

Nirvaan

EXECUTIVE RETREAT BY THE GANGA

17-20 JULY 2024
RISHIKESH, INDIA

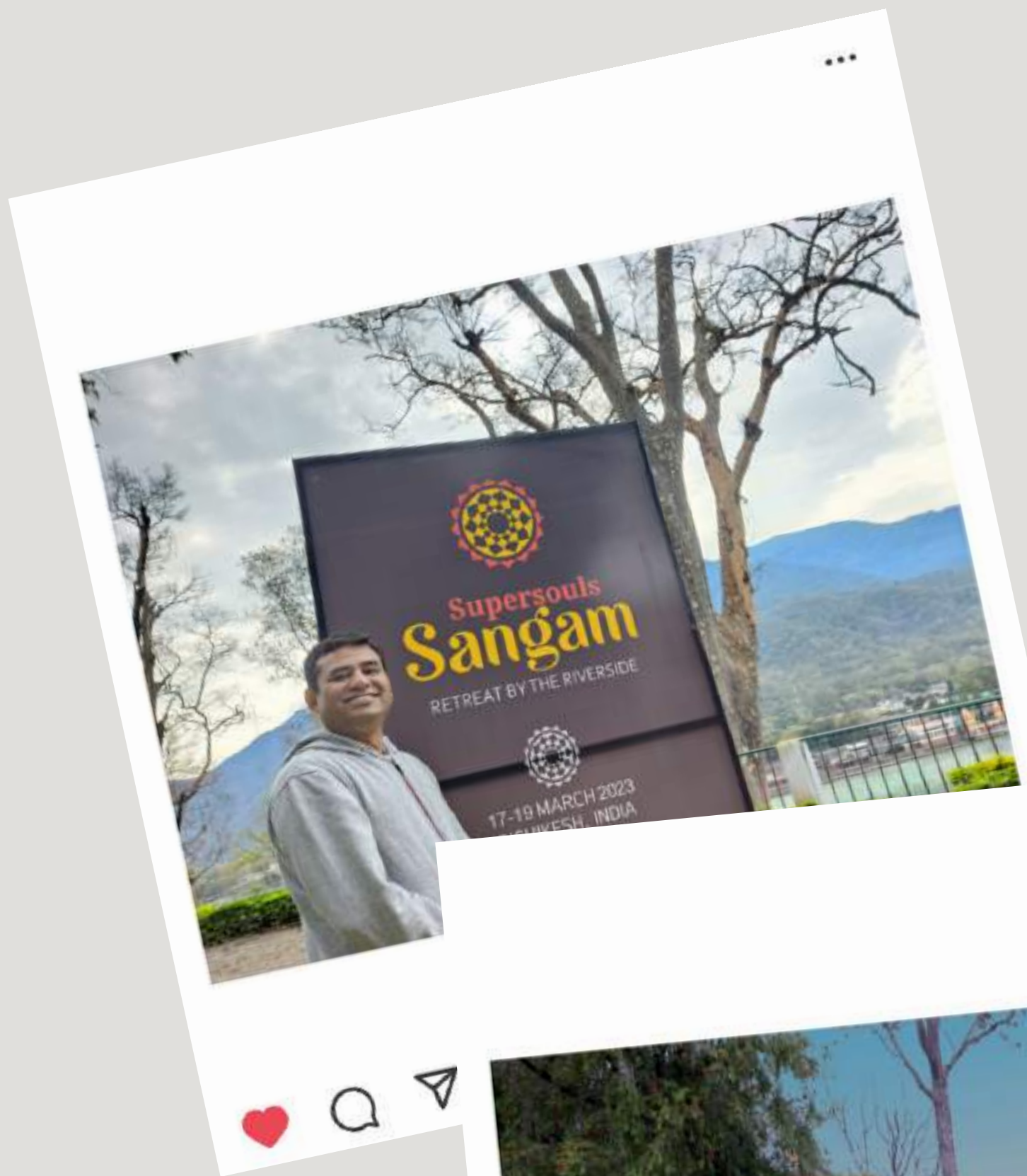
BANDHAN MUKTI SELF-LOVE DISCOVERY
YOGA & MEDITATION TIBETAN SOUND BATH
COSMIC HEALING DEEP BODY-CLEANSE
LIFE COACHING



