

HEAL FROM WITHIN

Come as you are. Rest in nature. Dance under the sky. Sit in the quiet of your heart. This is a retreat to remember your soul — and to return home to love.



EXPERIENCE INNER TRANSFORMATION

Through the practices of Bhakti Yoga, Gyana Yoga, Raj Yoga & Karma Yoga, we will purify our emotions, find inner stillness, calm our mind, free ourselves from ego-driven behaviours, and open our hearts to love fully.

ENQUIRE NOW

Aishwarya Kumar
+91-8976019982



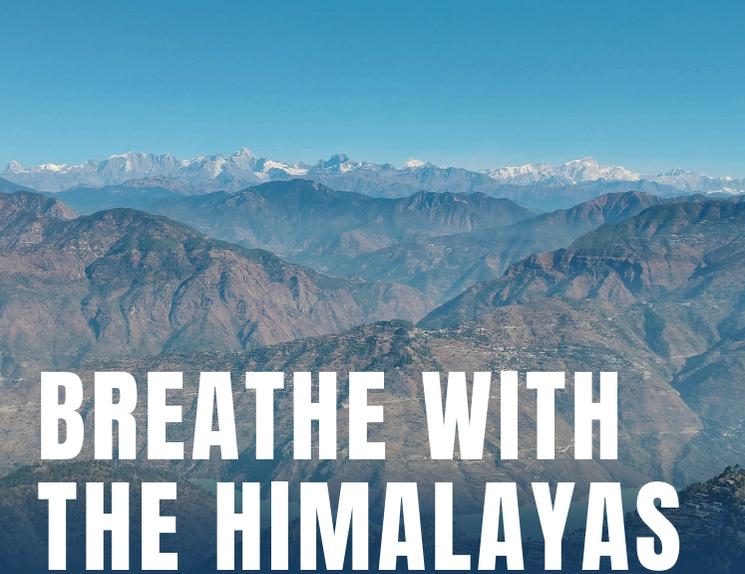
VERACOCHA WELLNESS
awaken the heart consciousness



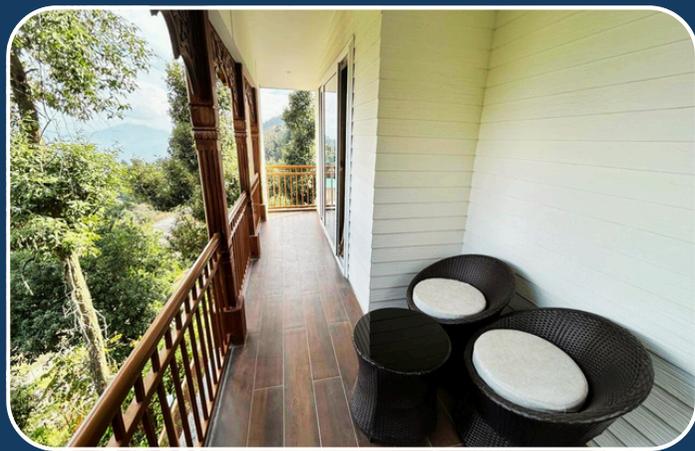
A SACRED JOURNEY TO YOURSELF

Join me on a transformative healing retreat of 5D/4N
10th - 14th Jan, 2026 in the Himalayas to re-connect with yourself.

