SOUL



HEAL TODAY
LIVE BETTER
MOVE FREELY
TOMORROW



HEAL YOUR SPINE
NOURISH YOUR BODY
CALM YOUR MIND
ENRICH YOUR LIFE

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW

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+91 7904218828



PEACEFUL STAY
HOLISTIC HEALING
COMPLETE CARE
LIFELONG WELLNESS

HOLISTIC HEALING • NATURAL CARE • LOVING SUPPORT • LIFE TRANSFORMATION

HORMONAL BALANCE PROGRAM

BALANCE HORMONES • BOOST ENERGY • RESTORE HARMONY

A holistic Ayurvedic approach to restore hormonal balance, improve well-being, and bring harmony to your body, mind and emotions naturally.

BALANCED
HORMONES
BETTER HEALTH
BETTER LIFE



HORMONAL
BALANCE



IMPROVED
ENERGY



STRESS & ANXIETY
REDUCTION



REPRODUCTIVE
WELLNESS



BETTER SLEEP
& MOOD



WEIGHT & METABOLISM
SUPPORT

OUR HORMONAL BALANCE PROGRAM INCLUDES



AYURVEDIC
CONSULTATION

Personalized diagnosis
and hormonal
assessment



PANCHAKARMA
THERAPIES

Detoxify the body,
balance doshas and
remove toxins



ABHYANGA &
HERBAL THERAPIES

Nourish, relax and
rejuvenate hormones
and mind



YOGA FOR
HORMONAL BALANCE

Asanas to support
endocrine glands and
hormone regulation



PRANAYAMA &
MEDITATION

Calm the mind, reduce
stress and restore
inner balance



SATTVIC DIET
PLAN

Nutrient-rich meals
to support hormone
health naturally

WHO IS THIS PROGRAM FOR?

- Women with hormonal imbalance
- PCOS / PCOD support
- Thyroid wellness support
- Irregular periods & PMS issues
- Mood swings & stress
- Fatigue & low energy
- Anyone seeking natural hormonal balance

PROGRAM HIGHLIGHTS

- Natural & Holistic Healing Approach
- Personalized Ayurvedic Care
- Hormone Balancing Therapies
- Detoxification & Rejuvenation
- Better Sleep & Stress Relief
- Improved Metabolism & Digestion
- Emotional Balance & Mental Clarity
- Healthy Menstrual & Reproductive Wellness
- Long-Term Wellness & Prevention

WHAT YOU WILL EXPERIENCE

- Balanced hormones & better mood
- Increased energy & daily vitality
- Healthy weight & improved metabolism
- Clear skin, hair & natural glow
- Better sleep & sound mind
- Emotional stability & confidence
- Holistic wellness & inner harmony

POWERFUL AYURVEDIC THERAPIES



SHIRODHARA



ABHYANGA
MASSAGE



KATI BASTI



NASYA



HERBAL STEAM



LEPANAM



YONI BASTI
(For Women)



100% NATURAL
& SAFE



CHEMICAL
FREE



DOCTOR
GUIDED



CUSTOMIZED
CARE



HOLISTIC
HEALING



PEACEFUL
ENVIRONMENT



BALANCE YOUR HORMONES
NOURISH YOUR BODY
CALM YOUR MIND
LIVE YOUR BEST LIFE

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW

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PEACEFUL STAY
HOLISTIC HEALING
COMPLETE CARE
LIFELONG WELLNESS

BEAUTY & SKIN REJUVENATION

Retreat

NOURISH • REJUVENATE • GLOW NATURALLY

A holistic Ayurvedic approach to detoxify your body, nourish your skin, restore natural radiance and enhance your beauty from within.

**RADIANT SKIN
HEALTHY YOU
CONFIDENT YOU
BEAUTIFUL YOU**



**NATURAL
GLOW**



**DETOX &
CLEANSE**



**ANTI-AGING &
REJUVENATION**



**BALANCE
HORMONES**



**REDUCE STRESS,
ENHANCE BEAUTY**



**INNER BALANCE,
OUTER RADIANCE**

OUR BEAUTY & SKIN REJUVENATION PROGRAM INCLUDES



**AYURVEDIC
CONSULTATION**
Personalized skin
& dosha assessment



**PANCHAKARMA
THERAPIES**
Deep detoxification
to remove toxins and
improve skin health



**ABHYANGA
HERBAL MASSAGE**
Nourishing herbal oils
to rejuvenate skin and
improve circulation



**MUKHALEPAM
(HERBAL FACIAL)**
Ayurvedic facial for
deep cleansing,
hydration & glow



**HERBAL STEAM &
SKIN CLEANSING**
Open pores, remove
impurities and refresh
the skin naturally



YOGA & PRANAYAMA
Improve circulation,
reduce stress and
bring natural glow



SATTVIC DIET
Skin-friendly, fresh,
nutritious meals for
inner nourishment

WHO IS THIS RETREAT FOR?

- Anyone seeking healthy, glowing skin
- Acne, pigmentation & dull skin concerns
- Anti-aging and skin rejuvenation
- Stress, lifestyle & pollution related skin issues
- Brides & pre-wedding wellness
- Men & women of all age groups
- Anyone seeking natural beauty & confidence

PROGRAM HIGHLIGHTS

- Natural & Holistic Beauty Approach
- Personalized Ayurvedic Care
- Panchakarma Detox & Rejuvenation
- Skin Nourishing Therapies
- Improved Digestion & Metabolism
- Hormonal Balance & Stress Relief
- Better Sleep, Energy & Vitality
- Healthy Skin, Hair & Nails
- Inner Peace, Confidence & Self-care
- Long-Term Beauty & Wellness

WHAT YOU WILL EXPERIENCE

- Radiant, clear & youthful skin
- Detoxified body & improved digestion
- Reduced acne, pigmentation & dullness
- Even skin tone & natural glow
- Deep relaxation & stress relief
- Balanced hormones & emotions
- Increased energy & confidence
- Holistic wellness & total rejuvenation

POWERFUL AYURVEDIC THERAPIES



**ABHYANGA
MASSAGE**



**PANCHAKARMA
DETOX**



**MUKHALEPAM
(HERBAL FACIAL)**



**HERBAL
STEAM**



**NASYA
THERAPY**



**LEPANAM
(HERBAL PACK)**



SHIRODHARA

- 100% NATURAL & SAFE
- CHEMICAL FREE
- TOXIN FREE
- DOCTOR GUIDED
- CUSTOMIZED PROGRAM
- HOLISTIC HEALING
- PEACEFUL ENVIRONMENT

"True beauty begins when the body and mind are in harmony."

**NOURISH YOUR SKIN
LOVE YOURSELF
FEEL CONFIDENT
EVERY DAY**

BEGIN YOUR BEAUTY JOURNEY TODAY!

BOOK YOUR RETREAT NOW

CALL / WHATSAPP

+91 7904218828

**HOLISTIC HEALING
LUXURIOUS STAY
NOURISHING FOOD
LIFELONG WELLNESS**

DETOX YOUR BODY • REJUVENATE YOUR SKIN • BALANCE YOUR MIND • LIVE BEAUTIFULLY

NATURAL HAIR CARE *Retreat*

NOURISH • STRENGTHEN • RESTORE NATURALLY

A holistic Ayurvedic approach to nourish your scalp, strengthen hair roots, reduce hair fall and restore healthy, naturally beautiful hair from within.

**STRONG ROOTS
HEALTHY SCALP
BEAUTIFUL HAIR
NATURALLY**



REDUCE
HAIR FALL



NOURISH
SCALP



PROMOTE
HAIR GROWTH



REDUCE DANDRUFF
& ITCHING



PREVENT
GREYING



STRESS RELIEF &
BETTER SLEEP

OUR NATURAL HAIR CARE PROGRAM INCLUDES



**AYURVEDIC
CONSULTATION**

Personalized hair
analysis & dosha
assessment



**HERBAL OIL
HEAD MASSAGE
(SHIRO ABHYANGA)**

Nourishes scalp,
improves blood
circulation



**SHIRODHARA
THERAPY**

Calms the mind,
reduces stress &
nourishes hair roots



**NASYA & SCALP
REJUVENATION**

Detoxifies sinuses,
improves scalp health
& hair strength



**HERBAL STEAM &
CLEANSING**

Deep cleansing of scalp,
removes toxins &
impurities



YOGA & PRANAYAMA

Balances hormones,
reduces stress &
improves overall
well-being



**SATTVIC DIET
PLAN**

Nutrient-rich meals
that promote healthy
hair & body

WHO IS THIS RETREAT FOR?

- Men & women with hair fall or thinning
- Dandruff, dry or itchy scalp
- Premature greying concerns
- Stress, anxiety related hair issues
- Hormonal imbalance hair problems
- Anyone seeking natural hair healing
- Beauty & wellness seekers



PROGRAM HIGHLIGHTS

- Natural & Holistic Hair Healing
- Personalized Ayurvedic Care
- Herbal Therapies & Scalp Detox
- Root Strengthening & Nourishment
- Stress Relief & Mental Balance
- Better Sleep & Relaxation
- Improved Hair Growth & Shine
- Healthy Scalp & Strong Hair
- Long-Term Hair Wellness
- Lifestyle Guidance & Support



WHAT YOU WILL EXPERIENCE

- Stronger, thicker & healthier hair
- Reduced hair fall & breakage
- Nourished scalp & natural shine
- Balanced hormones & mood
- Deep relaxation & stress relief
- Better sleep & higher energy
- Improved confidence & self-care
- Holistic wellness for body, mind & hair



POWERFUL AYURVEDIC THERAPIES



SHIRO ABHYANGA



SHIRODHARA



NASYA THERAPY



HERBAL HAIR PACK



HERBAL STEAM



LEPANAM



SCALP DETOX



100%
NATURAL
& SAFE



CHEMICAL
FREE



TOXIN
FREE



DOCTOR
GUIDED



CUSTOMIZED
PROGRAM



HOLISTIC
HEALING



PEACEFUL
ENVIRONMENT

Healthy hair begins
with a healthy body
and peaceful mind.

NOURISH YOUR ROOTS
LOVE YOUR HAIR
FEEL CONFIDENT
BE NATURALLY YOU

BEGIN YOUR HAIR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW



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+91 7904218828



HOLISTIC HEALING
LUXURIOUS STAY
NOURISHING FOOD
LIFELONG WELLNESS



Caring for You, Naturally



Om Ayurveda



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Connecting with Inner God

ARTHRITIS RELIEF RETREAT

RELIEVE PAIN • RESTORE MOVEMENT • RECLAIM LIFE

A complete Ayurvedic approach to reduce arthritis pain,
decrease inflammation and improve joint health
naturally – for a active and joyful life.



NATURAL
PAIN RELIEF
BETTER MOBILITY
BETTER LIFE



REDUCE
JOINT PAIN



IMPROVE
FLEXIBILITY



REDUCE
INFLAMMATION



BETTER
MOBILITY



STRENGTHEN
IMMUNITY



BETTER SLEEP
& WELL-BEING

OUR ARTHRITIS RELIEF RETREAT INCLUDES



AYURVEDIC
CONSULTATION

Personalized diagnosis
and treatment plan



PANCHAKARMA
THERAPIES

Detoxification to remove
toxins and reduce
inflammation



THERAPEUTIC
TREATMENTS

Abhyanga, Kizhi,
Janu Basti, Pichu,
Nasyam & more



HERBAL MEDICINES
& SUPPLEMENTS

Powerful Ayurvedic
herbs for joint healing
and lubrication



YOGA & GENTLE
MOVEMENT

Improves flexibility,
strength and joint
function



PRANAYAMA &
MEDITATION

Reduces stress, relaxes
mind and supports
natural healing



SATTVIC DIET
PLAN

Anti-inflammatory,
nutritious and easy
to digest meals

WHO IS THIS RETREAT FOR?

- ✓ People with Arthritis (Osteoarthritis, Rheumatoid Arthritis, etc.)
- ✓ Chronic Joint Pain & Stiffness
- ✓ Knee, Shoulder, Back & Neck Pain
- ✓ Swelling & Inflammation
- ✓ Limited Mobility & Movement
- ✓ Elderly & Active Individuals
- ✓ Anyone seeking Natural Pain Relief

PROGRAM HIGHLIGHTS

- ✓ Natural & Holistic Healing Approach
- ✓ Personalized Ayurvedic Care
- ✓ Pain Relief & Inflammation Support
- ✓ Improved Flexibility & Mobility
- ✓ Better Strength & Joint Function
- ✓ Detoxification & Metabolism Balance
- ✓ Stress Relief & Better Sleep
- ✓ Stronger Immunity & Vitality
- ✓ Long-Term Wellness & Prevention



WHAT YOU WILL EXPERIENCE

- ✓ Peaceful Environment & Nature Healing
- ✓ Daily Yoga & Meditation
- ✓ Ayurvedic Therapies & Massages
- ✓ Healthy Sattvic Meals
- ✓ Daily Guidance & Support
- ✓ Lifestyle & Diet Education
- ✓ Renewed Energy & Joyful Living



100%
NATURAL



AYURVEDIC
HEALING



DRUG-FREE
THERAPIES



SAFE & SIDE
EFFECT FREE



CARE FOR
BODY, MIND & SOUL



BALANCE
DOSHAS



HEAL TODAY
LIVE BETTER
TOMORROW

Relief Today.
Movement Tomorrow.
Happiness Forever.



HEAL NATURALLY
LIVE PAIN FREE
ENJOY EVERY MOMENT
OF LIFE

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW

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PEACEFUL STAY
HOLISTIC HEALING
COMPLETE CARE

HOLISTIC HEALING • NATURAL CARE • LOVING SUPPORT • LIFE TRANSFORMATION

AYURVEDIC NUTRITION Retreat

NOURISH • BALANCE • HEAL • THRIVE

A holistic Ayurvedic approach to nutrition, designed to balance your doshas, improve digestion, detoxify your body and bring harmony to your body, mind and soul.