NIRVAAN: SPIRITUAL RETREAT FOR THE EXECUTIVES

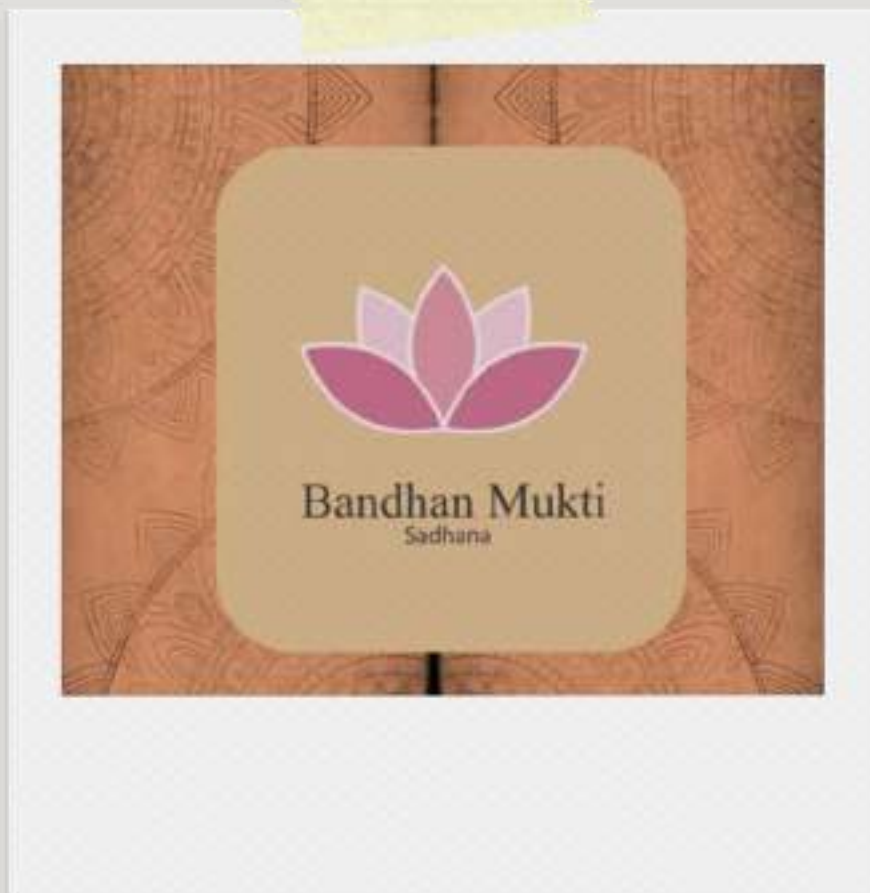
At the retreat, you are guided to confront your deep-rooted beliefs, fears and values that are the cause of your unfulfillment.

Through a range of unique physical & spiritual processes, you liberate from shadows & anxiety and awaken limitless self-love on the bank of Mother Ganga in lush green surrounding in the company of authentic seekers. The four-day of inner adventure opens the door to new possibilities and unprecedented opportunities that could prove to be a turning point in your life.



