



Know Thyself

NOVEMBER 18TH TO 22ND, 2017

at

The Swarga Loka Resort

Ubud, Bali

INDONESIA

A mindful-healing and detoxification programme in the lap of nature, designed especially for the seekers who want to dive deep within themselves and emerge completely afresh with a healthy body-mind-spirit.

The ultimate goal of this programme is help you “find your own self.”

Ancient wisdom has gifted us with practices and methods to help us reconnect with our blissful selves. The Program embodies insightful Yoga Asanas, rejuvenating Ayurvedic food, Meditation techniques and Mantra chanting to guide us on an internal spiritual journey. Awareness practices that help instill tranquility in the mind and bring us in harmonious touch with both the internal and outside world.

The true purpose of any spiritual journey is to discover who we really are, our true nature and our place in the universe. The retreat offers you direction and a first step on that path.

ABOUT THE PROGRAM

Enquiry is one of the fundamental states of the mind. We fill our lives with questions and make the act of seeking answers our life's pursuit. Our conditioning is such that the human mind looks outside for the answers to the questions that have arisen internally. In this pursuit of externalism, there is a loss of connection with who we are and what it means to be 'I'.

The retreat program "Know Thyself" helps you to journey inside and brings out the best in you. The first step to achieving this is by aligning the mind, body and emotion, in a balance. Only when this harmony exist can true self enquiry begin.

We respect your individual journey and experiences and have designed this non denominational, open faith retreat to assist you in your path of finding yourself. We welcome you all with humility and love.

In this retreat, you shall get a package filled with special techniques, cleansing, physical fitness, therapy sessions, breath work, relaxation, mindfulness, healing (group and one on one session), customised diet plan, kirtan and motivational talks.

WHY SWARGA LOKA

Svarga Loka - This abode of peace and tranquility offers the perfect support to this retreat - it's beautifully appointed rooms, award winning destination spa, breathtaking nature and locally sourced healthy cuisine are the perfect back drop for healing.



ABOUT THE HEALERS

Healer/Yoga Acharya Shri Kaushal and his team have developed innovative programs to share the joy of mind-body-spirit. He believes in looking within, connecting with nature and hearing the sound of the unknown. He has developed his own methods and techniques to help restore strength at mental, physical, and emotional level. Thereby assisting the attendees to get closer to themselves and discover; know thyself.



Deep Gurnani is a counsellor and yoga instructor. He is an avid student of the Nalanda school of Buddhist Psychology and has attended private teachings with various Buddhist masters. He is a philosopher at heart and has deep interests in shamanism and meditation techniques.

PROGRAM DETAILS

Day 1: Discover

*Check-in, Explore, swim, walk, ask, relax,
Evening tea, dinner, introduction and opening ceremony,
Evening flame meditation, kirtan.*

Day 2: Wandering Soul

*Morning yoga, breakfast, mindful walk,
Sattvic lunch, relax in nature's lap, learn the art of silence,
Celebrations, short lecture on "know thyself" followed by dinner.*

Day 5: Mindfulness

*Practices/techniques- recap, mindful breakfast, one-on-one consultation, group chat
Small ceremony, know thyself-kit presentation, Bon-Voyage.*

Day 3: Heal Thyself

*Morning therapeutic yoga (IAYT), breakfast,
Group healing, time to contemplate, lunch, relaxation,
Evening jungle walk, dinner theme - know your own food.*

Day 4: know Thyself

*All day - yoga, healing, meditation,
One on one healing(On request, charges applied)
Fire ceremony in the evening, Small Kirtan ,Dinner*

HEALTHY AYURVEDIC CRUSINE

Tailor-made diet plan to suits everyone's need and taste buds. We believe that wholesome, seasonal, local & nutritionally dense ingredients combined with healthy cooking techniques are the basic building blocks of healthy cuisine. These foods are the Earth's medicine and proper and consistent use will restore health, vitality & wellbeing.

*Our diet is: Gluten free, Vegetarian, Raw, Low Carbohydrates, Made with Natural herbs & Olive oil,
Some dishes cooked with Indian Ghee*

Note:- In case of and food allergies, please inform your retreat leaders prior.



COSTS

*USD 2000/- + taxes per Person
on a Twin Sharing basis
Delux room*

*Room upgradation subject to avail-
ability and charges extra.*

INCLUSIONS

*Accommodation checkin afternoon on 18th and checkout at 11 am on 22nd.
Transfers to and from the Ngurah Rai International airport and the Swargaloka Resort only.
All activities mentioned in the program including a group healing session.
Upgrades to higher category of rooms for additional charges may be available.
All holistic meals served juices and teas for the entirety of the program
All your personal needs. You are in great hands.*

CONTACT

*Please get in touch for early bookings.
Limited guests only.*

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ABOUT AMASDE

*True wellness exists when your
body mind and spirit are in peace
and harmony. Amasde Holistic
Healing strives to bring that
balance. We bring forth experi-
enced healers that design and
conduct carefully curated retreats
the world over.*

TESTIMONIALS

I attended the retreat organized by Shri Kaushal and Shri Deep and would like to share my experience of it. The retreat far exceeded our expectations. The selected locale was serene and it was the perfect setting for the gentle transformation they brought. The most spectacular part of the retreat was that we still carry the learnings and our lives have been forever changed. - Namrata Bangia, Delhi

I have attended two retreats with Kaushal ji and Deep and would highly recommend them for anyone who want to progress or start their spiritual journey. The Retreats were carefully planned and the environment they created was safe and relaxing. The meditation activities were awesome and the food was heavenly. Will be back! - Brad Nuss, USA

The retreat organized by Samattva and Amasde under the guidance of Kaushal and Deep was phenomenal. Kaushal was especially gentle and careful in guiding me to the inner depths of my self and bring out a positive energy I did not know existed. I shall definitely come back and this time with my mom. - Bahar Eris, Turkey

We attended the retreat organized in July 2016 in Bali and it was a great experience. Kaushal and Deep brought a pause in my life. I work in a stressful environment and they guided me on how to manage this stress and become more calm and relaxed person. I am using the techniques and am looking forward to next retreat so that i can take next step in my spiritual journey. - Jack Nagrani, Malaysia