



# The Sacred Pause Retreat

A soulful journey inward through yoga, breath work,  
somatics & sacred ceremony

 June 20 – 23, 2025

 Manasthala, Mysore



# Why the Sacred Pause?

In a world that never stops, your body, mind, and spirit are calling for something deeper than rest. They're calling for stillness.

This retreat is your permission to exhale, soften, and come back home to yourself.

At Manasthala, nestled in the heart of Mysore, we're not offering a quick escape — We're creating a container for true transformation.

Through intentional movement, ancient rituals, nature's embrace, and a safe circle of seekers — you will remember the version of you that's been waiting patiently beneath the noise.

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# Your Complete Retreat Experience

Step away from the noise and return to yourself. Over four soulful days at Manasthala's serene sanctuary, you'll be gently held in a space of stillness, connection, and renewal—through movement, ceremony, nature, and creative expression.

## 1. Accommodation

3 nights, 4 days at Manasthala's riverside sanctuary. Comfortable lodging surrounded by nature perfect for rest, reflection, and stillness.

## 2. Daily Practices

Begin each day with grounding yoga and somatic movement. Expand your breath and awareness through riverside breathwork and nature-based mindfulness.

## 3. Nourishment

Enjoy wholesome, Ayurvedic-inspired farm-to-table meals. Deepen your connection to food through a hands-on Ayurvedic cooking session and ceremonial dinners.

## 4. Healing Experiences

Transform through ice baths, sacred fire rituals, and sound baths under the stars. Reconnect through inner child healing, storytelling circles, and shared stillness.





# Your day in The Retreat

Time Slot	Day 01: June 20 Arrival & Grounding	Day 02: June 21 Deepening Awareness	Day 03: June 22 Inner Connection & Expression	Day 03: June 23 Integration & Farewell
6:00 AM	--	Silent Sitting in Nature	--	Silent Sitting
6:30 AM	--	Detox Yoga & Pranayam by Rashmi	Yin Yoga by Yashika	Chamundeshwari Temple Visit
8:30 AM	--	Breakfast	Breakfast	Breakfast
6:30 AM	--	Somatic Workshop by Ruchika	Clay Meditation by Ganesh	--
11:00 AM	--	Talk: Ayurveda	--	--
12:00 PM	--	Lunch? (buffer/rest)	Lunch? (buffer/rest)	--
3:00 PM	Check-in & Unwind	--	--	--
3:30 AM	--	Breathwork + Sound by Rajesh & Ganesh	Deep Breathwork Ceremony by Rajesh	--
5:00 PM	Grounding Somatic Flow	--	-	--
6:30 PM	Dinner	Dinner	Dinner	--
8:00 PM	Opening Circle	--	Fire Ritual & Closing Circle	--
8:30 PM	--	Yoga Nidra by Yashika	--	--



# Your day in The Retreat

## ● **Arrival & Grounding**

3 Nights, 4 Days At Manasthala's Riverside Sanctuary. Comfortable Lodging Surrounded By Nature Perfect For Rest, Reflection, And Stillness.

## ● **Deepening Awareness**

Silent Sitting In Nature (6:00 AM), Detox Yoga And Pranayam (6:30 AM), Somatic Workshop On Language Of The Body (9:30 AM), Ayurveda Talk (11:30 AM), Conscious Connected Breathwork With Sound Healing (3:30 PM), Dinner (6:30 PM), Yoga Nidra (8:30 PM)

## ● **Inner Connection & Expression**

Yin Yoga (6:30 AM), Creative Session Meditation With Clay (9:30 AM), Ice Bath Experience (11:00 AM), Deep Breathwork Ceremony With Intention (3:30 PM), Dinner (6:30 PM), Fire Ritual And Closing Circle (8:00 PM)

## ● **Integration & Farewell**

Silent Sitting (6:00 AM), Chamundeshwari Temple Visit (6:30 AM), Breakfast (8:30 AM), Check-Out (10:00 AM)