PROCESSES & ACTIVITIES

BANDHAN MUKTI SADHANA

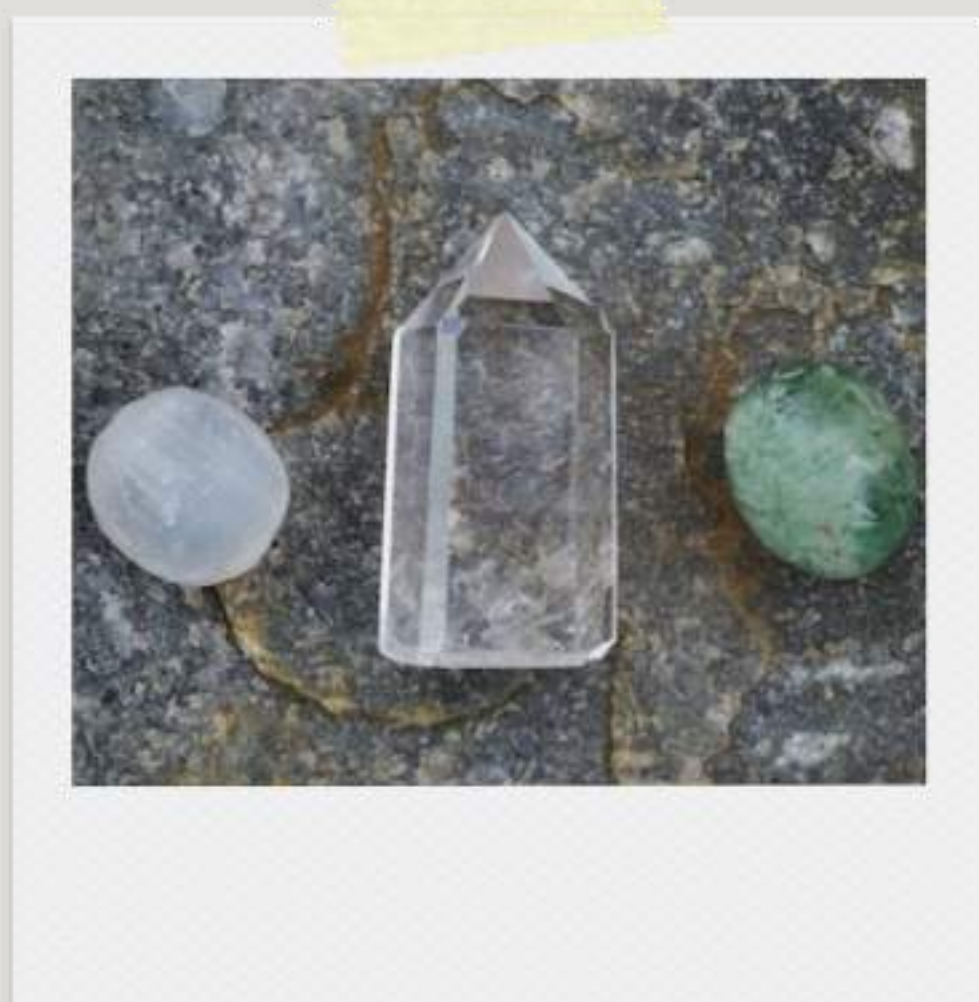


Bandhan Mukti Sadhana is a cathartic experience to release deep emotional hurts and wounds to unlock your life of joy and possibilities. An instructor guides you through four stages of the process which include: Bandhan Dhyana, Pashan Lekhan, Sankalp Bodh and Mukti Darshan.

In the end, you would gain freedom from past baggage and experience deep peace and serenity. Sadhaks have experienced unprecedented mental, physical and emotional shifts after this process.

DEEVANGI: SELF LOVE DISCOVERY

In this process, the seekers activate self-love through deep inquiry and collective sharing. The idea of a higher self is reinforced and signposts are created for long-term sustenance of love for self. This process creates a special moment in your life that becomes an eternal source of self-empowerment.



COSMIC HEALING

You are taken through intimate personal sharing and based on your mental and emotional state, an appropriate energy healing methodology is determined and administered.