FOOD IS MEDICINE
NOURISH YOUR BODY • MIND • SOUL

THE AYURVEDIC WAY TO EAT & LIVE



DOSHA BALANCE

Personalized nutrition for your unique constitution



IMPROVE DIGESTION

Heal your gut, boost metabolism & energy



DETOX & REJUVENATE

Cleanse toxins, refresh body & mind



BOOST IMMUNITY

Strengthen your natural defenses with right foods



MIND & MOOD BALANCE

Nourish emotions, reduce stress & bring clarity



RADIANT WELLNESS

Glowing skin, strong hair & vitality within

WHAT THE RETREAT INCLUDES



AYURVEDIC CONSULTATION

Dosha assessment & health analysis



PERSONALIZED NUTRITION PLAN

Tailored meal plan for your body type



SATTVIC COOKING WORKSHOPS

Learn to cook healing, balanced meals



HERBAL DRINKS & TEAS

Detox drinks, medicinal teas & healing recipes



DIGESTIVE HEALING FOOD

Gut-friendly meals & seasonal detox plans



YOGA & MINDFUL EATING

Mindful practices for better digestion & awareness



MEDITATION & STRESS RELIEF

Relax, rejuvenate & restore inner balance



NATURE HEALING & RETREAT STAY

Peaceful stay in nature for deep well-being

BENEFITS YOU WILL EXPERIENCE

- Better digestion & metabolism
- Healthy weight & balanced nutrition
- Stronger immunity & natural energy
- Improved sleep & emotional balance
- Healthy skin, hair & glowing you
- Reduced stress & better focus
- Daily self-healing through food
- Long-term healthy lifestyle habits

SAMPLE OF NUTRITIOUS MEALS



AYURVEDIC KHICHDI



VEGETABLE STEAM BOWL



MOONG DAL SOUP



QUINOA & VEG SALAD



HERBAL TEA



FRUIT & NUTS BOWL

WHO CAN JOIN?

- Wellness seekers
- Families & homemakers
- Ayurveda students & practitioners
- Yoga & retreat travelers
- People seeking preventive healthcare
- Anyone wanting healing through food & balance



100% NATURAL



CHEMICAL FREE



TOXIN FREE



DOCTOR GUIDED



CUSTOMIZED PROGRAM



SATTVIC FOOD



HOLISTIC HEALING



PEACEFUL ENVIRONMENT



NOURISH YOUR BODY
BALANCE YOUR MIND
HEAL NATURALLY
LIVE VIBRANTLY

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW



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HOLISTIC HEALING
PURE FOOD
PEACEFUL STAY
LIFELONG WELLNESS

SEASONAL DETOX Retreat

CLEANSE • REFRESH • RENEW

A holistic Ayurvedic retreat to detox your body, purify your system, strengthen immunity and restore natural balance with the wisdom of seasons and the healing power of nature.

DETOX
TODAY
TO LIVE
BETTER
TOMORROW



REMOVE
TOXINS



IMPROVE
DIGESTION



BOOST
IMMUNITY



REDUCE STRESS
& ANXIETY



GLOWING SKIN
& RADIANCE



RENEW ENERGY
& BALANCE

WHAT THE RETREAT INCLUDES



AYURVEDIC
CONSULTATION

Dosha assessment
& personalized
detox plan



PANCHAKARMA
THERAPIES

Deep cleansing &
rejuvenation
therapies



ABHYANGA
MASSAGE

Herbal oil massage
to relax, nourish
& detox



HERBAL STEAM
& PURIFICATION

Clears channels,
removes toxins
& impurities



DETOX MEALS
& HERBAL DRINKS

Sattvic, light &
digestive healing
meals & drinks



YOGA & PRANAYAMA

Detoxifying yoga
practices & breath
techniques



MEDITATION &
STRESS RELIEF

Calm the mind,
release stress &
find inner peace



NATURE HEALING
& RETREAT STAY

Peaceful stay in
nature for deep
healing & rest

BENEFITS OF SEASONAL DETOX

- Eliminates toxins & improves digestion
- Strengthens immunity & natural defenses
- Enhances energy, vitality & mental clarity
- Improves skin, hair & overall glow
- Reduces stress, fatigue & bloating
- Supports healthy weight & metabolism
- Promotes better sleep & emotional balance
- Seasonal reset for a healthier you

OUR DETOX PROGRAM FLOW



CLEANSE
Remove toxins
& impurities



NOURISH
Nourish tissues
& restore balance



REJUVENATE
Rejuvenate body,
mind & energy



MAINTAIN
Sustain wellness
with healthy
lifestyle

Every season brings change.
Detox brings balance.

WHO IS THIS RETREAT FOR?

- Anyone feeling tired, heavy or stressed
- People with digestive & skin issues
- Those needing a seasonal body reset
- Busy professionals & city dwellers
- Wellness seekers & yoga practitioners
- People looking for natural healing
- Anyone ready for a lifestyle reset

POWERFUL AYURVEDIC THERAPIES



ABHYANGA
MASSAGE



SHIRODHARA



NASYA
THERAPY



HERBAL
BATH



BASTI
THERAPY



UDVARTANA
(HERBAL SCRUB)



NETRA
TARPANA

Ayurveda
cleanses not only
the body, but also
the mind & emotions.



LIGHTEN YOUR BODY
CALM YOUR MIND
RENEW YOUR LIFE
Naturally ♥

BEGIN YOUR DETOX JOURNEY TODAY!

BOOK YOUR RETREAT NOW

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HOLISTIC HEALING
PURE FOOD
PEACEFUL STAY
LIFELONG WELLNESS
♥



100% NATURAL



CHEMICAL FREE



TOXIN
FREE



DOCTOR
GUIDED



CUSTOMIZED
PROGRAM



SATTVIC FOOD



SAFE & PEACEFUL
ENVIRONMENT

DETOX THE BODY, LIGHTEN THE MIND, RENEW THE LIFE.

HERBAL COOKING Retreat

COOK • HEAL • NOURISH • TRANSFORM

A unique Ayurvedic retreat that teaches the art of cooking with herbs, spices, and natural ingredients to create healing, sattvic meals for a healthy body, peaceful mind and joyful life.


FOOD IS MEDICINE
COOK IT RIGHT
LIVE IT WELL

WHAT YOU WILL LEARN



AYURVEDIC COOKING PRINCIPLES



HEALING HERBS & MEDICINAL SPICES



SATTVIC & SEASONAL COOKING



DOSHA-BASED MEAL PLANNING



HERBAL TEAS & DETOX DRINKS



MINDFUL EATING & LIFESTYLE HABITS

RETREAT HIGHLIGHTS



PRACTICAL HERBAL COOKING WORKSHOPS
Hands-on learning with expert Ayurvedic chefs



SPICE THERAPY & HERB KNOWLEDGE
Discover the healing power of everyday ingredients



HEALING & SATTVIC MEALS
Nutritious, delicious & balancing for all doshas



HERBAL DRINKS & IMMUNITY RECIPES
Natural drinks to detox, energize & heal



YOGA, MEDITATION & NATURE HEALING
Reconnect with yourself & live in natural harmony

BENEFITS

-  Better digestion & metabolism
-  Stronger immunity & vitality
-  Healthy weight & balanced nutrition
-  Glowing skin, better sleep & energy
-  Reduced stress & emotional balance
-  Daily self-healing through food
-  Improved family wellness habits
-  Long-term natural lifestyle transformation



RETREAT INCLUDES

-  Ayurvedic consultation & dietary guidance
-  Herbal cooking classes & demonstrations
-  Kitchen herbs & healing recipe
-  Seasonal detox meal planning
-  Herbal tea & natural drink sessions
-  Mindful eating & wellness workshops
-  Farm-to-table experience
-  Peaceful stay in a nature retreat

WHO CAN JOIN?

-  Wellness seekers
-  Families & homemakers
-  Ayurveda students & practitioners
-  Yoga & retreat travelers
-  People seeking healthy lifestyle
-  Anyone wanting natural healing through food



SAMPLE OF WHAT YOU WILL ENJOY



HERBAL KHICHADI



GREEN DETOX SOUP



MILLET & VEG BOWL



HERBAL TEA



TRIPHALA DRINK



HERBAL LADDOO

“When food becomes medicine, life becomes wellness.”

NOURISH YOUR BODY
HEAL YOUR MIND
TRANSFORM YOUR LIFE

BEGIN YOUR HEALING JOURNEY TODAY!

 **BOOK YOUR RETREAT NOW** 

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HOLISTIC HEALING
PURE FOOD
PEACEFUL STAY
LIFELONG WELLNESS



100% NATURAL



CHEMICAL FREE



DOCTOR GUIDED



CUSTOMIZED PROGRAM



SATTVIC FOOD



SAFE & PEACEFUL ENVIRONMENT

REJUVENATION THERAPY *Retreat*

RENEW • RESTORE • REVITALIZE

A holistic Ayurvedic retreat to rejuvenate your body, calm your mind and uplift your spirit through ancient therapies, nourishing food, yoga, meditation and the healing power of nature.

**REJUVENATE
YOUR BODY
RENEW YOUR MIND
REVIVE YOUR
LIFE**

EXPERIENCE TOTAL REJUVENATION



**RESTORE
ENERGY
& VITALITY**



**REDUCE STRESS
& MENTAL
FATIGUE**



**BOOST IMMUNITY
& NATURAL
HEALING**



**NOURISH SKIN
& ENHANCE
RADIANCE**



**IMPROVE SLEEP
& EMOTIONAL
BALANCE**



**DETOXIFY BODY
& REJUVENATE
FROM WITHIN**

WHAT THE RETREAT INCLUDES



AYURVEDIC CONSULTATION

Dosha assessment
& personalized
wellness plan



PANCHAKARMA THERAPIES

Deep cleansing,
detox &
rejuvenation



ABHYANGA MASSAGE

Herbal oil massage
to relax, nourish
& revitalize



SHIRODHARA THERAPY

Calms the mind,
relieves stress &
improves sleep



HERBAL STEAM THERAPY

Opens channels,
removes toxins &
refreshes body



SATTVIC MEAM & HERBAL DRINKS

Nourishing, light
& delicious food
for healing



YOGA & PRANAYAMA

Balance your body,
breath & life
energy



MEDITATION & MINDFULNESS

Inner peace,
emotional healing
& clarity



NATURE HEALING & PEACEFUL STAY

Reconnect with
nature & experience
deep relaxation

BENEFITS YOU WILL EXPERIENCE

- Increased energy & vitality
- Deep relaxation & stress relief
- Better sleep & mental clarity
- Healthy digestion & detoxification
- Improved skin glow & anti-aging
- Stronger immunity & resilience
- Emotional balance & happiness
- Long-term wellness & life renewal

REJUVENATE YOURSELF



**NOURISH
BODY**



**RENEW
ENERGY**



**AWAKEN
INNER JOY**



**CALM
MIND**



**BALANCE
EMOTIONS**

WHO CAN JOIN?

- Anyone feeling tired or stressed
- People with burnout & fatigue
- Working professionals
- Individuals seeking anti-aging & vitality
- Yoga & wellness enthusiasts
- People looking for a lifestyle reset
- Anyone who wants to feel healthier, happier & renewed

POWERFUL AYURVEDIC REJUVENATION THERAPIES



**ABHYANGA
MASSAGE**



**SHIRODHARA
THERAPY**



**UDVARTANA
HERBAL SCRUB**



**BASTI
THERAPY**



**NASYA
THERAPY**



**NETRA
TARPANA**



**HERBAL BATH
THERAPY**

*"Give your body
the care it deserves
and it will give you
a life beyond
expectations."*



**INVEST IN YOUR WELLNESS
TODAY FOR A HEALTHIER,
HAPPIER & MORE
VIBRANT TOMORROW. ♥**

BEGIN YOUR REJUVENATION JOURNEY TODAY!

BOOK YOUR RETREAT NOW

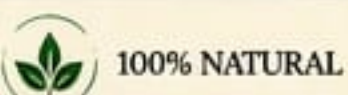
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**HOLISTIC HEALING
PURE FOOD
PEACEFUL STAY
LIFELONG WELLNESS**



100% NATURAL



CHEMICAL FREE



**TOXIN
FREE**



**DOCTOR
GUIDED**



**CUSTOMIZED
PROGRAM**



SATTVIC FOOD



**SAFE & PEACEFUL
ENVIRONMENT**

RENEW YOUR BODY. RESTORE YOUR ENERGY. REVIVE YOUR LIFE.

ANTI-STRESS PANCHAKARMA Retreat

RELAX • REJUVENATE • RESTORE

A deeply healing Ayurvedic retreat to release stress, calm your mind, detox your body and restore emotional balance through authentic Panchakarma therapies, yoga, meditation and nourishing living.

CALM MIND
HEAL BODY
BALANCE LIFE



REDUCE STRESS

Calms the mind and nervous system



BETTER SLEEP

Improves sleep quality and relaxation



EMOTIONAL BALANCE

Relieves anxiety and emotional heaviness



DETOXIFY & REJUVENATE

Eliminates toxins and renews your body



BOOST IMMUNITY

Strengthens immunity and vitality

THE AYURVEDIC WAY TO STRESS-FREE LIVING

"When the mind becomes quiet, healing begins."

WHAT THE RETREAT INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment & stress evaluation



PANCHAKARMA THERAPIES

Deep detox therapies to cleanse and heal



SHIRODHARA THERAPY

Calms the mind, relaxes nerves & improves sleep



ABHYANGA MASSAGE

Herbal oil massage to relax, nourish and rejuvenate



YOGA & PRANAYAMA

Breath practices to calm mind & reduce stress



MEDITATION & YOGA NIDRA

Guided meditation for deep relaxation & mental peace



SATTVIC MEALS & HERBAL DRINKS

Nourishing meals and herbs that balance the mind



NATURE HEALING & PEACEFUL STAY

Reconnect with nature and experience calm

BENEFITS YOU WILL EXPERIENCE

- Significant reduction in stress & anxiety
- Deep relaxation & mental peace
- Better sleep & improved concentration
- Emotional balance & stability
- Improved digestion & detoxification
- Increased energy & productivity
- Stronger immunity & overall wellness
- Long-term health & happiness

PANCHAKARMA DETOX PROCESS



PURVAKARMA
Preparation for detox



PANCHAKARMA
Deep cleansing therapies



PASCHATKARMA
Post care & rejuvenation



RASAYANA
Rejuvenation & immunity



DINACHARYA
Daily routine for balance

Detox the body • Calm the mind
Renew the spirit • Live a balanced life

WHO CAN JOIN?

