



**28th Sept - 1st oct
2023**

**IT'S NOT JUST A
RETREAT..**

BOOK NOW



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SIMPLY

6TH RETREAT OF

Soma Series

At Vanvasa Resort, Lansdowne, Uttarakhand

Vanvasa



Retreat is about:-

- Wildlife Theme
- Kalagarh wildlife, Lansdowne
- Learn About SRIVIDYA Tradition
- Total Harmony Within & Without
- Wildlife Safari
- Yoga Sessions Under Bamboo Roof
- CHANDRAKALA NAMASKRA
- Full MOON Poornima Havan
- Learn About Joints & Glands
- Decoding Abundance & Beauty
- Becoming the MOON Itself
- Knowing CHANDRA Vidya
- Mystic MOON Salutation
- Shakti Upasana
- Pool to Rejuvenate
- Outdoor Moon Meditation
- Extensive work on Yoga POSTURES
- Waterfall Visit

REGISTER NOW