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Abhyas Retreat

RESET & RISE: A VEDIC IMMERSION

12th to 14th September

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All transformations have one thing in common:
the turnaround in the 'perspective' on what they
have been through.

Abhyas School of Yoga

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ABHYAS
SCHOOL OF YOGA



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Abhyas Retreat

A VEDIC IMMERSIVE RETREAT TO UNLOCK YOUR INNER POTENTIAL



Welcome to a retreat that goes beyond relaxation—this is a return to your original self. Through ancient Yogic and Ayurvedic practices, this immersive experience reconnects you with nature, stillness, and inner wisdom. Set in a nurturing environment, this retreat brings together **kriya, asana, sattvic meals, Ayurvedic practices** to reset your body, conscious breathwork, and **Vedic Mantras** to help you detox, ground, and awaken.

Guided by principles of timeless teachings, **Dinacharya, and sattvic lifestyle**, each day is designed to help you clear mental fog, release digital fatigue, and realign with your true rhythm.

Whether you're feeling stuck, seeking clarity or just burntout, this experience will transform your everyday habits into sacred rituals and open new paths within. Let this serve as your moment to pause and restart at Vedic Renaissance.





The way forward begins within.

Most of us live reacting to life rather than observing it. When we stop paying attention, we surrender ourselves to others' moods, behaviours, and opinions. The truth is, we are the cause of both our progress and our limitations. The quality of our life changes the moment we begin to take responsibility for our inner state.

Self-observation is the key to reclaiming that power.

Freedom begins with awareness.

If your emotions can be swayed at the press of someone else's button, it means you're not truly free; you're subservient to unawareness. Gratitude, clarity, and conscious choices are lost when we take life for granted. Growth begins not in grand achievements, but in the small, quiet decision to stop squandering energy, to break old patterns, and to truly notice our own being. You are not your emotions. You are the awareness behind them.

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We empower people with the choice. The choice they can have access to at all times. The choice to be the best version of themselves. If not aligned yourself with 'the nature', still further away from 'Life' as it is.



WHAT MAKES OUR RETREAT UNIQUE

Guided by Ancient principles:

Stay under the care of Abhyas instructors who offer personalised guidance throughout the retreat, ensuring meaningful progress and deep internal shifts. Our team walks with you every step of the way.

Practical, Transformative Tools:

This retreat is built around powerful practices that bring real change: breath workouts, grounding techniques, kriyas, and sattvic meals. These aren't temporary fixes; they are tools designed to restore your natural rhythm and bring clarity to everyday life.



Pragmatic Teachings for Lifelong Impact

Go beyond inspiration, learn practical, applicable lifestyle wisdom rooted in yogic and Ayurvedic sciences. Our focus is on daily, doable tools and theories that stick, helping you build habits and insights you'll carry far beyond the retreat.

An Ayurvedic Reset for Modern Living

With carefully selected Ayurvedic therapies, herbal supports, and dinacharya practices, the retreat offers a full rejuvenation experience. It's not about escape—it's about resetting your system to thrive in real life.



What's Included

Immersive Daily Sessions

Breathwork to enhance clarity and vitality

Conscious body movements

Cleansing Kriya techniques

Grounding practices and reflective journaling

Lifestyle teachings rooted in ancient wisdom

Pragmatic theory sessions, designed to support deep, lasting shifts.

Nourishment Through Food & Herbs

Plant-based meals inspired by sattvic principles which does not only nourish but also delight your tastebuds. Food to keep the day calm. Participate in interactive *sattvic cooking sessions* where meals are prepared with love & care. This practice serves as a daily expression of gratitude and a means to remain grounded, balanced, and joyfully present.

Ayurvedic Healing and Reset

One-on-one Ayurvedic consultations with our Vaidyas, along with a detailed Tridosha assessment.

Personalised Panchakarma therapies to detox and rejuvenate

Use of herbal supplements and a chemical-free daily care kit

Introduction to Dinacharya (Ayurvedic daily routine)

This is not just a detox – it is a return to your body's natural intelligence. A soft reset that listens to your body's language and restores balance from the inside out.



Sacred Vedic Practices

Chant and Experience the selected Vedic Mantra to align the body and mind. Participate in **Yajna** (fire ritual) an offering of Shreshtha Karma, the highest act of universal harmony.

These aren't just rituals, they're living energies. Ancient Practices that dissolve inner noise, and reconnect you to the vast universal existence.



समानो मन्त्रः समितिः समानी समानं मनः सह चित्तमेषाम्
समानं मन्त्रमभि मन्त्रये वः समानेन वो हविषा जुहोमि ॥

Evening Rituals and Restorative Care

Calming night routines, including Nasyam, Padābhyangam, and soothing head massage
Gentle mantra music to wind down the day
This is your return to stillness – where healing deepens, nervous energy dissolves, and sleep becomes sacred.





Peaceful and Intentional Ambience

Rooms and common areas purified with Doopam and Loban. Background Veda mantras and dohas enhance the retreat atmosphere. Access to garden spaces for grounding and silent reflection. Every corner is thoughtfully designed to encourage you to slow down, breathe deeply, and reconnect with yourself. Each element is purposefully selected to help you feel lighter and nurture your inner self.

Special Sessions with Guest Speakers

Sessions led by influential voices and mental wellness advocates Focus on mental clarity, burnout recovery, and reconnecting with life's purpose Opportunities to explore transformative tools and awareness-building exercises These aren't just talks – they are transmissions. Honest, heart-opening conversations that meet you where you are and guide you where you're meant to go.