- Working professionals under stress
- People facing burnout & anxiety
- Students with mental fatigue
- Anyone with poor sleep & restlessness
- Those seeking natural healing
- Yoga & wellness enthusiasts
- Anyone looking for peace, balance & a healthier life

POWERFUL AYURVEDIC THERAPIES FOR STRESS RELIEF



ABHYANGA MASSAGE



SHIRODHARA THERAPY



NASYA THERAPY



UDVARTANA HERBAL SCRUB



HERBAL STEAM THERAPY



BASTI THERAPY



HERBAL BATH THERAPY



NETRA TARPANA

“Give your body the care it deserves and your mind the rest it needs.”



INVEST IN YOUR WELL-BEING
TODAY FOR A CALM,
HEALTHY & HAPPY
TOMORROW. ❤️

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW

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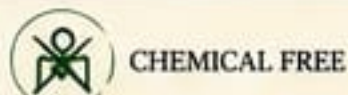
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HOLISTIC HEALING
PURE FOOD
PEACEFUL STAY
LIFELONG WELLNESS
❤️



100% NATURAL



CHEMICAL FREE



TOXIN FREE



DOCTOR GUIDED



CUSTOMIZED PROGRAM



AUTHENTIC AYURVEDA



SATTVIC FOOD



SAFE & PEACEFUL ENVIRONMENT

RELEASE STRESS. RESTORE BALANCE. REJUVENATE YOUR LIFE.

IMMUNITY BOOSTING RETREAT

STRENGTHEN • PROTECT • REVITALIZE

A holistic Ayurvedic retreat to strengthen your natural immunity, restore energy, detox your body and bring balance to your body, mind and spirit for a healthier, happier life.


**STRONGER IMMUNITY
BETTER HEALTH
BETTER LIFE**


					
STRENGTHENS IMMUNITY Boosts your natural defense system	INCREASES ENERGY & VITALITY Fight fatigue and improve stamina	IMPROVES DIGESTION Enhances gut health and absorption	DETOXIFIES NATURALLY Eliminates toxins and impurities	REDUCES STRESS & ANXIETY Brings calm, balance and mental clarity	PROMOTES OVERALL WELLNESS Holistic healing for body, mind and soul

WHAT THE RETREAT INCLUDES

								
AYURVEDIC CONSULTATION Dosha assessment & personalized wellness plan	PANCHAKARMA THERAPIES Detox, cleanse and rejuvenate your body	ABHYANGA MASSAGE Herbal oil massage to nourish, relax and strengthen	SHIRODHARA THERAPY Calms the mind, reduces stress & improves sleep	HERBAL MEDICINES & RASAYANA Ayurvedic herbs that build immunity & vitality	IMMUNITY BOOSTING SATTVIC MEALS Nourishing, fresh & dosha-balancing meals	YOGA & PRANAYAMA Breath practices to increase oxygen, energy & balance	MEDITATION & MINDFUL LIVING Reduce stress, improve focus & emotional balance	NATURE HEALING & RESTFUL STAY Peaceful stay in nature for deep relaxation & renewal

BENEFITS YOU WILL EXPERIENCE

- Stronger immunity & disease resistance
- More energy, strength & stamina
- Better digestion & gut health
- Healthy skin, hair & natural glow
- Better sleep & mental clarity
- Reduced stress & anxiety
- Faster recovery & healing
- Long-term health & vitality



OUR IMMUNITY BOOSTING FOCUS



Build immunity naturally. Live stronger. Live better.

WHO CAN JOIN?

- People with low immunity or frequent illness
- Those feeling tired, weak or low on energy
- Busy professionals under stress
- Families seeking preventive healthcare
- Yoga & wellness enthusiasts
- Anyone looking for a natural health & lifestyle reset



POWERFUL AYURVEDIC THERAPIES

						
ABHYANGA MASSAGE	HERBAL STEAM THERAPY	NASYA THERAPY	UDVARTANA HERBAL SCRUB	BASTI THERAPY	HERBAL BATH THERAPY	NETRA TARPANA

“Prevention today is wellness tomorrow.”



NOURISH YOUR BODY
STRENGTHEN YOUR IMMUNITY
LIVE HEALTHY, LIVE HAPPY
LIVE NATURALLY ❤️

BEGIN YOUR IMMUNITY JOURNEY TODAY!

 **BOOK YOUR RETREAT NOW** 



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HOLISTIC HEALING
PURE FOOD
PEACEFUL STAY
LIFELONG WELLNESS
❤️

GANGA + Rafting WELLNESS RETREAT

ADVENTURE IN THE RIVER • PEACE IN THE SOUL

A perfect blend of thrill and tranquility –
experience the excitement of rafting on Maa Ganga
and the healing power of yoga, meditation and nature.

ADVENTURE
HEALS THE BODY
NATURE
CALMS THE MIND
SPIRIT
AWAKENS THE SOUL

WHAT MAKES THIS RETREAT SPECIAL



WHITE WATER RAFTING

Feel the thrill of
riding the mighty
Ganga



YOGA & MEDITATION

Daily sessions to
bring balance and
inner peace



CAMPING & NATURE STAY

Stay close to nature
with comfortable
camping



GANGA AARTI & SPIRITUALITY

Experience divine
energy and sacred
rituals



SATTVIC MEALS & WELLNESS

Nutritious, organic
food for body and
mind



BONDING & FUN ACTIVITIES

Make memories,
connect with like-
minded people



YOGA BY THE RIVER



NATURE & CAMPING



MEDITATION & MINDFULNESS



GANGA AARTI



SAFE & GUIDED RAFTING

BENEFITS

- Reduces stress & anxiety
- Improves fitness & stamina
- Boosts confidence & teamwork
- Enhances mental clarity
- Strengthens immunity
- Creates lifelong memories
- Brings joy, peace & positivity

RETREAT INCLUDES

- Professional rafting with safety gear
- Daily yoga, pranayama & meditation
- Nature walks & mindfulness sessions
- Camp stay, bonfire & evening activities
- Sattvic meals & herbal drinks
- Ganga Aarti & spiritual experiences
- Wellness guidance & support

IDEAL FOR

- Adventure lovers
- Wellness seekers
- Yoga & meditation practitioners
- Corporate & group retreats
- Families & friends
- Solo travelers
- Anyone seeking balance & joy

Flow with the River
HEAL WITH NATURE
LIVE WITH PURPOSE

BOOK YOUR JOURNEY TODAY!



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LIMITED SEATS
BOOK EARLY



SAFE • GUIDED
MEMORABLE



ADVENTURE
WELLNESS • SPIRITUALITY

Disconnect
from stress.
Reconnect
with yourself.



HOLISTIC HEALING



PURE FOOD



PEACEFUL STAY



DIGITAL DETOX



SUSTAINABLE TOURISM



RISHIKESH, UTTARAKHAND – WHERE ADVENTURE MEETS SPIRITUALITY



NATURE & ADVENTURE

Wellness Retreats

• Adventure • Nature • Wellness • Spirituality •

Reconnect with Nature, Rediscover Your Inner Peace

A perfect blend of adventure, nature, yoga, meditation and holistic healing experiences for a healthier, happier and meaningful life.

OUR SIGNATURE NATURE & ADVENTURE WELLNESS PROGRAMS



GANGA RAFTING + WELLNESS RETREAT

Feel the thrill of rafting in the holy Ganga followed by yoga, meditation and holistic healing.



FOREST SAFARI + NATURE HEALING RETREAT

Explore wildlife and lush forests with nature healing, relaxation and rejuvenating therapies.



HIMALAYAN TREK + MEDITATION RETREAT

Trek the majestic Himalayas and elevate your soul with daily meditation and mindfulness.



CAMPING + YOGA RETREAT

Experience camping in nature with yoga, bonfire, sattvic food and soulful connections.



SUNRISE MOUNTAIN MEDITATION RETREAT

Welcome the sunrise in the mountains with guided meditation and positive energy.



RIVER SIDE SILENT RETREAT

Embrace silence by the riverside, disconnect to reconnect with your inner self.



ECO SPIRITUAL TOURISM

Travel responsibly, protect nature and experience spirituality, culture and consciousness.



VILLAGE WELLNESS EXPERIENCE

Live a simple village life, enjoy local culture, healthy food and community wellness.



ORGANIC FARM RETREAT

Stay close to nature, eat organic, learn natural farming and rejuvenate your body.



NATURE PHOTOGRAPHY SPIRITUAL TOUR

Capture the beauty of nature and explore the spiritual side of breathtaking locations.

WHAT'S INCLUDED

- Yoga & Meditation Sessions
- Healthy Organic & Sattvic Meals
- Nature Activities & Adventures
- Holistic Healing & Wellness Therapies
- Guided Nature & Spiritual Walks
- Campfire, Music & Cultural Evenings
- Comfortable Stay in Nature's Lap
- Digital Detox & Mindful Living



BENEFITS YOU'LL EXPERIENCE

- Stress Relief & Mental Peace
- Improved Physical Fitness & Energy
- Emotional Balance & Happiness
- Stronger Immunity & Vitality
- Better Sleep & Relaxation
- Greater Connection with Nature
- Spiritual Growth & Self Discovery
- Memorable Experiences for Life



PURE NATURE



PURE HERBAL FOOD



EXPERT GUIDANCE



SAFE & SECURE



SUSTAINABLE
TRAVEL



MEMORIES TO CHERISH

*"In every walk with nature,
one receives far more
than he seeks."
- John Muir*

IDEAL FOR

- Wellness Seekers
- Adventure Lovers
- Yoga & Meditation Practitioners
- Families, Friends & Groups
- Solo Travelers
- Corporate Wellness Groups

BEGIN YOUR NATURE & WELLNESS JOURNEY TODAY!

BOOK YOUR RETREAT NOW



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- HOLISTIC HEALING
- PURE FOOD
- PEACEFUL STAY
- LIFELONG WELLNESS



100% NATURAL



CHEMICAL FREE



TOXIN
FREE



DOCTOR
GUIDED



AYURVEDIC
WISDOM



ECO FRIENDLY



SAFE & PEACEFUL
ENVIRONMENT

NATURE HEALS. ADVENTURE INSPIRES. WELLNESS TRANSFORMS.



HEAL NATURALLY
LIVE HOLISTICALLY

AYURVEDA & NATURAL HEALING Programs

Ancient Wisdom • Natural Healing • Lasting Wellness

Holistic Retreats for Body, Mind & Soul

Experience the power of Ayurveda, Panchakarma, Yoga, Herbal Therapies and Sattvic Living for complete healing and long-term wellness.

NATURAL HEALING
ROOTED IN AYURVEDA

OUR SIGNATURE HEALING PROGRAMS

THERAPEUTIC WELLNESS RETREATS



1 WEIGHT MANAGEMENT RETREAT

Healthy weight, better you



2 DIABETES WELLNESS SUPPORT

Balance sugar, live better



3 URIC ACID HEALING PROGRAM

Reduce pain, restore mobility



4 ARTHRITIS RELIEF RETREAT

Relieve pain, regain freedom



5 SPINE & BACK PAIN HEALING

Strong spine, active life



6 SLEEP & INSOMNIA HEALING RETREAT

Better sleep, peaceful mind



7 HORMONAL BALANCE PROGRAM

Balance hormones, balance life

BEAUTY & REJUVENATION RETREATS



9 BEAUTY & SKIN REJUVENATION RETREAT

Glowing skin, natural radiance



10 NATURAL HAIR CARE RETREAT

Strong hair, healthy scalp



11 REJUVENATION THERAPY RETREAT

Renew energy, revitalize life



12 SEASONAL DETOX RETREAT

Detox the body, refresh within



13 IMMUNITY BOOSTING RETREAT

Stronger immunity, stronger life



14 ANTI-STRESS PANCHAKARMA RETREAT

Calm mind, happy life

LIFESTYLE & FOOD HEALING RETREATS



15 HERBAL COOKING RETREAT

Cook healthy, live healthy



16 AYURVEDIC NUTRITION RETREAT

Eat right, heal right



Also Includes

- Personalized Dosha Balancing Programs
- Panchakarma Detox Support
- Daily Wellness Routine Guidance
- Herbal Medicines & Lifestyle Correction
- Spiritual Wellness & Mindful Living

WHY CHOOSE AYURVEDA?

- Natural healing without harmful side effects
- Treats root cause, not just symptoms
- Holistic care for body, mind & spirit
- Personalized programs & therapies
- Prevention, detox, rejuvenation & balance
- Ancient wisdom for modern living

BENEFITS OF OUR PROGRAMS

- Better Digestion & Metabolism
- Reduced Stress & Anxiety
- Improved Sleep & Mental Clarity
- Healthy Skin, Hair & Glow
- Pain Relief & Better Mobility
- Stronger Immunity & Vitality
- Hormonal & Emotional Balance
- Detoxification & Rejuvenation
- Weight Balance & Energy Boost
- Long-term Wellness & Lifestyle Transformation

IDEAL FOR

- Wellness Seekers
- Working Professionals
- Families & Elders
- International Healing Travelers
- Yoga Practitioners
- Preventive Healthcare Seekers
- Spiritual & Wellness Travelers
- Anyone Seeking Natural Healing & Balance

WHAT YOUR RETREAT INCLUDES

- AYURVEDIC CONSULTATION & DIAGNOSIS
- PANCHAKARMA DETOX THERAPIES
- ABHYANGA & HERBAL MASSAGE
- SHIRODHARA & SPECIAL THERAPIES
- YOGA & PRANAYAMA SESSIONS
- MEDITATION & STRESS RELIEF SESSIONS
- SATTVIC MEALS & HERBAL DRINKS
- NATURE HEALING & PEACEFUL STAY

HEAL YOUR BODY
CALM YOUR MIND
NOURISH YOUR SOUL
LIVE YOUR BEST LIFE

BEGIN YOUR HEALING JOURNEY TODAY!

