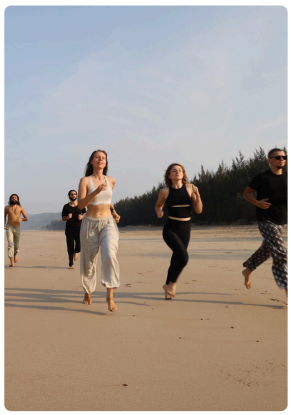
KONKAN BLISS

RETREAT 2026

Less noise. More life.

11–14 DECEMBER 2026 | 3 NIGHTS / 4 DAYS
KONKAN, MAHARASHTRA



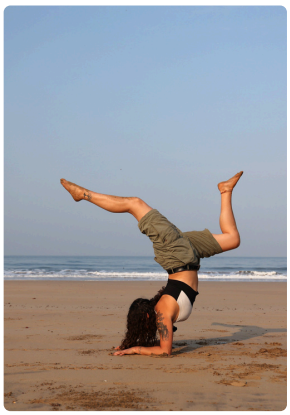
MOVE

Feel good in your body



BREATHE

Find space in your mind



CHALLENGE

Step outside your comfort zone



NOURISH

Wholesome food, natural & simple living



CONNECT

Good people, real conversations, shared moments

A COASTAL RETREAT

Rediscover Joy. Rejuvenate Within. Transform Beyond.

A Soul-Enriching Retreat with International Trainers from Russia & India.

Guhagar: The Coast Less Travelled

A Blue Flag Pilot Beach Destination | Konkan, Maharashtra



Where the Arabian Sea meets endless coconut groves, Guhagar welcomes you to a slower, simpler way of life.

Known for its pristine coastline, golden sunsets, authentic Konkani flavours and peaceful surroundings, Guhagar is a hidden coastal escape, far from the crowds.

Selected for the Blue Flag beach initiative, Guhagar is gaining recognition for its commitment to cleaner, safer and more sustainable coastal tourism.

Come for the ocean. Stay for the stillness.

Somewhere between the ocean and yourself.



WHEN WAS THE LAST TIME YOU HAD NOWHERE TO RUSH ?

No endless notifications. No packed calendar. No pressure to be productive, improve yourself or be anywhere other than where you are.

Just the rhythm of the waves, slow mornings, nourishing food and conversations that last longer than expected.

Not an escape from life. A chance to enjoy being alive.

Welcome to Konkan Bliss: A thoughtfully curated four-day retreat of movement, stillness, nature, music and connection.

Four days.
A different rhythm.

Imagine waking with the sounds of nature instead of an alarm.
Every part of the day has room to unfold.

01

Mornings

Gentle movement, conscious breathing and breakfast without watching the clock.

02

Afternoons

A coastal adventure,an optional new challenge, a nap or simply doing nothing.

03

Evenings

Sunset TaiChi, music, kirtan, laughter and conversations that stay with you.



Just enough structure to discover something new, and enough freedom to truly unwind.

Feel more. Rush less.

01 **MOVE**

Accessible yoga, mobility, gentle stretches and conscious movement.

02 **BREATHE**

Guided meditation, breath work and quiet moments to reconnect.

03 **CHALLENGE**

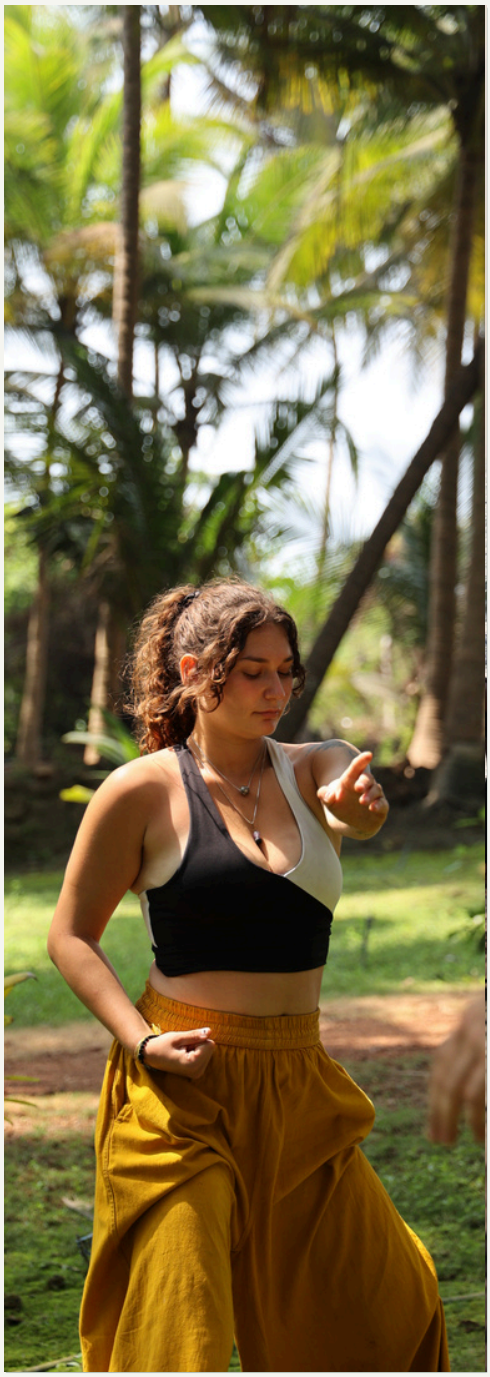
Optional guided ice baths and cold exposure, at your own pace.