www.veracochawellness.com



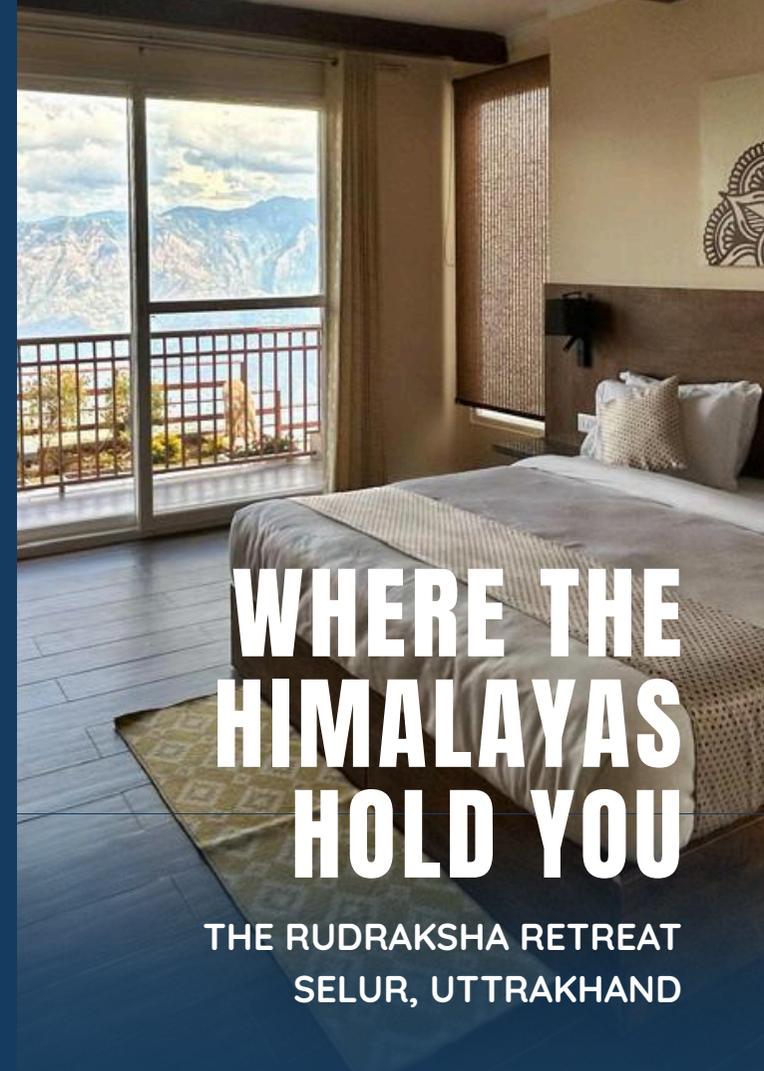
BREATHE WITH THE HIMALAYAS



- Located ~2000m above sea level, enjoy panoramic views of the **Himalayas range**.
- Nestled in a serene **pine forest**, offering **peace, privacy**, and deep **grounding**.
- Wake up to **birdsong** and **Himalayan sunrises**.
- Ideal for **rest, reflection, and rejuvenation**.



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WHERE THE HIMALAYAS HOLD YOU

THE RUDRAKSHA RETREAT
SELUR, UTTRAKHAND



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PSYCHOLOGICAL TAROT INSIGHT

A therapeutic approach to tarot that helps you explore subconscious patterns, relationships, and emotional blocks. Not fortune-telling — but awareness that empowers you to shift your life from within.

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INNER ALIGNMENT

A 20-minute private intuitive session that aligns your mind, energy, and emotions. Perfect for those seeking guidance in relationships, purpose, and self-discovery. Guidance on dealing with overthinking, anxiety, restlessness.