BOOK YOUR RETREAT NOW

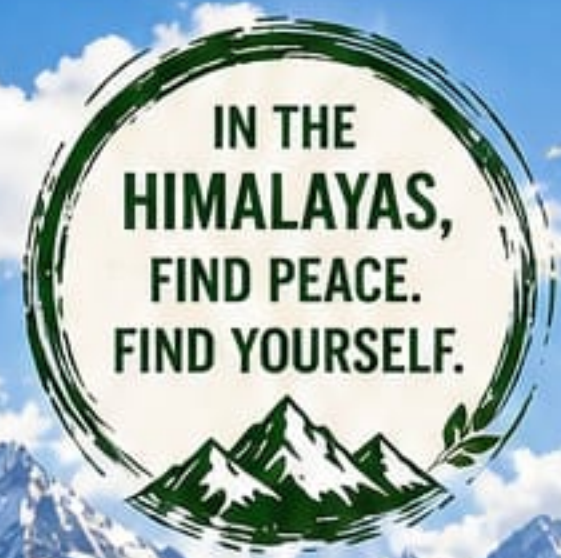
CALL / WHATSAPP

+91 7904218828

HOLISTIC HEALING
PURE FOOD
PEACEFUL STAY
LIFELONG WELLNESS

- 100% NATURAL
- CHEMICAL FREE
- TOXIN FREE
- DOCTOR GUIDED
- AUTHENTIC AYURVEDA
- SATTVIC FOOD
- SAFE & PEACEFUL ENVIRONMENT

HEAL NATURALLY • LIVE HOLISTICALLY • STAY BALANCED



HIMALAYAN TREK + MEDITATION RETREAT



Trek the Mountains. Still the Mind. Awaken the Soul.

A powerful blend of Himalayan adventure, yoga, meditation and spiritual practices to help you disconnect from stress and reconnect with your true self.

WHAT THIS RETREAT INCLUDES



GUIDED HIMALAYAN TREK
Scenic trails with experienced and certified guides.



YOGA & PRANAYAMA
Daily yoga sessions to energize your body and calm your mind.



MEDITATION & MINDFULNESS
Morning & evening meditation in peaceful Himalayan settings.



SILENT REFLECTION & INNER HEALING
Time for silence, self-awareness and spiritual growth.



SPIRITUAL VISITS & CULTURAL CONNECT
Visit sacred places, ashrams and experience local Himalayan culture.



SATTVIC FOOD & WELLNESS
Nutritious, organic meals and herbal wellness support.



NATURE STAY & CAMP EXPERIENCE
Comfortable stays in eco-friendly camps and lodges.



SUNRISE MEDITATION



SCENIC TREKS



YOGA IN NATURE



BONFIRE & SHARING



NATURE HEALING



PEACEFUL STAY

BENEFITS



- Improves physical fitness & stamina
- Reduces stress & anxiety
- Enhances mental clarity & focus
- Deepens spiritual connection
- Boosts confidence & inner strength
- Improves sleep & overall well-being
- Digital detox & mindful living
- Life-changing transformation

RETREAT HIGHLIGHTS

- Professional trekking guidance & safety
- Daily yoga, pranayama & meditation
- Mindfulness walks & nature connection
- Campfire, music & inspiring talks
- Sunrise & sunset experiences
- Healthy sattvic meals & herbal drinks
- Small group, personalized attention
- Spiritual practices & self-discovery

IDEAL FOR

- Adventure lovers
- Wellness seekers
- Yoga & meditation practitioners
- Solo travelers
- Friends & families
- Corporate wellness groups
- Students & professionals
- Anyone seeking peace & purpose

"The mountains are calling and your soul knows the way."

→ BOOK YOUR TRANSFORMATIVE JOURNEY TODAY! →



+91 7904218828



LIMITED SEATS
BOOK EARLY



SAFE & SECURE
ADVENTURE



EXPERT GUIDES
& SUPPORT



ADVENTURE
WITH WELLNESS

*Disconnect from the noise.
Reconnect with what truly matters.*



HOLISTIC HEALING



PURE FOOD



PEACEFUL STAY



DIGITAL DETOX



SUSTAINABLE TOURISM

📍 RISHIKESH, UTTARAKHAND – THE GATEWAY TO THE HIMALAYAS 🏔️



FOREST SAFARI + NATURE HEALING RETREAT

Reconnect with Nature. Heal Your Body. Calm Your Mind.

A perfect blend of wildlife adventure, nature immersion, yoga, meditation and holistic healing for deep relaxation and inner renewal.

**NATURE IS
NOT A PLACE
TO VISIT,
IT IS HOME.**

WHAT THIS RETREAT INCLUDES



FOREST SAFARI & WILDLIFE EXPLORATION

Experience the thrill
of the wild with
expert naturalists.



YOGA & PRANAYAMA

Daily sessions to
energize your body
and calm your mind.



MEDITATION & MINDFUL WALKS

Connect deeply with
nature through silence
and mindfulness.



HERBAL WELLNESS & NATURE HEALING

Herbal teas, therapies
and natural remedies
to detox and heal.



ORGANIC SATTVIC MEALS

Nutritious, fresh and
delicious meals for
body and soul.



CAMPFIRE & NATURE NIGHTS

Relax, share stories
and enjoy soulful
evenings.



YOGA BY NATURE



NATURE WALKS



BIRD WATCHING



ECO FRIENDLY STAY



HEALTHY FOOD



RIVERSIDE MEDITATION

BENEFITS

- Deep stress relief and relaxation
- Improves mental clarity & focus
- Strengthens immunity
- Better sleep and energy
- Emotional balance & happiness
- Connect with nature and yourself
- Digital detox and mindful living
- Rejuvenation of body, mind & soul

RETREAT HIGHLIGHTS

- Guided Safari with Natural Experts
- Morning Yoga & Evening Meditation
- Herbal Wellness & Detox Support
- Organic Food & Herbal Drinks
- Comfortable Stay in Nature
- Campfire, Music & Nature Talks
- Sunrise, Sunset & Starry Nights
- Eco-conscious & Sustainable Living

IDEAL FOR

- Nature lovers
- Wellness seekers
- Yoga & meditation practitioners
- Families & friends
- Corporate wellness groups
- Solo travelers
- Anyone seeking peace & healing



"In the silence of the forest,
the soul remembers peace."

*Breathe Nature.
Feel Alive.
Live Inspired.*

BOOK YOUR NATURE HEALING JOURNEY TODAY!



+91 7904218828



LIMITED SEATS
BOOK EARLY



SAFE & SECURE
JOURNEY



EXPERT GUIDANCE
& SUPPORT



ADVENTURE
WITH WELLNESS



HOLISTIC HEALING



PURE FOOD



PEACEFUL STAY



DIGITAL DETOX



SUSTAINABLE TOURISM

EMBRACE THE WILD. EXPERIENCE HEALING. LIVE IN HARMONY.

CAMPING + YOGA RETREAT

UNPLUG. UNWIND. RECONNECT.

With Nature. With Yourself.

Escape the noise of everyday life and embrace the calm of nature. A perfect blend of yoga, meditation, adventure, and mindful living.

WHAT'S INCLUDED



COMFORTABLE CAMP STAY

Eco-friendly tents
with all basic
amenities



YOGA & PRANAYAMA

Daily yoga sessions
to energize your
body and mind



MEDITATION & MINDFULNESS

Morning & evening
meditation for inner
peace and clarity



CAMPFIRE & MUSIC

Bonfire, music,
sharing & joyful
evenings



HEALTHY SATTVIC MEALS

Nutritious, organic
meals and herbal
drinks



NATURE WALKS & ADVENTURE

Explore nature,
trekking, games
and fun activities



YOGA IN NATURE



MEDITATION



BONFIRE NIGHTS



STAR GAZING



NATURE WALKS

BENEFITS

- Reduces stress & anxiety
- Improves flexibility & stamina
- Enhances mental clarity
- Better sleep & deep relaxation
- Boosts immunity & energy
- Reconnects you with nature
- Digital detox & mindful living
- Creates lifelong memories



RETREAT HIGHLIGHTS

- ✓ Daily Yoga, Pranayama & Meditation
- ✓ Personalized Attention & Guidance
- ✓ Nature Immersion & Silent Time
- ✓ Campfire, Music & Group Bonding
- ✓ Sunrise, Sunset & Starry Nights
- ✓ Healthy Sattvic Meals & Herbal Tea
- ✓ Safe, Supportive & Friendly Environment
- ✓ Inner Growth & Spiritual Connection

IDEAL FOR

- ✓ Nature Lovers
- ✓ Yoga & Wellness Seekers
- ✓ Families & Friends
- ✓ Solo Travelers
- ✓ Corporate Wellness Groups
- ✓ Students & Professionals
- ✓ Anyone Seeking Peace & Balance



THE
MOUNTAINS
ARE CALLING
AND I MUST
GO.

Step out,
Breathe in,
Transform
from within.

BOOK YOUR SPOT TODAY!



+91 7904218828



LIMITED SEATS
BOOK EARLY



SAFE & SECURE
ENVIRONMENT



EXPERT GUIDES
& INSTRUCTORS



ADVENTURE
WITH WELLNESS

Disconnect
to Reconnect
with what
Truly Matters.



HOLISTIC HEALING



PURE FOOD



PEACEFUL STAY



DIGITAL DETOX



SUSTAINABLE TOURISM

IN THE LAP OF NATURE - MOUNTAINS | FORESTS | RIVERS | PURE AIR

VIP SPIRITUAL RETREAT

PRIVATE • PERSONALIZED • DIVINE

Experience deep spiritual transformation with luxury,
privacy, authentic rituals and personalized care.

EXCLUSIVE
SPIRITUAL
JOURNEY
FOR SELECT
GUESTS

A SACRED JOURNEY OF INNER PEACE & DIVINE BLESSINGS

WHAT YOUR VIP RETREAT INCLUDES



**PRIVATE SPIRITUAL
GUIDANCE**
One-to-one sessions
with experienced
spiritual mentor



**PERSONALIZED
RITUALS & POOJA**
Exclusive puja, homa
and special blessings
for you and your family



**VIP GANGA AARTI
& TEMPLE VISITS**
Private arrangements
at sacred places
with VIP access



**YOGA & MEDITATION
(ONE-TO-ONE)**
Personalized yoga,
pranayama and
meditation sessions



**AYURVEDA &
PANCHAKARMA**
Personalized Ayurvedic
consultation and
healing therapies



**ORGANIC SATTVIC
GOURMET MEALS**
Fresh, pure, delicious
meals prepared with
love and care



**DEDICATED CARE
& CONCIERGE**
24x7 personal
assistance and
complete support



LUXURY PRIVATE
ACCOMMODATION



AYURVEDIC HEALING
& WELLNESS



SACRED RITUALS
& EXPERIENCES



PEACEFUL NATURE
& PRIVACY



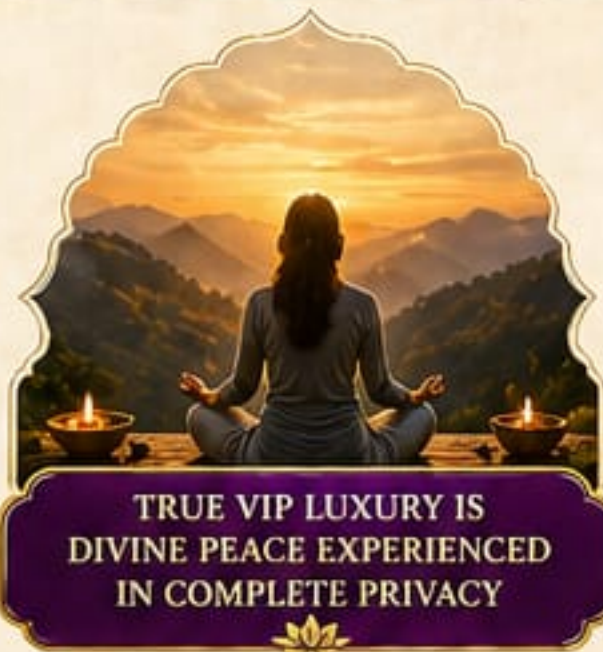
SATTVIC GOURMET
NUTRITION



VIP TRAVEL &
HOSPITALITY

BENEFITS

- ✓ Deep spiritual healing & inner peace
- ✓ Personal transformation & clarity
- ✓ Stress relief & emotional balance
- ✓ Divine blessings & life guidance
- ✓ Stronger connection with yourself and the higher power
- ✓ Premium comfort with authenticity
- ✓ Meaningful memories & life renewal



TRUE VIP LUXURY IS
DIVINE PEACE EXPERIENCED
IN COMPLETE PRIVACY

IDEAL FOR

- ✓ International Spiritual Travelers
- ✓ VIP Wellness Guests
- ✓ Business Leaders Seeking Peace
- ✓ Private Healing Seekers
- ✓ Families Seeking Blessings & Rituals
- ✓ Spiritual Travelers Wanting Personalized Care
- ✓ Anyone Seeking Luxury with Spiritual Depth

OUR PROMISE

Complete Privacy
Personalized Care
Authentic Spirituality
Premium Comfort
Divine Transformation



LIMITED
VIP SPACES
BOOK NOW
TO SECURE
YOUR DATES

BOOK YOUR VIP SPIRITUAL RETREAT TODAY



+91 7904218828

Let us create your personalized journey to peace, healing & divine awakening.

YOUR JOURNEY
TO DIVINE PEACE
BEGINS HERE



PRIVATE & LUXURY
ACCOMMODATION



AYURVEDIC HEALING
& WELLNESS



YOGA, MEDITATION
& PRANAYAMA



SACRED RITUALS
& PUJA



GOURMET SATTVIC
MEALS



AIRPORT PICKUP
& VIP TRANSFERS



24x7 CONCIERGE
& SUPPORT

BE HERE. BE PRESENT. BELONG TO NATURE.

LUXURY PREMIUM OFFERINGS

EXCLUSIVE RETREATS. PERSONALIZED CARE.
SPIRITUAL TRANSFORMATION.

OUR SIGNATURE LUXURY PREMIUM RETREATS



VIP SPIRITUAL RETREAT

Exclusive spiritual journey with personal guidance, luxury stay, and divine experiences.



LUXURY WELLNESS RETREAT

Rejuvenate your body, mind and soul with Ayurveda, yoga, spa therapies and sattvic food.



PERSONALIZED PRIVATE RETREAT

One-to-one retreats curated for your unique needs, goals and inner transformation.



INTERNATIONAL GUEST HEALING PROGRAM

Specially designed programs for international guests with complete care, comfort & holistic healing.



CUSTOMIZED FAMILY PILGRIMAGE RETREAT

Sacred family journeys to holy places with rituals, blessings, and luxury comfort for every generation.



CORPORATE STRESS RELIEF RETREAT

Help your team relax, recharge and reconnect with nature, mindfulness and wellness.



EXECUTIVE WELLNESS PROGRAM

Premium wellness for leaders and professionals to boost energy, focus, and inner balance.



ANNIVERSARY SPIRITUAL RETREAT

Celebrate love with divine blessings, rituals, and a memorable spiritual journey.



