

UNPLUG TO UPGRADE

A WEEKEND RETREAT TO DISCOVER THE MAGIC WITHIN

Just as a ship needs dry docking occasionally, we need time to pause & reflect.

- Why is life so stressful?
- Why do I feel empty, despite being successful?
- Why do my relationships sometimes hit a roadblock?

The Retreat answers these questions & more ... through guided conversations, reflective exercises, yoga, trek, and laughter!

Weekend of 28th & 29th March

At Rhythm Hospitality, Lonavala 410401

Meet Your Mentor

Smt. Jaya Row is an internationally renowned Vedanta scholar who has researched the subject for over 40 years.

She has lectured at prestigious institutions across the world, presenting the ancient wisdom of Vedanta in a contemporary context.



SMT. JAYA ROW

Retreat Objectives

- Develop the intellect - your key to success
- Identify your core competency
- Infuse values to fuel performance
- Ignite creativity and motivation
- Foster harmonious relationships
- Unlock your potential



What We'll Explore

- The Science of Living
- Thought Management
- Laws of Life & Living
- Yoga, Trek & Loads of Fun

Why This Retreat?

We live in a hyper-connected world ... yet feel disconnected.
The Retreat shows how to use your inner equipment with purpose.

Generations of young Indians were raised on a diet of inspiration and attained excellence. This Retreat revives that spirit.

Most importantly, discover the joy of simplicity.

We seek entertainment, noise - an assault on the senses.

Here, discover *Atmaranjan*, not *Manoranjan*

Enrol for a once-in-a-lifetime experience!

Register here: tiny.cc/retreatlon

For queries, WhatsApp 98201 38429

Who Should Attend

- Executives
- Entrepreneurs
- Professionals
- Homemakers
- Students
- Aspiring achievers

Anyone who feels:

“There must be more to life than just routine.”

Ideal for 18 to 40-year-olds