PROCESSES & ACTIVITIES



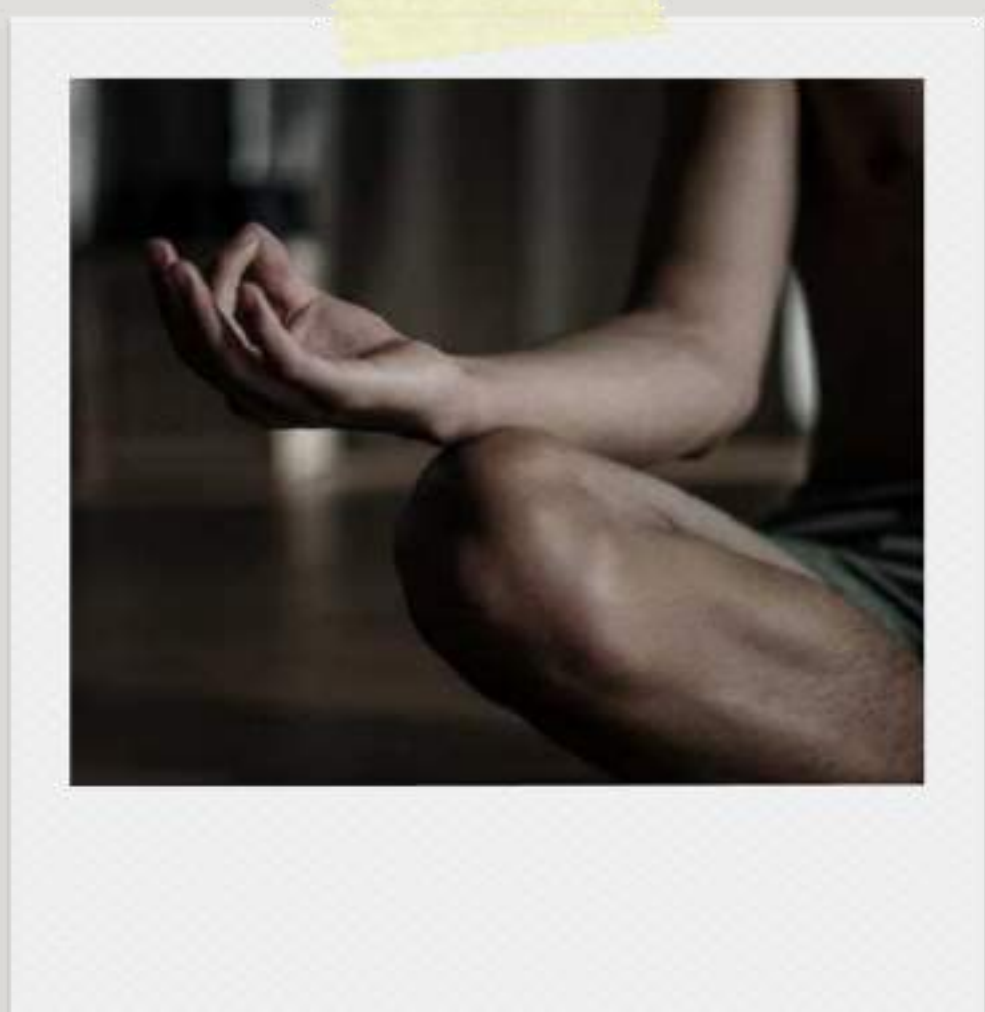
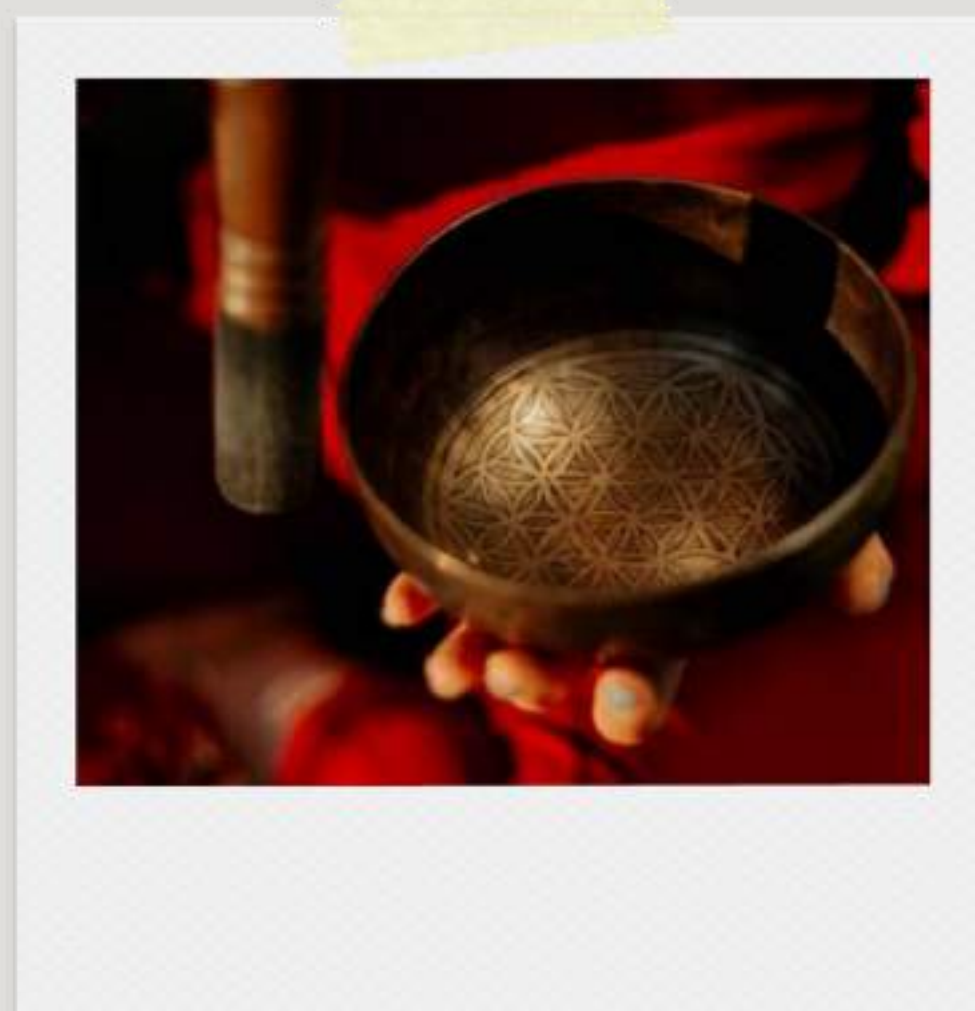
ALIVE: DEEP BODY CLEANSE