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INNER WORK WITH
TAROT

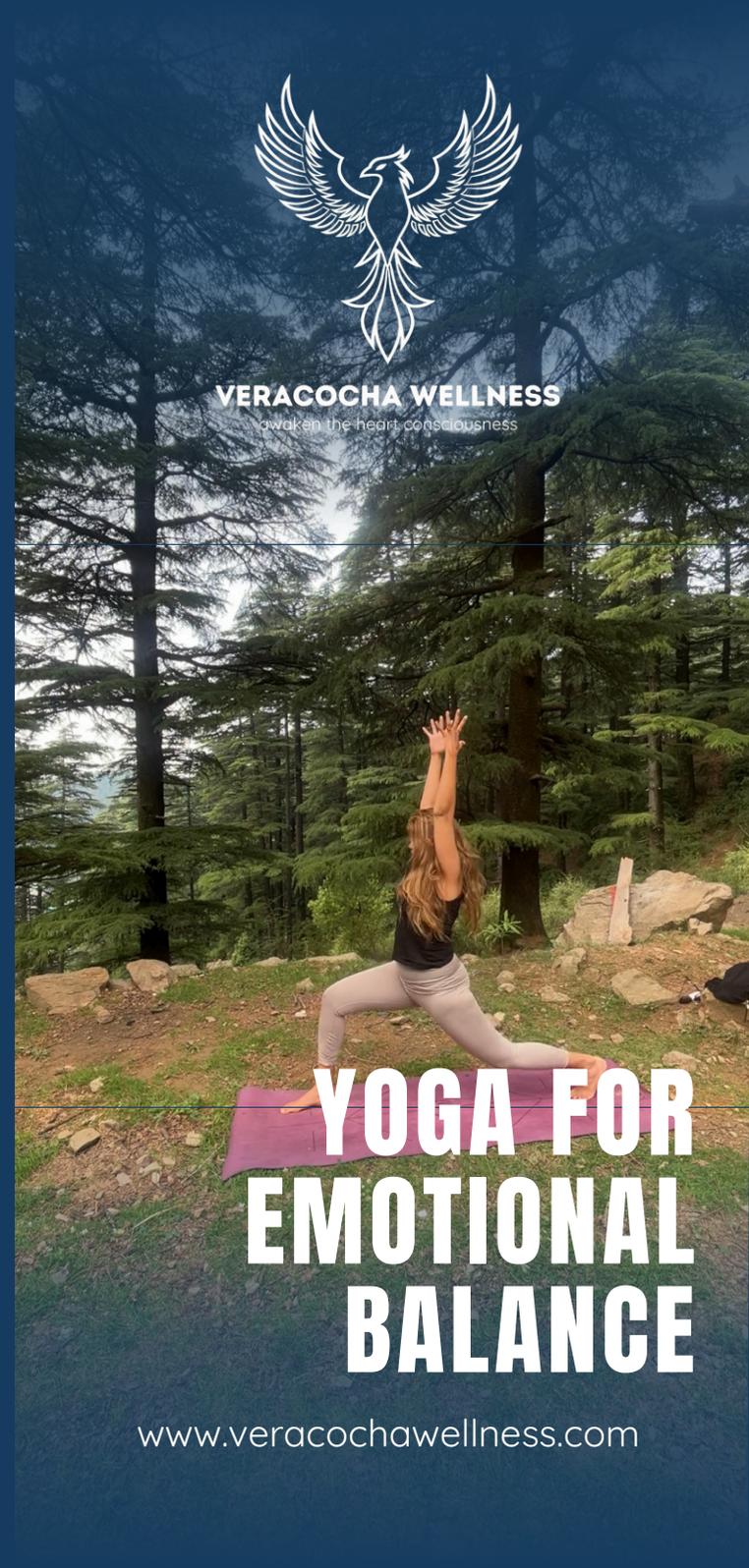


SOMATIC YOGA: RETURNING TO THE BODY

A heart-centered practice blending movement, breath, and awareness to calm the mind, regulate emotions, and rebalance the nervous system.



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YOGA FOR EMOTIONAL BALANCE

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EMBODIED FREEDOM WITH DANCE

A gentle, therapeutic process that uses soulful music & movement to heal trauma, soften emotional blockages, and cultivate deep presence.



SOMATIC DANCE THERAPY

www.veracochawellness.com



— “ —
ASTROLOGY IS JUST A FINGER POINTING AT REALITY



KNOWING SELF THROUGH ASTROLOGY

Before the retreat, we gather **your birth details** to prepare a **personalised astrological report** — offering clarity on your life path, karmic lessons, strengths, and challenges. During the session, we explore your planets, patterns, and soul imprint, helping you understand the cosmic blueprint that shapes your inner world.



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Awaken the heart, consciousness



ASTROLOGY & NUMEROLOGY

NEELU KUMAAR
CELEBRITY ASTROLOGER



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**FOREST WALK IN
NATURE**

FEATHER FINDING MEDITATION

Wandering through nature to discover a feather that carries wisdom, elemental energy, and healing. A simple, sacred practice that restores balance and awakens intuition.



FEATHER WAND MAKING

Feather wands is used for energy harmonization of the space. You will find out more in the retreat.

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WHOLESOME MEALS



EAT CLEAN. EAT LOCAL

Every bite nourishes your body, uplifts your spirit, and aligns with the rhythm of nature. We eat vegetarian food prepared with love and grown in the garden.

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FOOD THAT HEALS MIND & BODY

Enjoy organic meals that support your healing journey.