BIRTHDAY RITUAL + RETREAT PACKAGE

Special birthday rituals, blessings and a rejuvenating retreat experience.



SADHU BHANDARA + SPIRITUAL RETREAT

Serve with devotion, receive blessings and experience deep spiritual fulfillment.



WHAT THESE PREMIUM RETREATS INCLUDE



PRIVATE LUXURY
ACCOMMODATION



PERSONALIZED
AYURVEDIC
CONSULTATION



YOGA, MEDITATION &
PRANAYAMA SESSIONS



PRIVATE TEMPLE VISITS
& SACRED RITUALS



PANCHAKARMA &
WELLNESS THERAPIES



ORGANIC GOURMET
SATTVIC MEALS



DEDICATED CONCIERGE
& 24/7 SUPPORT

BENEFITS

- ✓ Deep healing with complete privacy
- ✓ Personalized spiritual & wellness transformation
- ✓ Stress relief with premium comfort
- ✓ Sacred celebrations with divine blessings
- ✓ Stronger family connection & meaningful memories
- ✓ Executive mental clarity & emotional balance
- ✓ International standard hospitality with authentic tradition
- ✓ True luxury through peace, purpose & inner harmony



IDEAL FOR

- ✓ International Guests
- ✓ VIP Wellness Travelers
- ✓ Corporate Leaders & Executives
- ✓ Families Seeking Blessings
- ✓ Anniversary & Birthday Celebrations
- ✓ Private Healing Seekers
- ✓ Spiritual Travelers Wanting Premium Care
- ✓ Anyone Seeking Luxury with Meaning & Transformation



YOUR JOURNEY.
OUR BLESSINGS.
ETERNAL
MEMORIES.



+91 7904218828

EXPERIENCE
DIVINE LUXURY.
LIVE MINDFULLY.
BE TRULY YOU.

SAFE & SECURE
ENVIRONMENT

EXPERT GUIDES
& SUPPORT

COMFORTABLE
STAY

PURE FOOD
& WELLNESS

SUSTAINABLE
TOURISM

PURE FOOD

NATURAL HEALING

PEACEFUL STAY

DIGITAL DETOX

SUSTAINABLE LIVING

BE HERE. BE PRESENT. BELONG TO NATURE.



goditsyou.net
Connecting with Inner God



Om Ayurveda
Ancient Wisdom,
Natural Healing



MOTHER EARTH
TRAVEL & TOURISM



Heal Your Body, Calm Your Mind.
Elevate Your Soul.

SPIRITUAL RETREAT

Awaken Your Soul. Discover Inner Peace.

LUXURY WELLNESS

Indulge in Luxury. Embrace True Wellness.

TWO PATHS. ONE TRANSFORMATION.

SPIRITUAL RETREAT HIGHLIGHTS



DAILY YOGA &
MEDITATION



TEMPLE VISITS &
SACRED RITUALS



GANGA AARTI &
SPIRITUAL CEREMONIES



SPIRITUAL GUIDANCE
& SATSANG



SILENT WALKS &
NATURE CONNECTION



SACRED PLACES



SPIRITUAL WISDOM



INNER PEACE



SOULFUL JOURNEY

LUXURY WELLNESS HIGHLIGHTS



AYURVEDIC THERAPIES
& PANCHAKARMA



LUXURY
ACCOMMODATION



GOURMET
SATTVIC CUISINE



PERSONALIZED
WELLNESS PLAN



POOL, SPA &
RELAXATION



AYURVEDIC HEALING



LUXURY STAY



HEALTHY CUISINE



TOTAL RELAXATION

BENEFITS



REDUCE STRESS
& ANXIETY



IMPROVE MENTAL
CLARITY



DETOX BODY
& MIND



ENHANCE ENERGY
& IMMUNITY



EMOTIONAL BALANCE
& HEALING



SPIRITUAL GROWTH
& INNER HARMONY

PREMIUM INCLUSIONS



Private Luxury
Accommodation



Personalized Ayurvedic
Consultation



Daily Yoga, Meditation
& Pranayama



Organic Sattvic
Meals



Airport Pickup &
VIP Transfers



24x7 Concierge
& Butler Service

EXPERIENCE
DIVINE PEACE.
EXPERIENCE
TRUE LUXURY.

Begin Your Journey to Healing & Transformation



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YOUR JOURNEY
TO WELLNESS
BEGINS HERE.



SAFE & SECURE
ENVIRONMENT



EXPERT GUIDES
& SUPPORT



PURE FOOD
& WELLNESS



SUSTAINABLE
TOURISM

PURE FOOD | NATURAL HEALING | PEACEFUL STAY | DIGITAL DETOX | SUSTAINABLE LIVING

BE HERE. BE PRESENT. BELONG TO NATURE.

INTERNATIONAL GUEST HEALING PROGRAM

HEAL YOUR BODY. CALM YOUR MIND.
ELEVATE YOUR SOUL.

A PREMIUM WELLNESS & SPIRITUAL RETREAT FOR GLOBAL GUESTS

EXPERIENCE
AUTHENTIC
INDIAN HEALING
WITH WORLD CLASS
HOSPITALITY

WHAT OUR INTERNATIONAL GUESTS RECEIVE



PERSONALIZED AYURVEDIC CONSULTATION

One-to-one consultation
and customized healing
plan as per your needs.



PANCHKARMA DETOX & HEALING

Ancient detox therapies
to cleanse, heal and
rejuvenate deeply.



YOGA, MEDITATION & PRANAYAMA

Private sessions for
stress relief, inner peace
and energy balance.



SPIRITUAL TOURS & SACRED RITUALS

Temple visits, Ganga Aarti,
Puja & rituals for divine
blessings and peace.



SATTVIC GOURMET MEALS

Organic, delicious and
nutritious meals prepared
with love and care.



LUXURY ACCOMMODATION

Comfortable, peaceful
and hygienic stay with
world class facilities.



TRAVEL & CONCIERGE SUPPORT

Airport pickup, travel
assistance and 24x7
guest care support.



AYURVEDIC HEALING



YOGA & MEDITATION



GANGA AARTI



WELLNESS THERAPIES



SATTVIC CUISINE



LUXURY STAY

PROGRAM BENEFITS

- ✓ Deep Detoxification & Rejuvenation
- ✓ Stress Relief & Emotional Balance
- ✓ Improved Immunity & Vitality
- ✓ Better Sleep, Digestion & Energy
- ✓ Mental Clarity & Positive Mindset
- ✓ Spiritual Growth & Inner Peace
- ✓ Holistic Healing for Body, Mind & Soul
- ✓ Long Lasting Transformation



WHY INTERNATIONAL GUESTS CHOOSE US

- ✓ Authentic Ayurveda & Experienced Doctors
- ✓ Personalized Care & Complete Attention
- ✓ Safe, Secure & Hygienic Environment
- ✓ International Standard Hospitality
- ✓ Cultural Experience & Spiritual Connection
- ✓ Complete Privacy & Peaceful Atmosphere



IDEAL FOR

- ✓ International Wellness Travelers
- ✓ Medical & Ayurveda Tourists
- ✓ Spiritual Seekers from Abroad
- ✓ Families & Couples
- ✓ Professionals & Business Leaders
- ✓ Stress, Burnout & Lifestyle Issues
- ✓ Anyone Seeking True Healing
with Authentic Indian Care



AIRPORT PICKUP
& DROP



VISA GUIDANCE
SUPPORT



SAFE & SECURE
ENVIRONMENT



24x7 GUEST
ASSISTANCE



LOCAL TOURS &
CULTURAL EXPERIENCE



TRANSPORTATION
FACILITY

YOUR HEALTH
IS OUR PRIORITY
YOUR PEACE
IS OUR PROMISE

BEGIN YOUR HEALING JOURNEY TODAY



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HEAL HERE.
TRANSFORM
FOREVER.

PURE FOOD | NATURAL HEALING | PEACEFUL STAY | DIGITAL DETOX | SUSTAINABLE LIVING

A JOURNEY OF HEALING. A LIFETIME OF WELLNESS.

ANNIVERSARY SPIRITUAL RETREAT

A SACRED JOURNEY OF LOVE,
BLESSINGS & SPIRITUAL CONNECTION

LOVE • GRATITUDE • BLESSINGS • HARMONY

Celebrate your special day in the divine lap of peace,
healing and spirituality. Reconnect, rejuvenate
and receive blessings for a lifetime of happiness.

A DIVINE WAY
TO CELEBRATE
YOUR LOVE &
TOGETHERNESS

Bless your love
with Divine Grace

WHAT OUR ANNIVERSARY SPIRITUAL RETREAT INCLUDES



DIVINE RITUALS & PUJA

Special anniversary puja,
havan & couple blessings
for love, harmony and
prosperity.



TEMPLE VISITS & DARSHAN

Sacred temple visits,
darshan & spiritual
experiences for
divine blessings.



COUPLE WELLNESS SESSIONS

Private yoga, meditation
& breathing sessions to
deepen bonding and
inner peace.



AYURVEDIC THERAPIES & RELAXATION

Panchakarma therapies
and couple spa for
complete relaxation
and rejuvenation.



ROMANTIC STAY & AMBIENCE

Luxury accommodation
with romantic décor,
peaceful nature and
complete privacy.



SATTVIC GOURMET DINING

Delicious sattvic meals
cooked with love,
fresh ingredients and
sacred intention.



SACRED EXPERIENCES & AARTI

Ganga Aarti, spiritual
ceremonies & meaningful
experiences to uplift
your souls.



SPECIAL ANNIVERSARY PUJA



TEMPLE BLESSINGS



YOGA & MEDITATION



AYURVEDIC HEALING



ROMANTIC DINING



GANGA AARTI



LUXURY STAY

BENEFITS

- ♥ Strengthens emotional & spiritual bonding
- ♥ Invites divine blessings for a happy life
- ♥ Reduces stress & brings mental peace
- ♥ Enhances love, understanding & harmony
- ♥ Rejuvenates body, mind & soul
- ♥ Creates beautiful, sacred memories
- ♥ A meaningful celebration beyond luxuries

WHY CHOOSE US?

- 🏡 Authentic Spiritual Guidance
- 📅 Personalized Retreat Planning
- 👨‍⚕️ Experienced Wellness Experts
- 🌿 Pure Vegetarian Sattvic Cuisine
- 🏞️ Peaceful & Safe Environment
- 🔒 Complete Privacy & Comfort
- 📞 24x7 Care & Concierge Support



IDEAL FOR

- ♥ Couples celebrating milestone anniversaries
- ♥ Married couples seeking spiritual blessings
- ♥ Couples looking for meaningful celebration
- ♥ Families planning special anniversary retreats
- ♥ International guests seeking spiritual travel
- ♥ Couples wanting love, peace & healing
- ♥ Anyone celebrating love with divine grace



100% NATURAL
& AYURVEDIC



EXPERT DOCTORS
& THERAPISTS



PURE SATTVIC
FOOD



PEACEFUL
LOCATION



AIRPORT PICKUP
& DROP



24/7 ASSISTANCE
& SUPPORT



COMPLETE PRIVACY
& CONFIDENTIALITY

LOVE.
BLESSINGS.
TOGETHERNESS.
FOREVER.



MAKE YOUR ANNIVERSARY TRULY UNFORGETTABLE

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care@goditsyou.net | www.goditsyou.net

BOOK
YOUR SACRED
CELEBRATION
TODAY!

HEAL TOGETHER

GROW TOGETHER

BLESS TOGETHER

STAY TOGETHER

A Journey of Love, Blessings and Spiritual Awakening

FEEDING
SAINTS IS
THE HIGHEST
FORM OF
WORSHIP

SADHU BHANDARA + SPIRITUAL RETREAT

SEVA • SATTVA • SADHANA • SHANTI

Experience the joy of serving saints and seekers through Sadhu Bhandara and immerse in a sacred retreat of puja, meditation, yoga and divine experiences.



DIVINE SEVA
•
Serve Sadhus with devotion and humility



SPIRITUAL EXPERIENCES
Temple visits, darshan & holy place tours



PUJA & RITUALS
Special puja, havan & blessings for you and family



YOGA & MEDITATION
Daily sessions for inner peace and spiritual growth



WELLNESS & RELAXATION
Ayurvedic therapies, sattvic meals & holistic healing



PEACEFUL STAY
Comfortable, clean & serene stay in a spiritual atmosphere

SEVA BRINGS BLESSINGS

- Selfless Service
- Spiritual Purification
- Karmic Blessings
- Inner Peace & Happiness
- Divine Connection

WHAT OUR SADHU BHANDARA + SPIRITUAL RETREAT INCLUDES



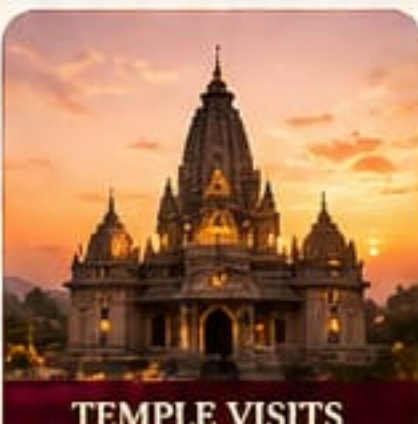
SADHU BHANDARA

Complete arrangements for feeding Sadhus and spiritual seekers



PUJA & HAVAN

Sacred rituals and blessings for peace, prosperity and family well-being



TEMPLE VISITS & DARSHAN

Visit holy temples and receive divine darshan and blessings



YOGA & MEDITATION

Rejuvenate body, mind and soul with guided yoga, pranayama and meditation



SATTVIC MEALS

Pure vegetarian sattvic meals prepared with love and devotion



COMFORTABLE STAY

Peaceful, hygienic and luxurious accommodation for a divine experience

BENEFITS

- Divine blessings through selfless service
- Removes negativity & purifies karma
- Brings peace, prosperity & happiness
- Strengthens family bonds & harmony
- Emotional fulfillment & inner joy
- Helps in spiritual growth & humility
- Creates positive energy & good fortune
- A meaningful experience for life



IDEAL FOR

- Families seeking blessings
- Anniversary & Birthday celebrations
- Pilgrimage & spiritual travelers
- Those wishing to perform seva
- International guests
- Groups & organizations
- Anyone seeking peace & divine grace

“When food is offered with devotion, blessings return as grace.”

