

Soul SANCTUARY



Self exploration through Yoga and Creative Arts

17th-19th
June



Katharsis

Malhar Wellness



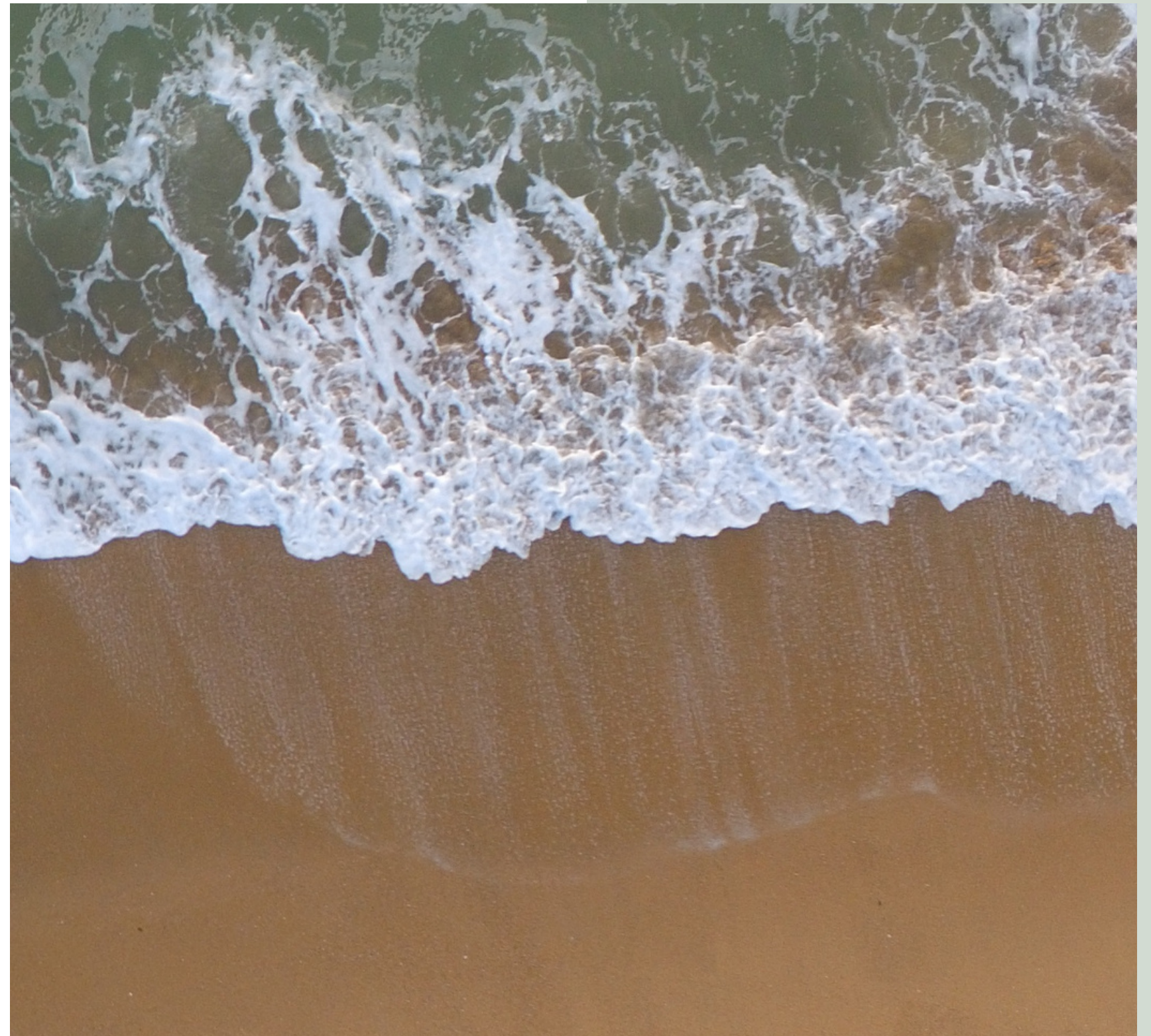
YOGA WITH VAIBHAVI

Submerged in the hubbub
of life we often don't get a
chance to pause and
reflect.

About

Soul Sanctuary is a two
and a half day retreat that
intends to offer a space
(for you) to access and
explore your relationship
with your mind and body.

- Product Design
- Modern Fashion
- Creative Photography



Together we will

- ✦ Become aware of bodily sensations
- ✦ Explore our emotions
- ✦ Reflect on our experiences
- ✦ Connect with our own self and others
- ✦ Play, move, draw and create
- ✦ Relax and unwind



WHO IS THIS FOR



This retreat is open for people who are 18 years of age and above. This program is for you if you are keen to explore yourself and your inner world through mediums of yoga, body movement, the creative arts and their synthesis.

Please note; Prior experience in creative arts, yoga or mental health spaces NOT required

Itinerary

17th June

Evening Session- Settling in and orientation

This session will be a social mixer where we will get to know each other better, familiarise ourselves with the modalities and set intentions for the upcoming 2 days.

Itinerary

18th June

Morning Session: Access

This session is designed to help the participants become mindful of their physical sensations through Asana practice. They will learn to experience the breath and body with gentle Hatha Yoga.

Afternoon Session: Explore

This session will be a guided journey to explore our inner world and different parts that come together to create our self. In a safe environment, participants will be invited to reconnect with themselves using different metaphors, maps and art mediums.

Evening Session: Integrate

Relax and unwind using art and verbal sharing in a calming environment. We will use our breath to connect with the cyclicality and safety found in nature.

