

*LISTENING TO YOUR INNER
SELF*

Silent Retreat

June 15th to 18th, 2018

*At
Sonapani Resort
Nainital
India*

A serene landscape photograph of a mountain valley. In the foreground, a calm lake reflects the surrounding scenery. The middle ground features steep, rocky mountainsides covered in dense evergreen forests. In the background, a large, snow-filled valley is visible between the mountain ranges. The sky is a clear, pale blue with a few wispy white clouds. The overall mood is peaceful and majestic.

Silence is Bliss

Listening to your Inner Self

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 the first step on the 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 is meant to be "I"

The retreat program "Silent Retreat" helps you to journey inside and brings out the best in you. The first step in this process is to listen to your inner self-mind, emotion, body in a silent state, Only when this harmony exists can true self-enquiry begin.

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

IN THIS RETREAT YOU SHALL ENJOY A PROGRAM FULL OF
WITH RELAXATION, MINDFULNESS, HEALING, CUSTOMIZED
CERTAIN MEDITATION AND MOTIVATIONAL TALKS.

Sona Pani

Sonapani - This abode of peace and tranquility offers the perfect support to this retreat - It's beautifully appointed rooms, breathtaking nature and locally sourced healthy cuisine are the perfect backdrop for healing and sadhana.



Healthy Cuisine

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 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 any food allergies, please inform your retreat leaders prior.





"Samattva"

Samatva Foundation has been created to cultivate harmony and balance within oneself, nourishing mind, body and soul. Samatva means balance & balance in life leads to wellness. True wellness exists when your body, mind and spirit are in peace and harmony. Samattva Holistic Healing strives to bring that balance. We bring forth experienced healers that design and conduct carefully curated retreats the world over.

Program Details

Program Highlights

On Arrival

Welcome drink, check-in, explore, swim, walk, ask, relax, evening tea, dinner, introduction and opening ceremony.

Everyday program includes

Gentle stretch, mindful walk, breakfast, silent meditation, group healing, one on one healing (on request), Mental japa, Kirtan & Satsang, Shiva Dance in silence, Singing ball meditation, Chakra sadhna, fire ceremony, body therapies, post lunch workshop- learn the art of healing (audio-video), sky meditation post dinner, Love thyself, magic of colours, find the balance (Body-Breath, mind-emotion), gratitude, balancing yoga, evening flame meditation, contemplation.

Program ends with-

Breaking the silence, step by step in a process.

gratitude, Last dinner cooked by you all, Fire ceremony with MANTRAS, Samattva Farewell Ceremony

COSTS

USD.\$200, Rs.12,000/ +taxes par couple on a twin sharing basis

Inclusions

Accommodation, Transfers to the airport or the nearest railway station and the Sonapani resort only. All Holistic meals served, juices and teas for the entirety of the program. All your personal needs. You are in great hands.

Contacts

Please get in touch for early bookings limited guests only.