HIGHLIGHTS

- Experienced priest & pandit for rituals
- Hygienic food preparation & distribution
- Personalized planning & coordination
- Safe, clean & spiritual environment
- 24x7 support & hospitality
- Ayurvedic wellness & healing therapies
- Ganga Aarti & spiritual experiences
- Memories that stay with you forever



100% SATTVIC
PURE VEGETARIAN

AYURVEDIC
WELLNESS

PEACEFUL
LOCATIONS

24/7
24x7 SUPPORT
& ASSISTANCE

AIRPORT PICKUP
& DROP

SAFE, SECURE &
HYGIENIC STAY

SEVA
IS LOVE.
LOVE IS
DIVINE.

BOOK YOUR SADHU BHANDARA + SPIRITUAL RETREAT TODAY



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care@goditsyou.net

www.goditsyou.net

SERVE.
BLESS.
TRANSFORM
YOUR LIFE.

FEED A SADHU. FEED YOUR SOUL.
EXPERIENCE SEVA. EXPERIENCE SHANTI. EXPERIENCE DIVINE GRACE.

People do not
travel only for
places—
they travel for
**PEACE,
HEALING,**
— and —
TRANSFORMATION.



SPIRITUAL RETREATS | PILGRIMAGES | WELLNESS | SEVA | HEALING



**SPIRITUAL
RETREATS**

Reconnect with
your inner self
in peaceful
surroundings.



**SACRED
PILGRIMAGES**

Explore divine
destinations and
seek blessings.



**AYURVEDIC
WELLNESS**

Heal your body,
mind and soul with
ancient therapies.



**SEVA &
GIVING**

Serve selflessly
and experience
true happiness.



**INNER PEACE &
MEDITATION**

Find silence,
balance and
lasting peace.



**NATURE &
HEALING**

Immerse in nature
and restore your
energy.

SACRED DESTINATIONS



Rishikesh



Varanasi



Haridwar



Uttarakhand



Himalayas



& Many More

- ✓ Personalized Retreats
- ✓ Luxury & Comfortable Stay
- ✓ Sattvic Gourmet Meals
- ✓ Spiritual Guidance & Rituals
- ✓ Wellness & Healing Therapies
- ✓ 24x7 Support & Concierge Services

**A JOURNEY WITH PURPOSE.
A LIFE TRANSFORMED.**

Let us plan your soulful journey
filled with peace, healing and
divine experiences.



-  Families
-  Couples
-  Solo Travelers
-  Groups & Organizations
-  Elderly & Senior Citizens

**YOUR
JOURNEY.
OUR CARE.**



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✉ care@goditsyou.net

🌐 www.goditsyou.net

**DIVINE
EXPERIENCES
AWAIT YOU.**



EXPERT
GUIDES



SAFE &
SECURE



PURE
VEGETARIAN



COMFORTABLE
TRANSPORT



HYGIENIC
ENVIRONMENT



24/7
ASSISTANCE



TRAVEL WITH FAITH. RETURN WITH PEACE. TRANSFORM FOR LIFE.



BIRTHDAY RITUAL + RETREAT PACKAGE

A MEANINGFUL CELEBRATION OF LIFE
FILLED WITH BLESSINGS, PEACE & HAPPINESS

→ BLESSED. BALANCED. BEAUTIFUL YOU. ←

Celebrate your special day with divine rituals,
Ayurvedic wellness, peaceful retreat experiences
and joyful memories for a lifetime.

A SACRED WAY
TO CELEBRATE
YOUR BIRTHDAY
WITH BLESSINGS,
HEALING &
JOY

MAKE YOUR
BIRTHDAY
UNFORGETTABLE
WITH DIVINE
BLESSINGS &
HOLISTIC WELLNESS



DIVINE BLESSINGS & PUJA

Special birthday puja,
havan & blessings for
health, happiness and
prosperity.



TEMPLE VISITS & DARSHAN

Sacred temple visits
and divine darshan
for peace and
positive energy.



AYURVEDIC WELLNESS

Rejuvenating therapies
to relax, heal and
revitalize your body,
mind and soul.



YOGA & MEDITATION

Personalized sessions
to calm the mind,
increase energy and
bring inner balance.



LUXURY STAY & COMFORT

Peaceful, luxurious
accommodation
surrounded by
nature.



SATTVIC GOURMET DINING

Delicious sattvic meals
prepared with love,
fresh ingredients and
positive intention.



SACRED EXPERIENCES & ARTI

Ganga Aarti, spiritual
ceremonies and soulful
experiences to uplift
your spirit.

WHAT YOUR BIRTHDAY RITUAL + RETREAT PACKAGE INCLUDES



SPECIAL BIRTHDAY PUJA
& HAVAN



TEMPLE DARSHAN &
SPIRITUAL TOUR



AYURVEDIC HEALING
THERAPIES



YOGA, PRANAYAMA &
MEDITATION



LUXURY STAY &
BIRTHDAY DECOR



SATTVIC CELEBRATION
DINING



GANGA AARTI &
SACRED MOMENTS

BENEFITS

- ✓ Divine blessings for a new beginning
- ✓ Improves health, happiness & positivity
- ✓ Emotional renewal & mental peace
- ✓ Stress relief & energy enhancement
- ✓ Strengthens gratitude & self-love
- ✓ Family bonding & spiritual connection
- ✓ Creates beautiful & sacred memories
- ✓ A meaningful celebration of life

WHY CHOOSE US?

- ✓ Authentic Vedic Rituals & Guidance
- ✓ Experienced Ayurvedic Doctors & Therapists
- ✓ Personalized Retreat & Wellness Plans
- ✓ Pure Vegetarian & Sattvic Cuisine
- ✓ Peaceful, Safe & Natural Environment
- ✓ Complete Privacy & Luxury Comfort
- ✓ 24x7 Care, Concierge & Support
- ✓ Trusted by Guests from Around the World

IDEAL FOR

- ✓ Individuals celebrating their birthday
- ✓ Families planning a spiritual celebration
- ✓ Couples celebrating birthdays together
- ✓ Kids & senior citizens with family
- ✓ International guests seeking sacred experiences
- ✓ Anyone wanting a meaningful birthday
- ✓ Wellness travelers seeking rejuvenation
- ✓ Those who value blessings over parties

100% NATURAL
& AYURVEDIC

EXPERT DOCTORS
& THERAPISTS

PURE SATTVIC
VEGETARIAN FOOD

PEACEFUL
LOCATION

24x7 SUPPORT
& ASSISTANCE

AIRPORT PICKUP
& DROP

COMPLETE PRIVACY
& SAFETY

CELEBRATE
LIFE.
RECEIVE
BLESSINGS.



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BLESSED
BIRTHDAY,
BEAUTIFUL
LIFE!

HEAL YOUR BODY

CALM YOUR MIND

NOURISH YOUR SOUL

CELEBRATE YOUR LIFE

A NEW YEAR OF LIFE. A NEW BEGINNING. A BLESSED YOU.

People do not
travel only
for places—

they travel for
PEACE,
HEALING,
and
TRANSFORMATION.


Journey Within
→ Bliss Beyond ←
SPIRITUAL RETREATS



PEACE
Find calm
in every moment.



HEALING
Release, renew
and rejuvenate.



TRANSFORMATION
Return as a
better you.

*"A journey that
changes the way
you see life."*

BECAUSE THE TRUE JOURNEY IS WITHIN



**SPIRITUAL
EXPERIENCES**

Sacred places,
divine energy
and soulful moments.



INNER PEACE

Disconnect from
stress and reconnect
with yourself.



**HEALING &
WELLNESS**

Ayurvedic therapies,
natural healing and
holistic care.



**PERSONAL
GROWTH**

Meditation, yoga
and guidance for
inner transformation.



NOURISHMENT

Sattvic meals that
nourish your body,
mind and soul.



COMFORT & CARE

Peaceful stays,
personalized service
and complete care.

WHY TRAVEL FOR MORE?



REDUCE STRESS
Find calm and
emotional balance.



HEAL DEEPLY
Release negativity
and emotional blocks.



GAIN CLARITY
Discover purpose
and inner direction.



TRANSFORM LIFE
Return renewed,
inspired and empowered.



CREATE MEMORIES
Meaningful journeys
with your loved ones.

*Travel not just to see the world,
but to discover a new version
of yourself.*

- ✓ Customized Retreats
- ✓ Expert Spiritual Guides
- ✓ Luxury & Comfort
- ✓ Safe, Hygienic & Trusted
- ✓ For Individuals, Couples, Families & Groups


**YOUR JOURNEY
TO PEACE,
HEALING &
TRANSFORMATION
BEGINS HERE**




HOLY DESTINATIONS

Rishikesh • Varanasi • Haridwar
Uttarakhand • Himalayas
& Many More

LET US PLAN YOUR TRANSFORMATIONAL JOURNEY



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SUPPORT 24/7

We are with you
at every step of
your journey.



TRAVEL OUTSIDE. JOURNEY WITHIN. TRANSFORM FOREVER.



CUSTOMIZED FAMILY PILGRIMAGE RETREAT

FAITH • FAMILY • BLESSINGS • MEMORIES

A personalized spiritual journey for your family with
sacred pilgrimages, divine rituals, wellness experiences
and comfortable travel – designed for all ages.

A SACRED
FAMILY JOURNEY
FILLED WITH
BLESSEINGS,
LOVE & DIVINE
EXPERIENCES



PERSONALIZED PILGRIMAGE PLANNING

Customized itinerary
as per your family's
preferences



DIVINE RITUALS & FAMILY PUJA

Special puja, havan &
blessings for prosperity,
peace & harmony



SACRED TEMPLE VISITS

VIP darshan & guided
visits to holy places
with spiritual insights



LUXURY STAY & COMFORT

Premium accommodation
with full comfort, safety
& cleanliness



WELLNESS & HEALING

Ayurvedic therapies,
yoga, meditation &
relaxation for all ages



AARTI & SPIRITUAL EXPERIENCES

Ganga Aarti, satsang &
divine moments that
touch the soul

PERFECT FOR SPECIAL OCCASIONS

- 🎁 Birthdays
- ❤️ Anniversaries
- 👨👩👧👦 Family Celebrations
- ★ Milestone Blessings
- 🌸 Gratitude Journeys

WHAT YOUR FAMILY PILGRIMAGE RETREAT INCLUDES



HOLY TEMPLE
PILGRIMAGE



FAMILY PUJA
& HAVAN



GANGA AARTI
EXPERIENCE



YOGA & MEDITATION
FOR ALL AGES



SATTVIC GOURMET
MEALS



AYURVEDIC WELLNESS
THERAPIES



COMFORTABLE &
SAFE STAY



SAFE TRAVEL &
CONCIERGE CARE

BENEFITS FOR YOUR FAMILY

- ✔ Brings family closer with shared spiritual experiences
- ✔ Divine blessings for health, happiness & prosperity
- ✔ Reduces stress & brings inner peace
- ✔ Creates lifelong sacred memories together
- ✔ Helps in spiritual growth for all age groups
- ✔ Encourages gratitude, humility & values
- ✔ A meaningful journey beyond regular vacations



WHY CHOOSE US?

- 📋 Customized Itinerary for Your Family
- 👤 Experienced Spiritual Guides
- 👑 VIP Darshan & Priority Access
- 🛡️ Comfort, Safety & Hygiene Assured
- 🌿 Pure Vegetarian Sattvic Cuisine
- 📞 24x7 Support & Travel Assistance
- 🧘 Holistic Wellness & Healing Experiences
- 🌍 Trusted by Families Worldwide

WE TAKE CARE OF EVERYTHING,
SO YOU CAN FOCUS ON
FAITH & FAMILY.

IDEAL FOR

- ✔ Families seeking spiritual travel together
- ✔ Parents, children & elders
- ✔ Pilgrimage & devotional travelers
- ✔ International families visiting India
- ✔ Those celebrating special occasions
- ✔ Families looking for private & safe travel
- ✔ Anyone wanting blessings & wellness together



PURE SATTVIC
VEGETARIAN
MEALS

AYURVEDIC
WELLNESS &
HEALING

SAFE, SECURE
& HYGIENIC
ENVIRONMENT

COMFORTABLE
TRANSPORTATION
& TRAVEL

24/7 SUPPORT
& PERSONAL
ASSISTANCE

SPECIAL CARE FOR
ELDERS, CHILDREN
& SENIORS

BEAUTIFUL MEMORIES
TO CHERISH
FOREVER

A JOURNEY
OF FAITH.
A BOND OF
LOVE.



BEGIN YOUR SACRED FAMILY JOURNEY TODAY
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BLESSEINGS
TODAY,
HARMONY
FOREVER.

TRAVEL TO DIVINE PLACES. • STRENGTHEN FAMILY BONDS. • RECEIVE DIVINE BLESSINGS.
TOGETHER IN FAITH. TOGETHER IN LIFE.

JOURNEY WITH DEVOTION. EXPERIENCE TRANSFORMATION.

Spiritual Retreats | Wellness | Pilgrimages | Seva | Healing



DRESS CODE GUIDE

Dress with respect. Feel with devotion. Connect with the divine.



MEN

- Kurta Pajama / Traditional Indian Wear
- Dhoti / Kurta
- Comfortable Ethnic Wear
- Light & Sober Colors
- Avoid Shorts, Sleeveless, Tight or Revealing Clothes



COLORS RECOMMENDED



WOMEN

- Saree / Salwar Suit / Kurta with Dupatta
- Traditional & Modest Wear
- Comfortable Ethnic Wear
- Shoulders & Knees Covered
- Avoid Sleeveless, Short Tops, Tight or Transparent Clothes



COLORS RECOMMENDED



CHILDREN

- Traditional / Ethnic Comfort Wear
- Kurta Pajama / Salwar Suit / Frocks
- Comfortable & Modest
- Avoid Shorts, Sleeveless, Tight or Revealing Clothes



COLORS RECOMMENDED



WHAT TO AVOID



Shorts



Sleeveless
Tops



Tight /
Revealing
Clothes



Transparent
Outfits



Low Waist
Clothes



Bright /
Fluorescent
Colors



Loud Prints /
Inappropriate
Messages

IMPORTANT NOTES

- ✿ Wear clean, comfortable and modest clothes.
- ✿ Remove footwear in temples and sacred places.
- ✿ Carry a shawl/dupatta for temple visits.
- ✿ Respect local customs, traditions and spirituality.
- ✿ When in doubt, choose simple and sober.