THE ONLY TRUE PURPOSE OF THIS LIFE IS TO REALIZE THE SELF

RETREAT INCLUSIONS

STAY & COMFORT

- 4 NIGHTS / 5 DAYS ACCOMMODATION IN **THE RUDRAKSHA RETREAT**, 2000M ABOVE SEA LEVEL WITH THE VIEWS OF **HIMALAYAN RANGE (KEDARNATH, GANGOTRI, BADRINATH, BHRIGUNATH, JANOULI, CHAUKHAMBA)**
- HOUSEKEEPING & LAUNDRY
- **HEATER** IN THE ROOM
- **ATTACHED BATHROOM** WITH HOT WATER

FOOD & NOURISHMENT

- **3 WHOLESOME VEGETARIAN MEALS** PER DAY - ALL VEGETABLES ARE GROWN ON THE LAND ORGANICALLY
- **FRUITS AND SNACKS**
- **EVENING TEA/HERBAL INFUSIONS** - ALL HERBS GROWN ORGANICALLY ON THE PROPERTY
- **FILTERED DRINKING WATER** AVAILABLE THROUGHOUT THE DAY

RETREAT INCLUSIONS

TEACHINGS & MINDFUL PRACTICES

- **3X YOGA SESSIONS** FOR GROUNDING
- **3X MEDITATION, BREATHWORK** FOR **MENTAL CLARITY** AND ENERGY BALANCE
- **DANCE AND MOVEMENT THERAPY** FOR **EMOTIONAL RELEASE**
- VISIT TO **ANCIENT SHIV TEMPLE** FOR **ENERGY HARMONIZATION**
- **INTERACTIVE WORKSHOP ON ASTROLOGY** WITH **PERSONALISED PLANETARY ALIGNMENT CHART** AND REPORT FOR LIVING A LIFE OF ABUNDANCE
- INTERACTIVE THEORY SESSIONS ON **7-CHAKRAS, EMOTIONAL REGULATION, UNBLOCKING THE CHAKRAS**
- **RITUAL THEATRE THERAPY** FOR THE LAYERS OF THE EGO
- **ART WORKSHOP** ON OPENING THE HEART CHAKRA FACILITATED BY PSYCHOLOGIST
- **FOREST WALKS, FOREST MEDITATION & FEATHER-FINDING MEDITATION** FOR GROUNDING
- **BHAKTI NIGHT: KIRTAN, MUSIC & SOULFUL GATHERINGS** FOR **OPENING THE HEART CHAKRA**
- GUIDANCE WITH **PSYCHOLOGY & TAROT** ON **BREAKING FREE FROM LIMITING BELIEFS**
- JOURNALING WORKSHOP ON **INNER CHILD & SHADOW WORK HEALING**
- **VEDIC HAVAN RITUAL** FOR ENERGY CLEANSING

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ANSWER THE CALL OF YOUR HEART

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ENERGY EXCHANGE

PACKAGE 1

SINGLE
(you will have your private room)

700 EUR
70,000 INR
per person

PACKAGE 2

DOUBLE
(you will share your room with one person)

600 EUR
60,000 INR
per person

10% OFF

FOR FIRST 5 BOOKINGS

RETREAT LOCATION

The Rudraksha Retreat
Selur, Kandikhal, Uttarakhand 249130

RETREAT DATES

10th - 14th Jan, 2026

CONTACT PERSON

AISHWARYA KUMAR
SHAMAN - ENERGY HEALER &
ORGANISER OF THIS RETREAT
+91-7078336533

ADDITIONAL INFORMATIONS

SUPPORT & FACILITATION

- FULL RETREAT FACILITATION BY VERACOCHA WELLNESS & THE RUDRAKSHA RETREAT
- ALL LEARNING MATERIALS + WORKBOOK + MEDITATION WELCOME KIT
- SAFE, COMPASSIONATE, SUPPORTIVE, NON-JUDGEMENTAL HEALING ENVIRONMENT

TRAVEL & LOGISTICS

- PICK-UP AND DROP-OFF FROM DEHRADUN OR RISHIKESH (OPTIONAL)
- ASSISTANCE WITH TRAVEL COORDINATION
- FIRST-AID KIT ON PROPERTY

