



# SANTULAN

Artisanal Wellness Retreat  
12-14 September 2025



Kasar Devi, Uttarakhand





# Welcome to Santulan

**Santulan—which means ‘balance’ is the essence of our retreat’s philosophy.**

**We bring researched and curated experiences to you. Our process is deeply analyzed and personalized to elevate well-being. We draw on nature-based knowledge to foster mental and emotional clarity.**

**You get to experience intentional healing through nature and mindfulness.**

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# Who is Santulan for ?

**Overworked individuals craving a pause to recharge.**

**Those longing to express in a creative, healing space.**

**Those exploring holistic paths like meditation, herbalism.**

**Those wanting to connect with nurturing, like-minded people**

**People on a journey to self-discovery and growth.**

**Nature lovers wanting to reconnect and heal.**







# The Place

**Kasar Devi is situated on the Earth's Van Allen Belt, one of the only three places on earth known for its high geomagnetic field. This unique energy vortex have profound effects on areas around contributing to reputation as a powerful cosmic hub.**

**Many visitors report experiencing a deep sense of calm and heightened awareness, making it a popular spot for wellness enthusiasts from centuries , including Swami Vivekananda , Bob Dylan, D. H. Lawrence, etc**







# The Stay



**The property in the hills is meticulously preserved, colonial-style and over a century old, this distinguished heritage residence offers a refined experience and a tangible connection to history. The serene ambiance of a well-preserved heritage home naturally slows the pace, encouraging presence and introspection, an ideal prelude for mindfulness and retreat themes.**







# Santulan Highlights

**Guided Meditation in the Cosmic Energy Field of Kasar Devi**

**Garden to Fabric Eco-Printing using various leaves and flowers**

**Shinrin-yoku - Guided forest Bathing practices accompanied by  
Breakfast Picnic**

**Sound Healing**

**Luxury Herb Infused Body Butter making**

**Jungle Hikes**

**Music and Bonfire**

**Community Cooking**

**Farm to Table Dining, Local Food delicacies**

**Heartfelt conversations**







# Whats Included?

**Cozy Imperial Stay for 3 days / 2 nights in peaceful mountain accommodations.**

**Farm-to-Table Meals using local organic ingredients.**

**Welcome Drink & Snacks, 2 Breakfast, 2 Lunch, 2 High Tea and 2 Dinner.**

**Experienced Expert Facilitators to support you through all workshops and sessions.**

**All Workshop materials needed and you get to take your creations home.**

**Recognition Gift honouring your participation and presence.**

# Whats not Included?

**Transportation to/ from Kasar Devi or Almora**

**Meals beyond the retreat's provided meals**

**Personal Expenses**







# Meet your hosts

**Sapna is a passionate Nature based wellness guide and artist dedicated to fostering healing through creativity and natural elements. Through her work, she creates immersive experiences that connect individuals with nature's healing power, fostering a deeper sense of well-being and tranquility.**

**Abhash is an experienced life coach deeply rooted in the philosophy of Biophilia . He integrates this belief into his coaching practice, emphasizing the profound impact that nature has on mental well-being, emotional balance, and personal growth.**







# How to Join?

**We'd love to welcome you on this journey. If this resonates with you, we promise it'll become a lifelong memory.**

**Ready to join or have a Question? DM us or visit our website, link in the Bio.**