When we dress
with respect,
we open our hearts
to receive
divine blessings.

LET'S MAKE YOUR JOURNEY COMFORTABLE & MEANINGFUL

- ✓ Personalized Retreat Planning
- ✓ Luxury Stay & Sattvic Meals
- ✓ Spiritual Guidance & Rituals
- ✓ Wellness & Healing Therapies
- ✓ Temple Visits & Sacred Experiences
- ✓ 24x7 Support & Concierge Services

YOUR
JOURNEY.
OUR CARE.



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DIVINE
BLESSINGS
AWAIT YOU.



SPIRITUAL
RETREATS



AYURVEDIC
WELLNESS



TEMPLE VISITS &
DARSHAN



YOGA &
MEDITATION



SATTVIC
MEALS



COMFORTABLE
STAY



SAFE TRAVEL
24x7 SUPPORT



TRAVEL WITH FAITH. RETURN WITH PEACE. TRANSFORM FOR LIFE.



CORPORATE STRESS RELIEF *Retreat*

RELAX • RECHARGE • REFOCUS • PERFORM

A premium wellness retreat designed to reduce stress, restore balance, boost productivity and create a healthier, happier workplace.



REDUCE
STRESS



IMPROVE
FOCUS



BOOST
PRODUCTIVITY



ENHANCE
TEAM HARMONY



ENHANCE
WELL-BEING

A PERFECT RESET FOR

- ✓ High Stress & Work Pressure
- ✓ Burnout & Mental Fatigue
- ✓ Long Working Hours
- ✓ Poor Work-Life Balance
- ✓ Lack of Energy & Motivation



WHAT OUR RETREAT INCLUDES



YOGA & PRANAYAMA
Daily sessions to relax the body and calm the mind



MEDITATION & MINDFULNESS
Guided practices for mental clarity and emotional balance



AYURVEDIC THERAPIES
Panchakarma, Abhyanga, Shirodhara & more for deep stress relief



TEAM BUILDING & WELLNESS ACTIVITIES
Engaging activities to strengthen team bonding and communication



HEALTHY SATTVIC FOOD
Nourishing, delicious meals to detox and energize



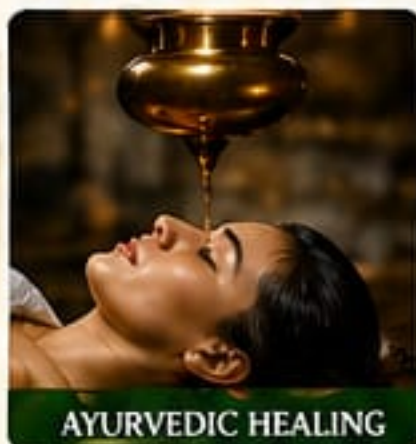
NATURE HEALING & DIGITAL DETOX
Reconnect with nature and take a break from digital overload



LEADERSHIP & MENTAL CLARITY
Sessions to enhance decision making and leadership balance



PEACEFUL STAY & HOSPITALITY
Comfortable eco-luxury accommodation with warm hospitality



AYURVEDIC HEALING



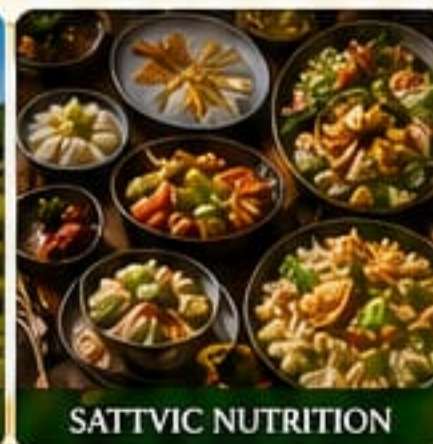
YOGA & MEDITATION



WORKSHOPS & TRAINING



TEAM BONDING



SATTVIC NUTRITION



LUXURY ACCOMMODATION

KEY BENEFITS

- ✓ Reduces Stress, Anxiety & Fatigue
- ✓ Improves Focus, Concentration & Creativity
- ✓ Enhances Productivity & Performance
- ✓ Strengthens Immunity & Overall Health
- ✓ Improves Sleep & Energy Levels
- ✓ Builds Positive Mindset & Emotional Balance
- ✓ Promotes Team Harmony & Collaboration
- ✓ Encourages Work-Life Balance



WHO CAN JOIN?

- Corporate Professionals
- Business Leaders & Executives
- HR & Employee Wellness Programs
- Teams & Departments
- Startups & Entrepreneurs
- Organizations Seeking Employee Well-being

PROGRAM HIGHLIGHTS

- Customized Programs for Individuals & Teams
- One-to-One Consultations Available
- Short Term & Long Term Retreat Options
- Expert Instructors & Wellness Experts
- Safe, Hygienic & Eco-Friendly Environment
- Complete Privacy & Personalized Care



OUR
PROMISE



AUTHENTIC AYURVEDA
& HOLISTIC HEALING



EXPERT DOCTORS
& THERAPISTS



SAFE, SECURE &
HYGIENIC STAY



ORGANIC FOOD
& PURE LIVING



24/7 SUPPORT
& ASSISTANCE



AIRPORT PICKUP &
TRAVEL SUPPORT

YOUR WELL-BEING. OUR PRIORITY.

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LIMITED
SLOTS
BOOK EARLY!

RELAX.
RECHARGE.
PERFORM
BETTER.

PERSONALIZED PRIVATE Retreat

PERSONAL • PRIVATE • PURPOSEFUL

A completely customized retreat experience
created around your unique needs,
goals and life journey.



YOU ARE
UNIQUE



YOUR RETREAT
IS UNIQUE



YOUR HEALING
IS UNIQUE



YOUR JOURNEY
IS UNIQUE

A RETREAT DESIGNED ONLY FOR YOU



PERSONALIZED
WELLNESS PLAN

One-to-one consultation
to understand your body,
mind and life goals.



AYURVEDA &
HEALING THERAPIES

Customized therapies
including Panchakarma,
detox & rejuvenation.



YOGA, MEDITATION
& PRANAYAMA

Personalized sessions
to balance your energy,
mind and emotions.



SPIRITUAL GUIDANCE
& SACRED RITUALS

Private guidance, mantra,
puja, homa & temple
visit designed for you.



SATTVIC GOURMET
MEALS

Pure, organic, delicious
foods crafted for your
well-being and healing.



LUXURY PRIVATE
ACCOMMODATION

Peaceful, premium stay
with complete comfort,
privacy and safety.



DEDICATED CARE
& CONCIERGE

Your personal coordinator
for every need, travel &
retreat support.



AYURVEDIC HEALING



YOGA & MEDITATION



SACRED EXPERIENCES



HOLISTIC WELLNESS



NUTRITIOUS SATTVIC FOOD



PRIVATE COMFORT

BENEFITS

- ✓ Deep physical, mental & emotional healing
- ✓ Stress relief & better sleep
- ✓ Strengthen immunity & energy
- ✓ Emotional balance & clarity
- ✓ Spiritual growth & inner peace
- ✓ Better focus, productivity & creativity
- ✓ Meaningful transformation & life renewal



"Your Path. Your Healing.
Your Transformation."

IDEAL FOR

- ✓ Individuals seeking personal transformation
- ✓ Couples & families wanting private healing
- ✓ Executives & leaders needing deep reset
- ✓ People facing stress, burnout or anxiety
- ✓ Spiritual seekers wanting one-to-one guidance
- ✓ Anyone desiring luxury with authenticity
- ✓ Those who value privacy, comfort & care



100% NATURAL
& ORGANIC



EXPERT DOCTORS
& THERAPISTS



SAFE, SECURE &
HYGIENIC



AIRPORT PICKUP &
TRAVEL SUPPORT



ECO FRIENDLY
ENVIRONMENT



24x7 SUPPORT
& ASSISTANCE



COMPLETE PRIVACY
& CONFIDENTIALITY

LIMITED
PRIVATE
SPACES
BOOK EARLY!



+91 7904218828

Your Retreat. Your Rules. Your Results.

TRUE LUXURY
IS PERSONAL
AND
MEANINGFUL.

EXECUTIVE WELLNESS PROGRAM

RENEW YOURSELF. • RECHARGE YOUR ENERGY.
ELEVATE YOUR LEADERSHIP.

A transformative wellness experience to reduce stress,
sharpen focus, restore energy and create
sustainable success in all areas of life.



REDUCE
STRESS



IMPROVE
FOCUS



ENHANCE
CLARITY



BOOST
ENERGY



STRONGER
RESILIENCE



SUSTAIN
PERFORMANCE

“Invest in your well-being
today for a better you
and a greater impact
tomorrow.”

WHAT OUR EXECUTIVE WELLNESS PROGRAM INCLUDES



PERSONALIZED WELLNESS PLAN

One-to-one consultation
and customized plan
designed for your
goals and lifestyle.



AYURVEDIC THERAPIES & PANCHAKARMA

Detox therapies like
Shirodhara, Abhyanga
and more for deep
relaxation and healing.



YOGA, MEDITATION & PRANAYAMA

Private sessions to
calm the mind,
increase focus and
inner balance.



LEADERSHIP CLARITY & MINDSET SESSIONS

Gain perspective,
emotional balance and
mindful decision-making
for better leadership.



NUTRITION & SATTVIC MEALS

Nourishing, organic
sattvic cuisine for
sustained energy and
optimal health.



LUXURY STAY IN NATURE

Premium accommodation
with peaceful surroundings
for complete rest and
rejuvenation.



EXECUTIVE CONCIERGE & SUPPORT

Dedicated support for
travel, schedule and all
your wellness needs.



AYURVEDIC HEALING



YOGA & MEDITATION



STRESS RELIEF THERAPIES



SATTVIC GOURMET CUISINE



LUXURY & COMFORT



NATURE & MINDFULNESS

KEY BENEFITS

- ✓ Reduces stress, anxiety and burnout
- ✓ Improves focus, clarity and productivity
- ✓ Enhances leadership and emotional intelligence
- ✓ Better sleep and nervous system recovery
- ✓ Increases energy, vitality and resilience
- ✓ Promotes work-life balance and inner peace
- ✓ Supports long-term health and well-being



IDEAL FOR

- CEOs & Business Leaders
- Entrepreneurs & Founders
- Corporate Executives
- Startup Leaders
- Senior Managers & Decision Makers
- Professionals Facing Stress & Burnout
- Leadership Teams & Organizations



PROGRAM HIGHLIGHTS

- ✓ Short term & long term programs
- ✓ Fully personalized experience
- ✓ Confidential & private environment
- ✓ Safe, hygienic & serene location
- ✓ Expert doctors, therapists & trainers
- ✓ Holistic approach for body, mind & soul
- ✓ Complete post-retreat support



“A calm mind makes better decisions. A healthy leader creates a stronger future.”



AIRPORT PICKUP
& DROP



SAFE, SECURE &
HYGIENIC STAY



100% NATURAL
& ORGANIC



24/7 SUPPORT
& ASSISTANCE



LOCAL TRAVEL &
SIGHTSEEING



COMPLETE PRIVACY
& CONFIDENTIALITY

YOUR WELL-BEING
IS YOUR GREATEST
BUSINESS ASSET.

BOOK YOUR EXECUTIVE WELLNESS PROGRAM TODAY



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RESET.
RECHARGE.
LEAD BETTER.
LIVE BETTER.

PURE FOOD

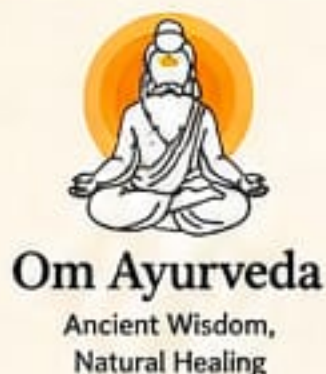
NATURAL HEALING

PEACEFUL STAY

DIGITAL DETOX

SUSTAINABLE LIVING

HEAL YOURSELF. LEAD YOUR LIFE. INSPIRE THE WORLD.



NATURE PHOTOGRAPHY *Spiritual* TOUR

CAPTURE NATURE. CONNECT WITH SPIRIT.
CREATE MEMORIES. FIND INNER PEACE.



NATURE PHOTOGRAPHY

Capture the beauty of mountains, rivers, forests and wildlife



SUNRISE & SUNSET SHOTS

Golden moments that inspire your heart and lens



YOGA & MEDITATION

Mindful sessions for clarity, peace and creativity



SPIRITUAL & SACRED PLACES

Explore temples, ashrams and spiritual culture



REFLECTION & JOURNALING

Silent reflection to awaken gratitude and inner wisdom



ECO TRAVEL & SUSTAINABILITY

Travel consciously and protect the beauty of nature



SATTVIC FOOD & WELLNESS

Pure, organic, sattvic food for body and mind



NATURE PHOTOGRAPHY



GANGA ARTI



YOGA & MEDITATION



NATURE WALKS



WILDLIFE & MACRO



REFLECTION TIME

BENEFITS

- ✓ Deep peace and inner clarity
- ✓ Enhances creativity & observation
- ✓ Reduces stress and digital overload
- ✓ Strengthens spiritual connection
- ✓ Boosts gratitude and happiness
- ✓ Meaningful memories & experiences
- ✓ Inspires mindful and conscious living

TOUR HIGHLIGHTS

- 📷 Scenic locations & hidden gems
- 📷 Professional guidance & tips
- 📷 Small group, personal attention
- 📷 Comfortable eco-friendly stay
- 📷 Herbal wellness & Ayurveda support
- 📷 Campfire, sharing & soulful moments
- 📷 Safe, supportive & spiritual environment

IDEAL FOR

- ✓ Nature Photographers
- ✓ Spiritual & Wellness Seekers
- ✓ Yoga & Meditation Practitioners
- ✓ Solo Travelers & Creators
- ✓ Students & Hobby Photographers
- ✓ International Travelers
- ✓ Anyone seeking peace & beauty

*Every Click
is a Moment.
Every Moment
is a Prayer.*



LIMITED SEATS
BOOK EARLY!

BOOK YOUR NATURE PHOTOGRAPHY SPIRITUAL TOUR TODAY!



+91 7904218828



SAFE & SECURE ENVIRONMENT



EXPERT GUIDES & SUPPORT



COMFORTABLE STAY



PURE FOOD & WELLNESS



SUSTAINABLE TOURISM

TRAVEL MINDFULLY.
LIVE FULLY.
BE TRULY YOU.