ALiVE begins much before your retreat. It is a 5-step health transformation program that starts with an assessment of health parameters followed by a simple and logical understanding of diet, metabolism and physiology. The program guides you to practical and sustainable lifestyle changes that will lead to deep body detox and rejuvenation

TIBETAN SOUND BATH

Every evening your chakras are activated through a singing bowl performance that creates a positive sound resonance to dissolve your anxiety by raising your vibrations.

Tibetan Sound Bath raises your energy state and fast-tracks your spiritual journey during the retreat.



MEDITATION & YOGA

Every morning, you are guided through a meditation that prepares you for the special day ahead. Here, you learn how to go beyond the vagaries of your mind and have better self-control. The techniques are universally useful for beginners as well as seasoned practitioners.

ARCHERY, MANDALA ART, RIVER WALK ETC.

In your spare time, you have a choice to enjoy an afternoon siesta or explore your creativity through a range of activities like archery or Mandala art.



THE GUIDES

VIVEK SINGH, LIFE COACH & AUTHOR



Vivek is an established life and executive coach with the privilege of working with more than 500 hundred top corporate executives from all over the world. After several successful entrepreneurial ventures, Vivek chose to fully commit himself to transforming the professional and personal life of business leaders. To explore his spiritual dimension, he went on a pilgrimage to the Himalayas. This experience has been summarised in his bestselling book 'By the Flowing River'. Vivek is a TEDx speaker and he has developed a range of spiritual practices that help people liberate and explore the unknown with ease.

GAUTAM VIVEK, DIABESITY REVERSAL & ANTI-AGING COACH



Gautam is a lifestyle disease reversal coach with a special accent on anti-aging. After reclaiming his life from diabetes, he strives to uncomplicate the issue of health for human beings. Gautam has supported hundreds of people with weight loss, diabetes reversal and several other lifestyle diseases.

Gautam has been working towards integrating Western Science with ancient Indian wisdom into his programs. Before his superannuation from NTPC, he was the head of an energy sustainability think-tank, World Energy Council.

REEMA ARORA, COSMIC HEALER & WELLBEING CONSULTANT



Reema is a Reiki Master and Healer. She uses her intuitive powers to heal people, homes & workplaces through a range of modalities. Reema also guides people with health problems and suggests intuitive diets. She is also a Pedulum Dowser, Crystal Guide and Tarot Card reader.

She believes people have chosen this life for a purpose and she guides them to align their action with the larger goal.