# Who Is This For?

## **This retreat is for you if:**

- You're feeling mentally, emotionally, or spiritually depleted
- You long for a deeper connection to yourself & your body
- You want to learn healing tools to take home
- You value stillness, nature, ritual, & conscious community
- You're ready to pause – and transform

**Come as you are.**

**Leave as more of who you are.**

## **Retreat Fee: ₹18,000/-**

- All sessions, workshops, and ceremonies –
- 3 nights shared accommodation at Manasthala –
- All meals, snacks, herbal teas, and –  
offsite dinner
- Temple visit, art supplies, and gift bag –

### **To confirm your spot:**

- Pay a ₹3,000 advance (non-refundable) –
- Remaining ₹15,000 payable upon arrival –

### **Only 15 spots available**

We're keeping this circle intimate to create depth, trust, and true connection.

**Don't wait — spots filling up fast!**



# Guides & Glimpses



**Ruchika Shukla**

Somatic Coach - [www.self-resonant.in](http://www.self-resonant.in)



**Rajesh Ranjan**

Breathwork Coach - [@breathewithyogi](https://www.instagram.com/breathewithyogi)



**Ganesh Srinivasan**

Sound Bath Coach - [@ganesh\\_artist](https://www.instagram.com/ganesh_artist)



**Rithesh**

Ice Bath Coach - [@iceyogirithesh](https://www.instagram.com/iceyogirithesh)



**Yashika Gowda**

Yin Yoga - [@yashikamgowda](https://www.instagram.com/yashikamgowda)



# Staying Safe - Staying Kind

## The Sacred Pause Retreat

By registering for the The Sacred Pause Retreat, you agree to the following terms and conditions:

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### Eligibility

Participants must be 16-50 years of age at the time of the retreat. The retreat is designed for individuals who are open, respectful, and willing to engage in a healing environment.

Those experiencing severe physical or psychological health conditions that may require critical or emergency care are strongly advised not to participate in the retreat. This is to ensure the safety and well-being of all guests.

### Payment & Registration

To confirm the spot the amount of ₹ 3000 has to be paid in advance (non-refundable) and the remaining ₹ 15000 has to be paid upon arrival.

### Cancellation & Replacement Policy

Refunds are not applicable in the event that you are unable to attend the retreat for any reason. However, your seat can be transferred to a friend, family member, or acquaintance, provided: The replacement meets the eligibility criteria.

You notify the organizers at least 7 days prior to the retreat start date with the new attendee's details.

### Code of Conduct

Participants are expected to engage in the retreat with an open heart and mind.. Respectful behavior toward other guests, hosts, facilitators, and the natural environment is mandatory. Any form of disruptive, disrespectful, or non-consensual behavior may result in removal from the retreat without refund.

### Health & Safety Disclaimer

The retreat includes physical activities such as yoga, breathwork, and movement. Please ensure you are medically fit to participate. If you have any allergies, dietary restrictions, or health conditions, please inform us at the time of registration. The organizers are not liable for any injuries, accidents, or unforeseen medical incidents during the retreat.

### Media Consent

By attending the retreat, you consent to being photographed or recorded during sessions or activities. These may be used for promotional purposes unless you opt out in writing before the retreat begins.

### Retreat Changes

The retreat schedule, facilitators, or location may be subject to minor changes due to unforeseen circumstances. We will notify all participants in advance in such cases.

### Digital Detox Notice

The retreat encourages minimal use of mobile phones and devices to enhance the experience of presence and connection.



# Ready to join us?

To register or enquire:

**DM "Pause" on Instagram:**

@manasthala\_mindful\_living

**Email:** info@manasthala.com

**Website:** www.manasthala.com

**Call/WhatsApp:**

+91 76194 33078 / +91 96193 18208

**With Love,**

**Team Manasthala**

Where ancient wisdom meets modern healing.

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