PURE FOOD

NATURAL HEALING

PEACEFUL STAY

DIGITAL DETOX

SUSTAINABLE LIVING

BE HERE. BE PRESENT. BELONG TO NATURE.

VILLAGE WELLNESS *Experience*

SIMPLE LIVING. DEEP HEALING. TRUE YOU.

Reconnect with nature, embrace tradition and awaken inner peace through authentic village life, yoga, natural food, herbal wellness and soulful experiences.

RETURN TO
NATURE.
RECONNECT
WITH LIFE.

WHAT YOU EXPERIENCE



YOGA & MEDITATION

Daily sessions for body, mind and soul



NATURAL & SATTVIC FOOD

Pure, organic, homemade and nourishing



VILLAGE LIFE EXPERIENCE

Live the simple life and connect with local culture



HERBAL & AYURVEDIC CARE

Traditional healing with natural remedies



NATURE WALKS & FARM VISITS

Explore the beauty of nature and rural lifestyle



SPIRITUAL CONNECTION

Temple visits, prayers and soulful moments



COMMUNITY & JOY

Meaningful connections and shared happiness

BENEFITS

- ✓ Reduces stress and anxiety
- ✓ Improves sleep and mental clarity
- ✓ Strengthens immunity and energy
- ✓ Detoxifies body, mind and soul
- ✓ Connects you with nature
- ✓ Inspires gratitude and happiness
- ✓ Brings balance and inner peace



YOGA



ECO STAY



SATTVIC FOOD



CULTURE



NATURE

IDEAL FOR

- ✓ Wellness Seekers
- ✓ Nature Lovers
- ✓ Families & Groups
- ✓ Yoga & Meditation Practitioners
- ✓ Corporate Wellness Groups
- ✓ Solo Travelers
- ✓ International Travelers



ECO-FRIENDLY & SUSTAINABLE
Travel responsibly, protect nature



PURE & ORGANIC LIVING
Eat clean, live green, be healthy



MINDFUL CARE
Healing for body, mind and soul



CULTURAL CONNECTION
Experience traditions, stories and warmth



SPIRITUAL GROWTH
Awaken your inner self and purpose

TAKE A BREAK.
HEAL NATURALLY.
LIVE MINDFULLY.
BE HAPPILY.



Begin Your Wellness Journey Today!
+91 7904218828



SAFE & SECURE TRAVEL



EXPERT GUIDES & SUPPORT



COMFORTABLE STAY



HYGIENIC FOOD & CARE

EXPERIENCE
THE JOY OF
SIMPLE LIVING
& HIGH LIVING

LIVE SIMPLE • EAT PURE • STAY GREEN • THINK POSITIVE • BE GRATEFUL

Rediscover You. Naturally.

LUXURY WELLNESS RETREAT

REJUVENATE • RESTORE • RENEW

*A Premium Journey of Healing,
Relaxation and Inner Transformation*



RELAX



DETOX



REJUVENATE



REALIGN



RISE

EXCLUSIVE
PRIVATE
RETREAT
*For Discerning
Guests*

WHAT YOUR LUXURY WELLNESS RETREAT INCLUDES



**PERSONALIZED
AYURVEDIC
CONSULTATION**
One-to-one expert
guidance for your
unique wellness plan



**PANCHAKARMA
& DETOX THERAPIES**
Ancient detox therapies
to cleanse, heal and
rejuvenate



**LUXURY SPA &
WELLNESS THERAPIES**
Abhyanga, Shirodhara,
Swedana and more for
total relaxation



**YOGA, MEDITATION
& PRANAYAMA**
Daily sessions with
expert teachers for
mind-body balance



**SATTVIC GOURMET
NUTRITION**
Organic, fresh and
nutritious meals crafted
for your wellbeing



**LUXURY
ACCOMMODATION**
Premium rooms,
peaceful views and
world-class comfort



**PERSONAL CARE &
CONCIERGE SERVICE**
Dedicated support for
a seamless and private
experience



LUXURY STAY



AYURVEDIC HEALING



YOGA & MEDITATION



SATTVIC CUISINE



RELAX & RECHARGE

A HOLISTIC BLEND OF ANCIENT WISDOM, MODERN LUXURY & DIVINE ENERGY

BENEFITS

- ✓ Deep detox & body purification
- ✓ Stress relief & emotional balance
- ✓ Improved sleep & mental clarity
- ✓ Boosts immunity & energy
- ✓ Healthy digestion & metabolism
- ✓ Natural glow & body rejuvenation
- ✓ Inner peace, happiness & gratitude
- ✓ Long-term wellness & vitality

IDEAL FOR

- ✓ Stress Relief & Burnout Recovery
- ✓ Corporate Executives & Leaders
- ✓ Couples & Honeymoon Wellness
- ✓ International Wellness Travelers
- ✓ Detox, Weight Management
- ✓ Spiritual Seekers & Yogis
- ✓ Anyone Seeking Deep Healing
- ✓ Those Who Choose the Best for Themselves

Sacred Experiences

Temple Visits | Ganga Aarti | Spiritual Guidance
Connect with Divine Energy



**100% NATURAL
& ORGANIC**
Pure, Safe &
Chemical Free



**EXPERT DOCTORS
& THERAPISTS**
Experienced &
Compassionate Care



**PRIVATE & PEACEFUL
ENVIRONMENT**
Serenity, Silence &
Complete Privacy



**SAFE, SECURE &
TRUSTED**
Hygiene, Safety &
World Class Standards



**AIRPORT PICKUP
& TRAVEL SUPPORT**
Seamless Transfers &
Travel Assistance

INVEST IN
YOURSELF.
YOU DESERVE
THE BEST.



BOOK YOUR LUXURY WELLNESS RETREAT TODAY

+91 7904218828

YOUR WELLNESS JOURNEY BEGINS HERE

LUXURY
THAT HEALS.
EXPERIENCE
THAT LASTS.



SAVE NATURE
SAVE FUTURE



HEAL YOURSELF
HEAL THE WORLD



HONOR CULTURE
EMBRACE SPIRITUALITY



TRAVEL MINDFULLY
LEAVE POSITIVE IMPACT

ECO SPIRITUAL TOURISM

TRAVEL WITH PURPOSE. RETURN WITH PEACE.

A soulful journey that connects you with nature, nourishes your soul, respects local culture and contributes to a sustainable future.



ECO-FRIENDLY
TRAVEL



SPIRITUAL
EXPERIENCES



NATURE
CONNECTION



LOCAL CULTURE
& COMMUNITY



SUSTAINABLE
LIVING

EXPLORE
SACRED PLACES.
PROTECT NATURE.
ENRICH YOUR
SOUL.

- Respect Nature
- Support Local
- Travel Consciously
- Leave Only Footprints
- Take Only Memories

WHAT'S INCLUDED



SACRED JOURNEYS
Visit ancient temples, ashrams and spiritual places full of energy and blessings.



YOGA & MEDITATION
Daily yoga, pranayama and meditation for inner peace and mindful living.



NATURE IMMERSION
Explore forests, rivers, mountains and beautiful landscapes. Reconnect with the elements.



SATTVIC FOOD
Enjoy organic, pure, vegetarian meals that heal the body and uplift the mind.



LOCAL CULTURE
Experience local traditions, village life, art, music and warm cultural connections.



SUSTAINABLE STAY
Eco-friendly stays that follow green practices and support local communities.



SILENT REFLECTION
Time for self-reflection, journaling and silence in peaceful natural surroundings.



TEMPLE VISITS



YOGA & MEDITATION



GANGA ARTI



VILLAGE EXPERIENCES



NATURE HEALING



SATTVIC FOOD



ECO-FRIENDLY STAY

BENEFITS

- Deep peace and emotional balance
- Stronger spiritual connection
- Reduced stress and mental fatigue
- Digital detox and mindful living
- Better health and natural healing
- Cultural understanding and joy
- Inspires gratitude and simplicity
- Support nature and local communities



THIS JOURNEY AWAKENS

THE TRAVELER
THE HUMAN
AND THE SOUL



IDEAL FOR

- Spiritual seekers
- Nature and adventure lovers
- Yoga & meditation practitioners
- Families and friend groups
- Solo conscious travelers
- Wellness and retreat lovers
- Students and professionals
- Anyone seeking meaningful travel



BE A
CONSCIOUS
TRAVELER
MAKE A
DIFFERENCE

JOURNEY WITH US. TRANSFORM YOURSELF. TRANSFORM THE WORLD.

BOOK YOUR ECO SPIRITUAL JOURNEY TODAY!



+91 7904218828



SAFE & SECURE
TRAVEL



EXPERT GUIDES
& SUPPORT



RESPONSIBLE
TOURISM



AUTHENTIC
EXPERIENCES



HOLISTIC WELLNESS



PURE VEGETARIAN FOOD



PEACEFUL STAYS



DIGITAL DETOX



SUSTAINABLE TOURISM

TRAVEL WITH AWARENESS, RETURN WITH TRANSFORMATION

"Take care
of the Earth"
and the Earth
will take care
of you."

SUNRISE MOUNTAIN Meditation RETREAT

BEGIN YOUR DAY. TRANSFORM YOUR LIFE.

Experience the magic of sunrise in the mountains and awaken your soul through meditation, yoga, nature and mindful living.



SUNRISE
MEDITATION



YOGA &
PRANAYAMA



MINDFULNESS &
SILENT REFLECTION



NATURE WALKS &
MOUNTAIN HEALING



HERBAL TEA &
SATTVIC FOOD



BONFIRE &
SOULFUL SHARING

“In the stillness of the mountains and the light of sunrise, you will find your true self.”

RETREAT HIGHLIGHTS



SUNRISE MEDITATION

Daily guided sessions to awaken your inner light



YOGA & BREATHWORK

Energize your body and calm your mind



NATURE & SILENCE

Reconnect with nature and yourself



SATTVIC MEALS

Nourishing, organic and detoxifying food



PEACEFUL STAY

Comfortable eco-stay with stunning views



EVENING BONFIRE

Music, sharing and spiritual connection

BENEFITS

- Reduces stress and anxiety
- Improves focus and clarity
- Enhances emotional balance
- Strengthens immunity
- Improves sleep and energy
- Deepens self-awareness
- Brings inner peace and joy
- Rejuvenates body, mind & soul



WHAT YOU WILL EXPERIENCE

- ✓ Daily sunrise meditation & yoga
- ✓ Pranayama & breathing techniques
- ✓ Mindfulness & guided meditation
- ✓ Nature walks & mountain exploration
- ✓ Spiritual talks & chanting
- ✓ Herbal tea & detox support
- ✓ Digital detox & silence time
- ✓ Gratitude, inner healing & transformation



IDEAL FOR

- ✓ Spiritual seekers
- ✓ Yoga & meditation lovers
- ✓ Nature & mountain lovers
- ✓ Solo travelers
- ✓ Couples & friends
- ✓ Corporate wellness groups
- ✓ Students & professionals
- ✓ Anyone seeking peace and a fresh start



RISE WITH THE SUN
ALIGN WITH NATURE
AWAKEN YOUR SOUL



LIMITED
SEATS
BOOK EARLY!

BOOK YOUR TRANSFORMATIVE RETREAT TODAY!



+91 7904218828



SAFE & SECURE
RETREAT



EXPERT GUIDES
& INSTRUCTORS



ADVENTURE
WITH WELLNESS

ORGANIC FARM *Retreat*

**RETURN TO NATURE. RESTORE YOURSELF.
RECONNECT WITH WHAT TRULY MATTERS.**

Experience the joy of natural living, organic food,
fresh air and sustainable lifestyle. Heal your body,
calm your mind and nourish your soul in the lap
of nature.

WHAT YOU EXPERIENCE



ORGANIC FARMING

Learn, participate
and enjoy organic
farming activities



FARM TO TABLE FOOD

Fresh, organic,
sattvic and
delicious meals



YOGA & MEDITATION

Daily sessions for
inner balance and
well-being



HERBAL & AYURVEDIC CARE

Natural remedies,
herbal drinks and
wellness support



NATURE WALKS & BIRD WATCHING

Explore nature,
breathe fresh air
and relax



VILLAGE LIFE EXPERIENCE

Connect with local
culture and simple
rural living



SILENT REFLECTION & DIGITAL DETOX

Unplug, unwind and
reconnect with
yourself



YOGA & MEDITATION



ORGANIC FARMING



ECO FRIENDLY STAY



SATTVIC MEALS



NATURE & JOY



EVENING SATSANG

BENEFITS

- ✓ Reduces stress and anxiety
- ✓ Improves immunity and energy
- ✓ Detoxifies body, mind and soul
- ✓ Better sleep and inner peace
- ✓ Healthy eating and natural living
- ✓ Increases focus and clarity
- ✓ Brings balance and happiness
- ✓ Stronger connection with nature

RETREAT HIGHLIGHTS

- ✓ 100% Organic Environment
- ✓ Eco-friendly Accommodations
- ✓ Pure Vegetarian & Vegan Meals
- ✓ Ayurvedic Wellness Support
- ✓ Farm Activities & Workshops
- ✓ Herbal Garden & Nature Trails
- ✓ Campfire, Music & Sharing Circles
- ✓ Safe, Peaceful & Family Friendly

IDEAL FOR

- ✓ Wellness Seekers
- ✓ Nature Lovers
- ✓ Families & Children
- ✓ Yoga & Meditation Practitioners
- ✓ Corporate Wellness Groups
- ✓ Students & Spiritual Seekers
- ✓ International Travelers
- ✓ Anyone Seeking Natural Healing

*Live with
Nature,
Grow with
Nature,
Heal with
Nature.*



**LIMITED
SEATS
BOOK
EARLY!**



BOOK YOUR ORGANIC FARM RETREAT TODAY!

+91 7904218828



SAFE & SECURE
ENVIRONMENT



EXPERT GUIDES
& SUPPORT



PURE FOOD
PURE LIVING



COMFORTABLE
STAY



SUSTAINABLE
TOURISM



PURE FOOD



NATURAL HEALING



PEACEFUL STAY



DIGITAL DETOX



SUSTAINABLE LIVING

BE HERE. BE PRESENT. BELONG TO NATURE.

**EXPERIENCE
THE TRUE JOY OF
SIMPLE LIVING
& HIGH LIVING**