THE GUIDES

YOGI SHRI NIRANJAN, SPIRITUAL GUIDE



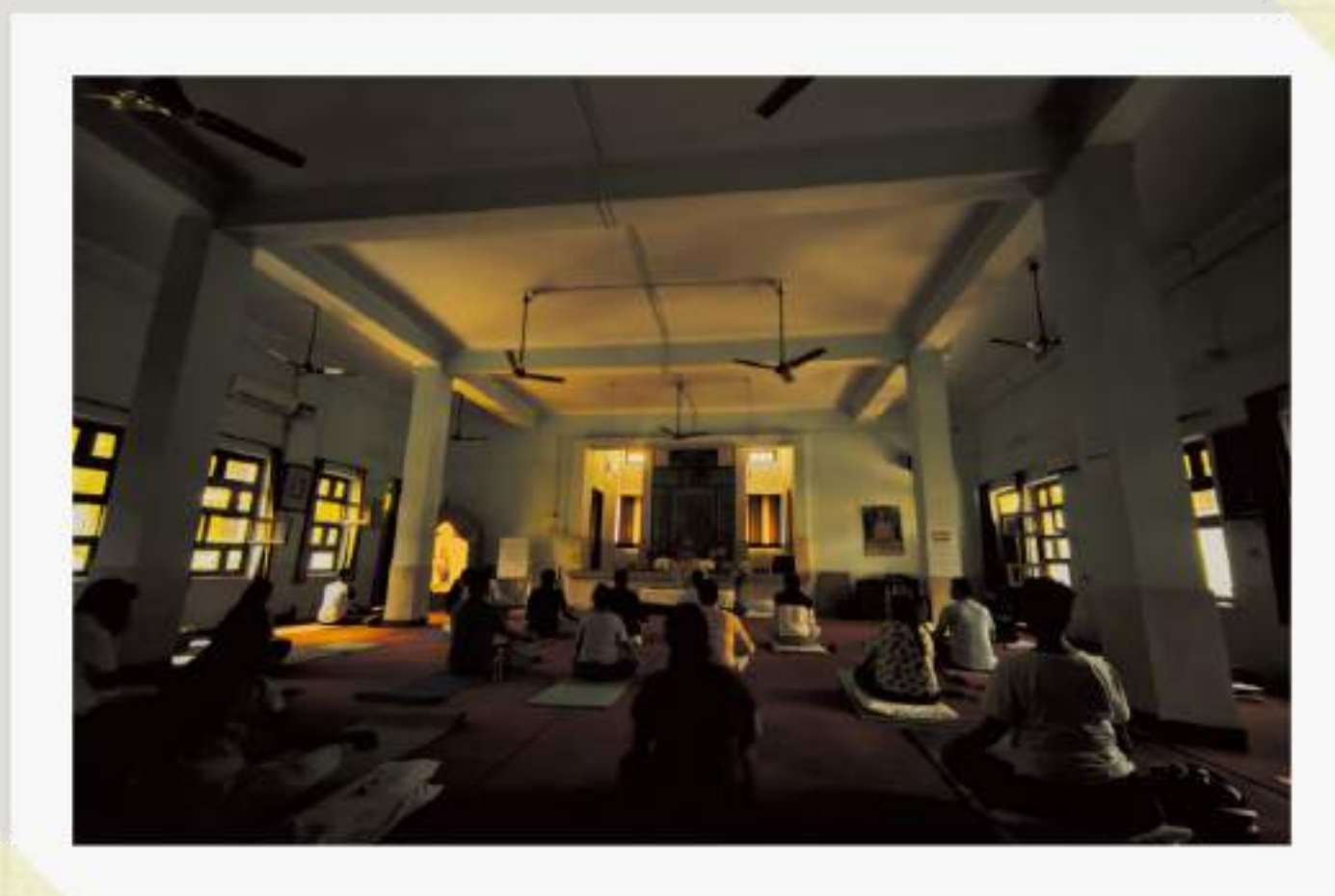
Yogi Shri Niranjana has dedicated his life to helping people live optimally and spiritually. He has practiced Yoga, Meditation and Complex Spiritual practices for years under the guidance of Himalayan Masters for decades. His understanding of Vedas, Puranas, Upanishads and other Scriptures is unparalleled. Yogi Shri approaches spirituality scientifically. His practices including Niranjana Kriya deliver remarkable results without interfering with one's lifestyle.