SPA & AYURVEDIC TREATMENTS

- AYURVEDIC SPA AND TREATMENTS ARE AVAILABLE ON ADDITIONAL COSTS PAYABLE DIRECTLY TO THE RUDRAKSHA RETREAT

INSTAGRAM

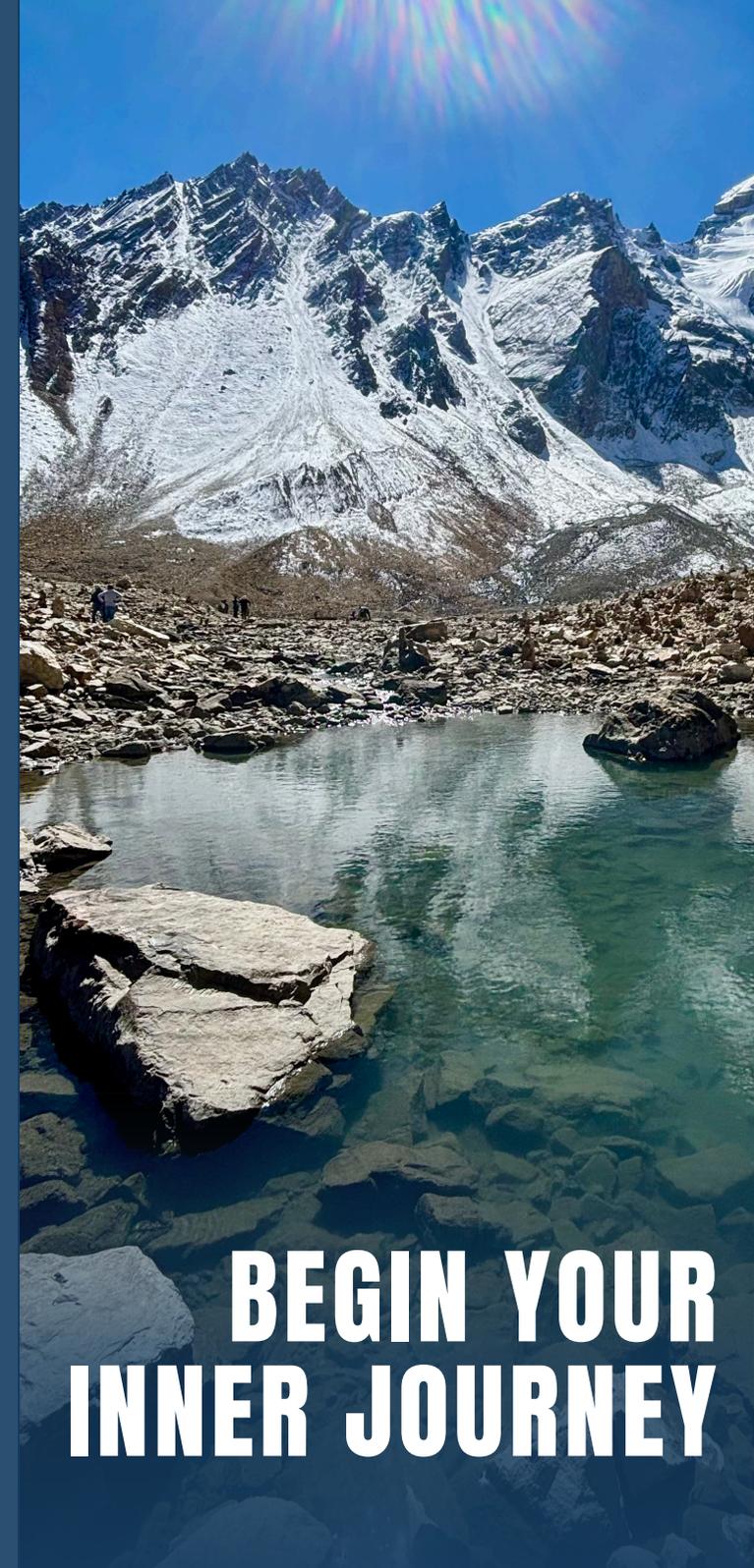


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BEGIN YOUR INNER JOURNEY