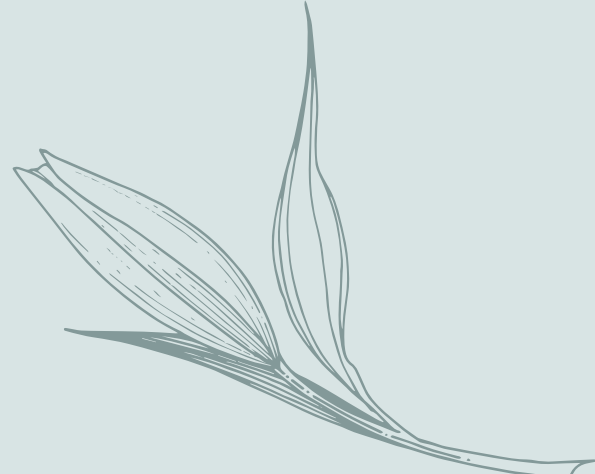


EMPOWER -HER

YOGA RETREAT

A weekend of holistic wellness for women

"EmpowerHER" is designed to create a nurturing and supportive space for women to explore and overcome their unique challenges through the practice of yoga while embracing their innate strengths and resilience.



February, 2024
24-26

In this transformative and empowering weekend retreat, we address the unique challenges and opportunities that women face on their wellness journeys. "EmpowerHER" is designed to create a nurturing and supportive space for women to explore and overcome these challenges while embracing their innate strengths and resilience.

WHAT TO EXPECT:

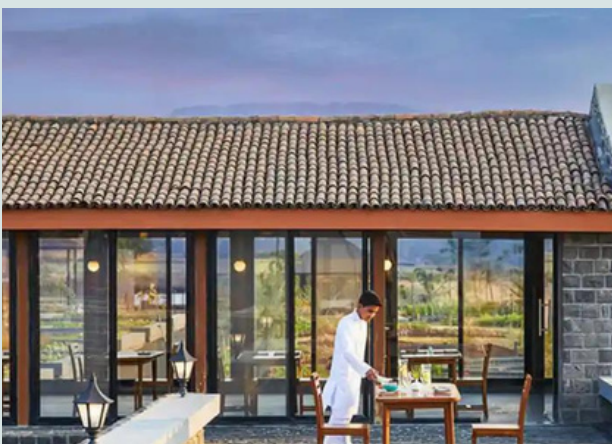
- Yoga asanas/ poses
- Pranayama/ breathwork
- Meditation
- Face yoga
- Yoga kriyas
- Women's circle
- Cacao ceremony
- Journaling
- Massage therapy

KEY COMPONENT:

- **Self-Care and Self-Love:** Dive into the importance of self-care, self-love, and self-compassion through women circle and relaxing spa therapies.
- **Mental Health and Mindfulness:** Explore mental health challenges and effective mindfulness techniques to manage stress, anxiety, and emotional well-being.
- **Embracing Your Inner Goddess:** Celebrate the divine feminine within, recognising the unique gifts and strengths that women bring to the world.
- **Sisterhood and Connection:** Become a part of a community through sharing circles, group activities, and networking opportunities.
- **Creative Self-Expression:** Express yourself through creative outlets like arts and journaling.
- **Balancing Career and Life:** Explore strategies for achieving a work-life balance and career success while maintaining well-being.

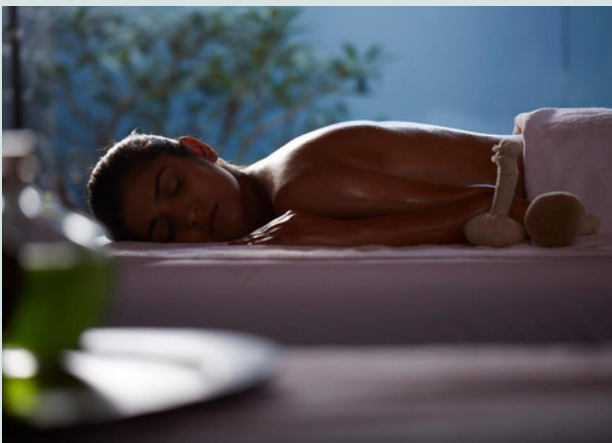
VENUE

Viveda Wellness, Nasik



VENUE

Viveda Wellness, Nasik



RETREAT COST

Double Occupancy: 29,340 INR

Single Occupancy: 39,600 INR

(The above prices are per person and inclusive of taxes)

Early Bird discount until January 28th: 4000/- off on double occupancy and 2000/- off on single occupancy.

Inclusions:

- Accommodation for 2 nights
- 5 Satvic meals
- 1 massage therapy
- 4 Movement sessions with Sneha and Jahnavi
- Meditation, Breathwork
- Yoga Nidra
- Cacao ceremony
- Women's sharing circle
- Art therapy

Exclusions:

- Travel
- Additional meals
- Additional therapies and treatments