ACHARYA VIMAL, YOGA TEACHER



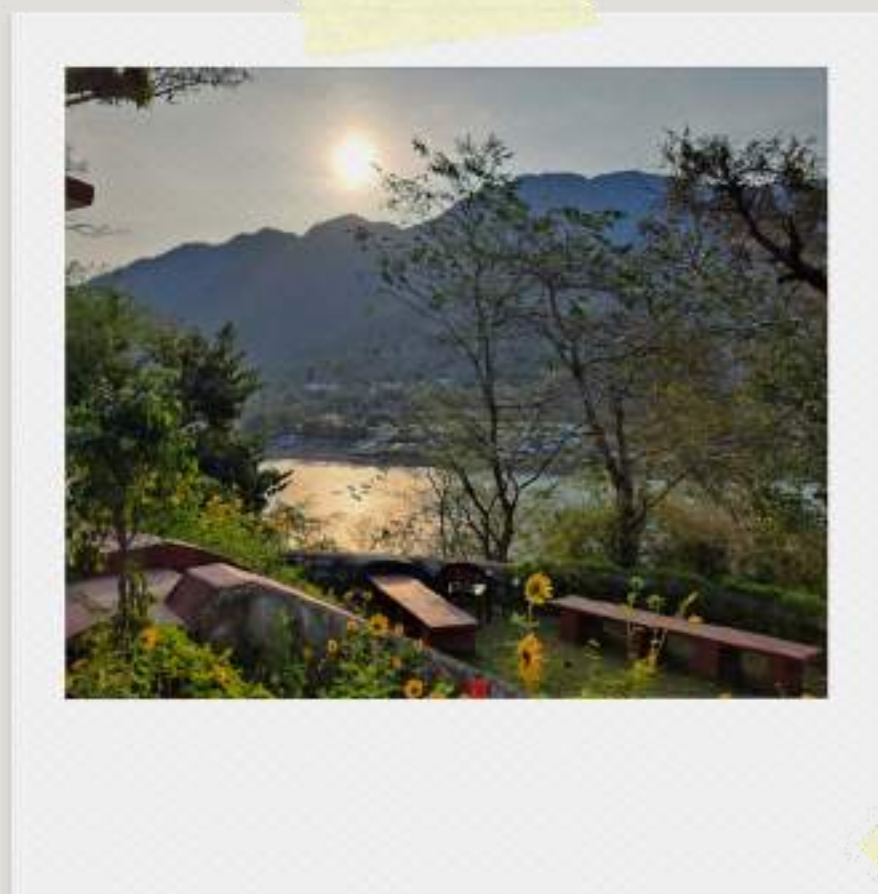
Acharya Vimal specializes in advanced asanas, pranayama, meditation, and Vedic chanting. Vimal Ji holds a Masters's degree in Yogic Sciences from Uttarakhand Sanskrit University. He has been traveling the world to teach Yoga for over ten years.

He is one of the most revered Yoga teachers and regularly conducts workshops and retreats. Vimal Ji also runs a Yoga Teacher Training Program for international seekers.



A meditation session during the retreat

LOCATION: MYSTICAL GANGA VIEW FROM HILLTOP



Actual site photograph shot in the morning and the evening

Yoga Niketan Ashram is the most conducive place in Rishikesh for spiritual exploration such as Nirvaan. Ashram's serene atmosphere and sprawling campus support deep contemplation. The place has a beautifully landscaped garden with a range of flowers and direct access to the river through a staircase. The Ashram has an air-conditioned meditation room, a fully functional Yoga room and a rich library with a range of spiritual books and scriptures. The unique experience here is something that you are likely to remember for a long time.

ACCOMMODATION

Every seeker gets a private AC room with a Western toilet and access to hot water and toiletries.

FOOD & BEVERAGES

You will be served expert-curated Saatvik meals three times a day aligned with the program. For a specific dietary requirement, please inform us at the time of booking.

INVESTMENT

INR 89600/-

Early Bird Discount

INR 49600/- for the first 10 participants

INR 69600/- for the next 10 participants

*18% GST Extra

Inclusions: 4 Nights of Accommodation in a Private AC Room, All Meals during the stay, and access to all processes and activities during the retreat.

*Every seeker gets to choose one 90-minute private session among cosmic healing, life coaching and deep detox and anti-aging consultation.

