

# Soul Reset Retreat DAY 1



## Grounding & Reset



-  4:00–6:00 AM – Arrival & Welcome Detox Drink
-  6:00–7:00 AM – Room Allocation & Freshen Up
-  7:00–8:00 AM – Opening Aarti & Energy Cleansing
-  8:00–9:00 AM – Sattvic Breakfast
-  9:30–11:00 AM – Grounding Circle + Intention Setting
-  11:00–12:00 PM – Journaling: "What I Want to Heal"
-  12:00–1:00 PM – Lunch
-  1:00–3:00 PM – Rest + Optional Panchkarma
-  3:00–5:00 PM – Gentle Yoga + Breathwork
-  5:00–6:00 PM – Nature Walk
-  7:00–8:00 PM – Dinner
-  8:00–9:00 PM – Sound Bath + Sleep Meditation

### WHAT YOU WILL EXPERIENCE

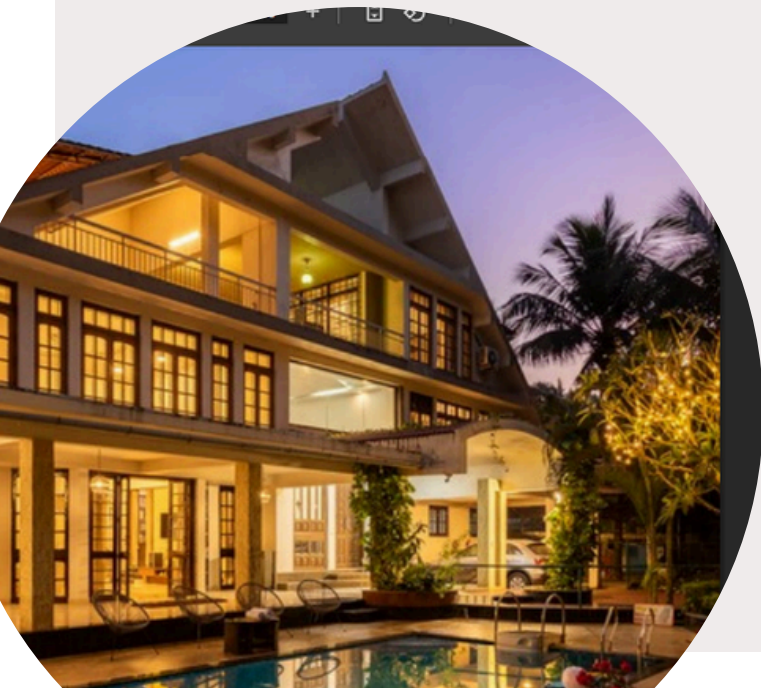
- ✓ Emotional Release
- ✓ Inner Child Healing
- ✓ Deep Body Detox
- ✓ Spiritual Reset
- ✓ Lifestyle Transformation

### Standard Soul Reset Package

- ✓ Stay & all meals
- ✓ All healing sessions
- ✓ Yoga, meditation, sound bath
- ✓ water therapy
- ✓ Fire ritual & Gift kit

#### IDEAL FOR

- Working professionals
- People with stress/anxiety
- Women seeking emotional healing
- Anyone feeling stuck
- Healers / Yoga teachers
- Those wanting a spiritual restart







# Day 2

## RELEASE, DETOX & EMOTIONAL CLEANSING

- 5:30–6:00 AM Warm Detox Tea
- 6:00–7:00 AM Sunrise Yoga + Pranayama
- 7:00–8:00 AM Chakra Meditation + Sound Healing
- 8:00–9:00 AM Breakfast
- 9:00–10:00 AM Water Healing Therapy
- 10:00–11:00 AM Ice Bath – Guided Emotional Release
- 11:00–12:00 PM Body Detox Workshop
- 12:00–1:00 PM Lunch
- 1:00–3:00 PM Rest + Panchkarma (Optional Abhyanga Shirodhara)
- 3:00–4:00 PM Somatic Emotional Release
- 4:00–5:00 PM Creative Mandala Healing
- 5:00–6:30 PM Sunset Yoga + Deep Sound Healing
- 7:00–8:00 PM Dinner
- 8:00–9:30 PM Fire Release Ritual

### WHAT MAKES THIS RETREAT SPECIAL

Start fresh - mentally, emotionally, physically, spiritually.

A complete mind–body–soul reset

Blends ancient Vedic healing,

Optional Panchakarma detox

silent, natural, high-vibration space

Emotional release, clarity, and inner peace

LIMITED SEATS ONLY 11 PARTICIPANTS

FIND MORE DETAILS AT  
PH: +91 82374 10065

# Soul Reset Retreat

Immense Renewal, Awakening & Transformation

*Retreat Dates*  
-20, 21, 22  
*February,*  
2026



*Venue - Vasai W*  
*Nature Surrounded*  
*Luxury Villa*

## *Why this retreat*

- Reset your mind.
- Rebalance your body.
- Return as your best self.

### DAY 3 — Renewal, Awakening & Transformation

5:30–6:00 AM Wake-Up & Detox Drink  
6:00–7:00 AM Activation Yoga Flow  
7:00–8:00 AM Future-Self Meditation  
8:00–9:00 AM Breakfast  
9:00–10:00 AM Group Healing (Reiki + Chakra Balancing with Disha)  
10:00–11:00 AM Optional Panchkarma Session 2  
11:00–12:00 PM Life Reset Workshop  
12:00–1:00 PM Lunch  
1:00–2:00 PM Journaling + Photos + Reflection  
2:00–3:00 PM Gift Ceremony

*Package Price - 17001\* / -*

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