Itinerary

Day 1: Arrive · Reset · Ground

Morning

Start with a warm welcome during the morning arrivals, around breakfast time.

Mid-Morning

Settle in and participate in orientation

Engage in an insightful lifestyle session, exploring the connection between food, thought, & emotion, and understanding their applications in our daily lives.

Afternoon

Enjoy a nourishing sattvic lunch

Experience grounding practices and conscious walking in nature

Participate in an interactive discussion on Ayurvedic daily rhythms (dinacharya), and engage in Ayurveda therapeutic practices

Evening

Unwind with calming breathwork and Guided Mantra Chanting

Journal, reflect, and embrace gentle evening rituals designed for restful sleep and inner quiet

End your day with herbal care, a foot soak, Nasyam, and Paada Abhyangam.



Day 2: Cleanse · Deepen · Reconnect

Morning

Begin the day with a sacred Vedic havan (fire ritual) to energise, bringing that gratitude and gratefulness towards our ancestral energy and purify
Follow with refreshing kriyas, breathwork, and yoga practices
Enjoy a light detox breakfast with juices, fruits, and sattvic nourishment

Mid-Morning

Ground your intentions with a reflective Metipatti (clay healing) session
Engage in a thought-provoking dialogue focused on inner space and mental clarity

Afternoon

Participate in a hands-on Sattvic cooking session, learning mindful food preparation
Relish a fresh, wholesome lunch made with seasonal and sattvic ingredients
Reflect through guided journaling or group sharing

Evening

Unplug with time in nature—walk barefoot, breathe deeply, and unwind
Gather for mantra chanting and evening rituals to ease the body and mind
Wind down with gentle night-time care practices for deep rest and rejuvenation

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Rise in your awareness is equivalent to opening the doors of tremendous possibilities.



Day 3: Awaken · Reflect · Expand



Morning

Begin the day with a special visit to the beach

Follow through sunrise yoga and grounding practices on the sand, connecting with nature's rhythm and your breath

Return for a light sattvic breakfast and herbal blends to refresh and re-energise

Mid-Morning

The retreat's central theme unfolds: Unlocking Your Inner Potential

Attend transformative talks led by influential guest speakers, focused on mental health, inner awareness, and tools for conscious living

Afternoon

Enjoy a nourishing sattvic lunch

Take time for reflection, journaling, or quiet connection with nature

Continue with an open session for dialogue, insights, and practical takeaways from the guest speakers

Evening

Gather for a closing circle, mantra chanting, and grounding rituals under the open sky

Share final reflections and intentions as you prepare to return with clarity, inner stillness, and simple tools for everyday life.



Core Outcomes of the Retreat

Clarity

- Holistic Well-being & Mental Clarity
- Learn tools to enhance your physical vitality, emotional awareness, and mental clarity through Ayurveda, yoga, and intentional living.

Presence is Power

- You don't need to match the world's volume. Power lives in quiet integration when you disengage from chaos and align with your inner intelligence. Evolution begins where reactivity ends. And evolution, not expression, is what defines true growth.

Creative Thinking & Purposeful Action

- Reignite your creative flow. Find clarity when feeling stuck, realign with your deeper purpose, and act with mindful presence in both personal and professional life.

Reflective & Centred on Presence

- Don't become what you're going through.
- Pain isn't the tragedy; becoming your pain is. When you observe instead of absorb, you stay rooted. True power lies in presence, not in reaction.

Becoming Still in the Noise

- We often chase clarity through action and urgency but true understanding arises in stillness. Growth doesn't come from overpowering, but from outgrowing. Patience is born when we stop becoming our emotions and start observing them. In that space, life is processed, and presence is cultivated.

Community, Connection & Continuity

- Build soul-ties with like-minded seekers locally and globally Continue your growth through immersive courses, creative collaborations, and future retreats.

Grounded Vedic Living

- Recenter with grounding rituals, sattvic meals, and a clean, chemical-free lifestyle rooted in ancient Vedic wisdom and natural rhythms.

Transform Emotion Into Wisdom

- Hold your emotions with awareness, not resistance. This is where intuition sharpens, clarity unfolds, and progress becomes subtle yet lasting.
- True charisma is quiet anchored in depth, not dominance.



Our body could be aptly channelised by our 'Prana': the Vital Force we breathe is powerful enough to exhaust all anxieties.



I had a truly wonderful experience at AbhyaS School of Yoga! The retreat was a perfect blend of outstanding yoga sessions and incredible Ayurveda therapies that left me feeling rejuvenated. The warm and welcoming atmosphere made it easy to connect with fellow participants and the instructors. I left feeling more centered and inspired. Highly recommend this retreat to anyone looking to unwind and reconnect with themselves!

-Mohit Malhotra (Actor)

Very very nice place. Gave me the perfect holistic break that I was looking for. Taught me a few valuable things that I have incorporated in my routine. Also, the massages were too good. Very convenient to reach owing to its proximity to Mumbai. Thank you ASY

- Neha Iyer (Actress)

I highly recommend this place. It is beautifully built and well maintained. The sattvic food is superb and served with lots of love.

We organised a residential retreat for our group in the premises and the experience was amazing. Thanks to the staff and their mentors for the great experience our team had in Abhyas School of Yoga.

- Vineeth s

Pricing

We believe wellness is an investment in yourself.

Our 3-Day Reset & Rise program is offered at ₹45,000.

Early Booking Gratitude Offer – To encourage you to prioritise your well being, we're offering a special price of ₹38,999 for bookings confirmed before 25th August.

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