NIRVAAN STORIES

Bandhan Mukti helped me understand what was holding me back and in the end I felt like I'm out of the cage.

After the retreat, I was able to bring out new ways to look at things and creative techniques for working.

Suman De

Chief Marketing Officer, Napino



I feel the work put into this program comes from a very special place. In sound healing, the energy kept growing and growing till we all became one. The two words that encompass this program are love and peace.

Rebecca Valdes

Counselor, Spain



Among all the spiritual processes I have done so far, *Bandhan Mukti* was the most transforming. I suffered from a condition called TMD. As I dissolved all the blocked emotions during the retreat, now I'm cured of that condition. This retreat is a combination of pure magic.

Priya Shahi

Sr. Manager, CBRE



NIRVAAN STORIES

What makes this retreat extremely special is its location. There, Yogis have been doing meditation for decades and your energy shifts as soon as you reach.

The people who have curated this program have mastery and are committed to genuinely help you.

Abhinav R.

Vice President, DeHaat



Before the retreat, I had anxiety and was feeling heavy. I was weighed down by something inside. After the retreat, I feel free now.

The ashram here is so beautiful and people are very genuine and helpful. I felt like I have known them for years.

Deepika

Entrepreneur



The program has revealed my inner soul to me. Each day of the retreat was more amazing than the previous day.

As soon as Yogi Govind started talking we all fell in love with him. I would love to attend this program again and again.

Arunansu G.

AVP, Bank of America



FREQUENTLY ASKED QUESTIONS [FAQs]

What is the last date for registration?

It's first-come-first-serve basis. Registration is open till our limited seats are full. For your spot to be confirmed you will need to fill the form and make the payment.

Who is this for?

Most of our delegates are senior corporate executives, though this program is equally beneficial for anybody seeking liberation from bondages, peace, and physical & mental well-being.

How would I benefit?

In the past delegates have found their purpose, experienced freedom from stress, and generated deep self-love and compassion. Many have shared physical, mental and emotional shifts that unlocked their creativity, possibility and opportunities. Every person shares his/her unique takeaways from the program.

To maximize the benefits of the program, approach it with a clear intention. Seek help from our guides after you sign up.

Can I work during the retreat?

It's an intensive program and you will be submerged in activities and have no time and space to think about anything else. So, keep your leaves planned accordingly. You are expected not to get involved in anything other than the planned activities.

Can I go out for siteseeing?

The program starts in the evening of Day one, so you will have adequate time for sightseeing. Once the program starts, you are expected to refrain from going out.

Will I have access to mobile phone?

For three days [Day 2 to Day 4] your phone would be kept in safe custody and you would not have access to it. You will be provided with Emergency Contact Number during this period.

What if I decide to cancel my booking?

Cancellation & Reschedule Policy

45-day notice: 100% refund

31-44 day notice: 50% refund

Less than 30-day notice: 25% refund

*No charge if you wish to shift your participation to the next program.

FREQUENTLY ASKED QUESTIONS [FAQs]

Can I transfer my booking to someone else?

Transfer of booking is subject to approval after an interview of the transferee with a registration committee member.

What if I leave the program midway?

Our past delegates have found the retreat life-altering and deeply engaging. If you decide to leave for any personal reason, no request for a refund shall be entertained.

Can I join with my partner/spouse?

You will be better aligned to take the benefits further if your partner joins, so we highly recommend this. During the program, you would not share the room and are expected to have the least interaction for optimal benefit.

What do I need to carry?

All the details will be communicated after you register. In general, you are expected to carry basic clothing, towel, toiletries and medicines.

Will I need to maintain silence during the retreat?

For optimal results, you are expected to have an inward focus and display the least engagement with others. You can ask questions during the sessions and are advised not to engage in any frivolous conversation with anyone.

Can I explore networking opportunities here?

Please do not join this program with any such intent. It will hinder your spiritual exploration and also disturb others.

I'm a woman traveling alone, is it safe for me?

The ashram has 24-hour security and is frequented by solo women seekers from all over the world. Nobody else is allowed to visit your room so it is completely safe. If you still have concerns, please speak to our team.

For Enquiry & Registration

CONTACT

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For More Information about Supersouls and Community Activities, visit



www.supersouls.com/retreats

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