Itinerary

19th June

Morning Session: Access

The participants will be encouraged to explore the interplay of mind and movement with Vinyasa practice; a gentle flow of yoga postures strung together in a seamless chronology.

Afternoon Session: Explore

This session is planned to help the participants dive deep into their interpersonal territories. We will use movement, portraits and sculptures to bring forth patterns of relating to the people around us and boundaries we create in our personal and professional relationships.

Evening Session: Integrate

Closing and reflecting on experiences from the past two days. Participants will be given the opportunity to reflect on their takeaways and key insights.



Wellness Inn is a lifestyle boutique hotel located at Ashwem Beach, Mandrem, North Goa, about 80 minutes from the airport. This unique property comes with modern amenities, restaurant, Café, selection of books & Yoga Shala.

Accommodation

The guesthouse is tucked in the deeper part of the resort making it a quiet sanctuary for relaxation and sound sleep. The sea is a minute walk from the Resort.



The in-house restaurant offers a variety of vegan & vegetarian food, a variety of lemonades and delicious smoothies- a menu dictated by the season that presents a healthy Indian and contemporary twist. Hoops Café in front of wellness Inn fills the space with the rich aroma of coffee, vegan waffles and desserts that cannot be missed!



Food

Please Note; The food package is inclusive only of the Set Thalís. All other orders from the cafe need to be made privately!

Costings

Workshops base price

INR 8000

6 sessions (1.5-2 hrs each)

Meals

INR 600/day

Breakfast, Lunch & dinner set Thali

Accommodation

INR 1600/day for twin sharing room

INR 750/day for quadruple room

Costings

We understand that everyone's preferences are unique. We would like this experience to be as comfortable for each one of our participants and to that end, you can choose to pick from the following offerings

INCLUSIONS	PACKAGE 1	PACKAGE 2	PACKAGE 3	PACKAGE 4	PACKAGE 5	PACKAGE 6	PACKAGE 7	PACKAGE 8	PACKAGE 9
Workshop	✓	✓	✓	✓	✓	✓	✓	✓	✓
6 meals		✓	✓			✓	✓	✓	✓
17th Dinner			✓				✓		✓
Quadruple sharing (3 Nights)				✓		✓	✓		
Twin Sharing (3 nights)					✓			✓	✓
AMOUNT PAYABLE	INR 8000	INR 9200	INR 9400	INR 10,250	INR 12,800	INR 11,450	INR 11,650	INR 14,000	INR 14,200

Inclusions

- 2 Yoga sessions
- 2 Creative arts and movement therapy sessions
- 2 Unwinding and relaxation sessions
- Art materials and props used for explorations
- Accommodation and food (if paid for)



Exclusions

- All travel costs
- Any Medical expenses
- Any other personal expenses
- Any other cost not specifically mentioned in inclusions

Your Facilitators

Mohini Singh

Founder | Malhar Wellness

Mohini is a mental health professional and certified expressive arts therapy (ExAT) practitioner. Her practice is client-centered and queer affirmative. She uses an integrative approach drawing in elements from transactional analysis and EXA with a focus on mind-body connection. Mohini completed her education in psychology from Lady Shri Ram College for women, Delhi University and Tata Institute of Social Sciences (BALM), Mumbai. Mohini has been working with individuals from varied backgrounds for the last 3 years. She believes in the power of arts and incorporates movement, drama, music, visual arts, creative writing in her work. She focuses on developing a collaborative and egalitarian relationship with individuals, groups and communities to facilitate self awareness and dialogues that might lead to change.



Your Facilitators

Somya Narang

Founder | Katharsis Counselling

Somya is a practicing psychotherapist and movement therapy facilitator, certified by the International Council for Dance, UNESCO and the Creative Movement Therapy Association of India. She is a client-centered, queer friendly and narrative practitioner. Somya completed her education in psychology from Lady Shri Ram College for Women, Delhi University and Christ University, Bangalore and has been working with people across the age range in both private and group settings. Some of her spheres of competence include management of socio-emotional issues like anxiety, mood swings, adjustment to life transitions, relationship issues and personal development. Somya adopts an eclectic, holistic and creative approach in her therapeutic practice.



Your Facilitators

Vaibhavi Gautam

Founder | Yoga with Vaibhavi

Vaibhavi is a certified Ashtanga and Hatha yoga teacher. She has been teaching since 2020 and aims to create a welcoming community for all kinds of practitioners from beginner to advanced, promote wellness, and encourage self-awareness. In her classes she intends to create a space where students feel free, confident, and immersed in their practice to help them take charge of their personal journeys. She completed her education in psychology from Lady Shri Ram College for women, Delhi University. Her yoga education started at Morarji Desai National Institute of Yoga, Delhi in 2019 and later traveled to Indea Yoga, Mysore in 2020. Currently she is pursuing a Master of Science (Yoga) at SVYASA university, Bangalore. Her vision is aligned with the goal of yoga- to unlock our hidden potential, by experiencing the body, activating the cosmic energies, and expanding the breath.



Registration Steps

1

Make the complete payment in advance on
Google Pay UPI ID: somyanarang97-2@okicici
Direct Bank Transfer: Account No - 003701563158
Name - SOMYA NARANG
IFSC code - ICIC0007544

2

Take a screenshot of payment confirmation

3

Fill out the registration form (<https://forms.gle/J6i3bvwQftGMQF2Z7>) and
attach screenshot of payment receipt

4

Look out for our email confirming your slot!



Contact

For any specific enquiries/ concerns
you can reach out to us via whatsapp
on +91-9310992492

We look forward to spending a rejuvenating,
relaxing, creative and reflective time with you!