

RETURN TO YOURSELF



Be more you.

26 - 28 DECEMBER

3 DAY TRANSFORMATIVE RETREAT



Be more you.

ABOUT THE RETREAT

Ever feel like life keeps pulling you faster than you can breathe?

Pause & Reset is your invitation to slow down- to soften the noise outside and tune into the rhythm within.

Across three deeply restorative days, you'll move through mindful practices like yoga , pranayama, sound healing, dancing and laughter meditations - woven together with nurturing experiences such as trekking, and poolside relaxation.





*THE
VENUE*

THE DIVINE- once in nature

Located in the peaceful surroundings of Bargodham, Tehsil Kalka, Haryana, The Divine: Once in Nature is a quiet escape designed for stillness and connection. Surrounded by open fields, soft greenery, and the slow rhythm of village life, the space offers a gentle pause from the pace of the city.

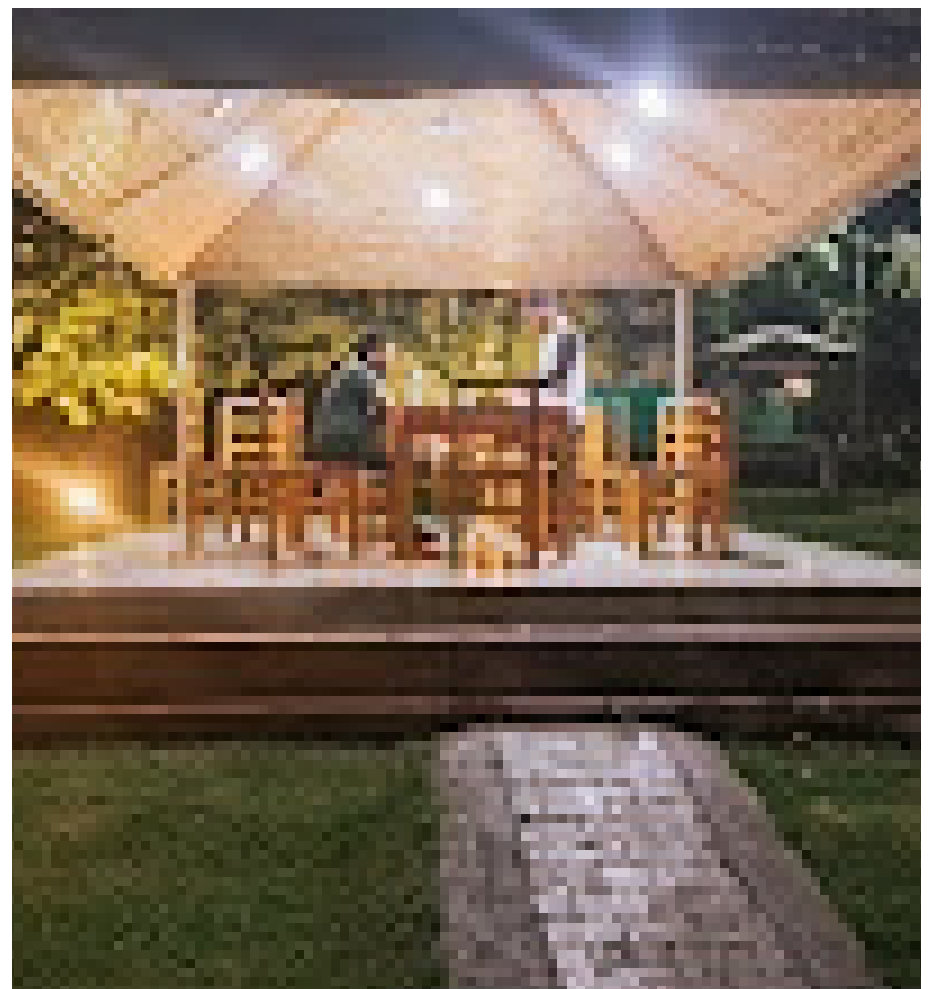
The moment you enter the property, the air feels calmer and the mind begins to settle. The natural landscape, the silence, and the simplicity of the environment create an atmosphere where you can truly unwind and reconnect with yourself.

Whether you're walking through the open pathways, sitting under the trees, or simply resting in your room, the venue holds a feeling of ease — a sense that nature is close, supportive, and grounding.

A serene retreat in the heart of Kalka's countryside —
where quiet moments become healing moments.



Just 1 & half hours from Chandigarh,
The divine , is a serene eco-luxury
retreat nestled amidst the lush valleys.



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THE ARRIVAL INTO STILLNESS

DAY 1

ARRIVAL & GROUNDING

Your retreat begins the moment you arrive — with open skies, warm smiles, and an invitation to simply be.

- 12:30 PM - Welcome Drinks
- 2:00 PM - Lunch
- 3:00 PM - Restore Session
- 5:00 PM - Tea & Snacks
- 6:00 PM - Welcome Ceremony
- 8:00 PM - Dinner
- 9:30 PM - Bonfire Circle of Stories & Souls



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THE FLOW OF CREATION

DAY 2

RECONNECTING WITH NATURE:

Rise with the first light as birdsong fills the air - a slow, grounding start to a day designed for a deep restoration.

- 7:00 AM - Sunrise Pranayam
- 9:00 AM - Breakfast
- 10:30 AM - Colours & Clay
- 1:00 PM - Lunch
- 3:00 PM - Mystic Rose (Petal release)
- 5:00 PM - Tea & Snacks
- 6:30 PM - Expression House
(Spontaneous drama, inner child, creativity)
- 8:30 PM - A Gentle Evening Plate
- 9:30 PM - Bonfire + Dancing Meditation (with candles)



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THE GENTLE RETURN

DAY 3

INTEGRATION & RETURNING HOME :

Your final morning is devoted to gathering the stillness, clarity, and softness you've cultivated over the past two days. Today is about integrating — gently carrying your renewed energy back into your life.

- 6:30 AM - Nature Awareness Meditation
- 9:00 AM - Breakfast morning & Soft Reflections
- 10:00 AM - Sound Healing + Gratitude



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FACILITATOR

Meet the Master Guiding Your Journey

RANJANA SHARMA

Yoga Teacher • Sound Healer • Meditation Guide •
Laughter & Joy Facilitator



“Guiding you into healing with breath, sound, stillness,
and smiles.”



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WHO THIS RETREAT SUPPORTS

This retreat is designed for anyone seeking a pause — a gentle space to breathe, soften, and reconnect with themselves. You don't need any prior experience in meditation, yoga, or creative practices. Just a willingness to slow down.

This space is for you if:

- You feel mentally or emotionally overwhelmed
- You're looking to reset your energy and find inner balance
- You want a break from noise, screens, routines, and pressure
- You're craving calm, grounding, and clarity
- You enjoy nature, quiet, and simple living
- You want to express yourself creatively without judgment
- You want to meet like-minded people in a peaceful environment
- You wish to return home lighter, clearer, and more centered



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HOW TO JOIN THE RETREAT?



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@frequency_love_yoga