



NOURISH YOUR SOUL

RETREAT. RELAX. REJUVENATE

Embark on a Transformational Journey:
5-day Spiritual Retreat on
Conscious Living, Emotional
Intelligence and Integral Yoga.
Unplug from the chaos of daily life
and reconnect with your inner self in a
serene environment. Join us for an
enlightening experience that blends
conscious living, emotional intelligence,
and integral yoga practices to nourish
your mind, body, and soul.



RETREAT. RELAX. REJUVENATE



The Art of Conscious living

A 5-day spiritual Yoga retreat



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<http://madhuban.tilda.ws>
<https://sriarobindoashram.net/>



Madhuban / Talla-Ramgarh

*"Evolution of consciousness is the central
motive of terrestrial existence."*

Sri Aurobindo



KNOW THYSELF

Meet your soul , deepen your self-
awareness, explore the inner world,
and foster a stronger connection with
your authentic self. Through
introspective practices and guided
reflections, you will gain insights into
your beliefs, values, strengths, and
areas for growth. Experience the
transformation!



START YOUR JOURNEY NOW!

Don't miss out on this unique opportunity to nurture your mind, heart, and soul. Reserve your spot now and embark on a journey towards conscious living!



RETREAT DATES
18 NOV - 23 NOV 2023
AT MADHUBAN
TALLA-RAMGARH

INCLUSIONS
ACCOMMODATION – TWIN SHARING,
BREAKFAST, LUNCH, TEA, DINNER,
TREKKING, NATURE WALKS



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GO
SOMEWHERE,
EXPLORE
THINGS
YOU HAVEN'T
KNOWN

BALANCE YOU MIND-BODY-SOUL

TRANSFORM YOUR LIFE
&
EXPERIENCE A NEW YOU!

1. Self-Exploration, Know Thyself
2. Yoga & Meditation sessions
3. Integral Yoga principles for holistic transformation
4. Holistic well being, overcoming fears and obstacles
5. Conscious living principles
6. Nourishing your body and soul
7. Mindful living & mindful habits
8. Connecting with nature , cultivating silence within and around