04 **NOURISH**

Home-cooked meals, coastal air and simple pleasures.

05 **CONNECT**

Music, kirtan, ocean walks, laughter and real conversations.



No checklist.
Just moments worth remembering.












FROM OUR FARM TO YOUR SOUL

Freshly harvested, organically grown, and lovingly prepared. Every meal is a celebration of nature's purity, bringing fresh, wholesome ingredients straight from our own farm to your plate.

Rooted in sustainable farming and mindful nourishment, our food is free from unnecessary additives, rich in natural goodness, and prepared with care. Because we believe that true wellness begins with what we eat, nourishing not just the body, but the mind and soul.

A slower journey, one beautiful day at a time.

An indicative flow with room for spontaneity, rest and your own pace.

01 FRI 11 DEC

ARRIVE & UNWIND

Settle in, meet fellow travellers and ease into the retreat with gentle movement and a relaxed evening together.

02 SAT 12 DEC

MOVE & DISCOVER

Yoga, breathwork, nourishing meals and coastal exploration, with optional cold exposure and sunset Tai Chi.

03 SUN 13 DEC

FEEL & CONNECT

Choose your balance of movement, adventure, reflection and rest. Come together for music, kirtan and celebration.

04 MON 14 DEC

CARRY THE BLISS HOME

A final slow morning, mindful movement and breakfast. Leave with memories, new connections and space for life.

✦ *REST IN COMFORT, WAKE UP TO NATURE* ✦

Unwind in cozy, air-conditioned rooms thoughtfully designed for two guests, featuring a shared double bed and private attached washroom.
A peaceful, comfortable space to relax, recharge, and feel at home amidst nature.
The stay features 4 spacious rooms with king-size beds and 2 cozy rooms with queen-size beds, allotted on a first-registered, first-served basis.





The art of doing nothing

- Sit quietly with tea.
- Take an afternoon nap.
- Watch the ocean without reaching for your phone.
- Have an unexpected conversation.

Rest is part of the experience.

• **COME AS YOU ARE**

You do not need to be a yogi, a regular meditator or an experienced adventurer. Come solo, with a friend or with an open mind.

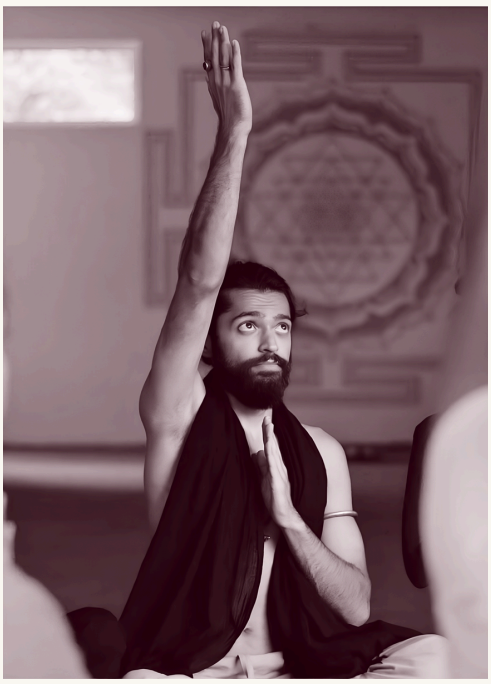
No version of yourself you need to become.

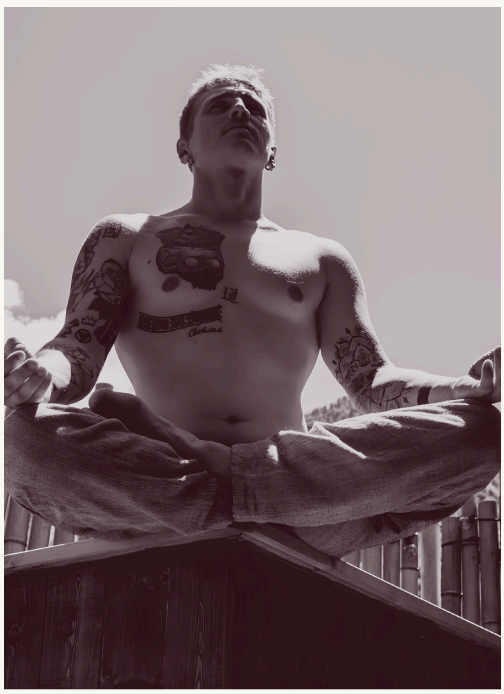


GUIDED BY:

Pruthvi Mody

- Pruthvi Mody is a holistic guide and yogic practitioner bridging ancient wisdom with modern life.
- Founder of Shapeshifters Portal and Pruthvi Impact Foundation, he integrates yoga, tantra, and martial arts to cultivate strength, clarity, and inner balance.
- At this retreat, he will lead participants through kriyas and meditative movement for deep renewal.





GUIDED BY:

Nikita Larin

- Nikita brings over 25 years of experience in physical culture, including martial arts, alpine skiing, CrossFit, and functional training.
- Since 2019, he has practised Hatha Yoga, Ashtanga Vinyasa, Kriya Yoga in the tradition of Lahiri Mahasaya, breathwork, and meditation.
- Blending yoga, physical culture, and strategic creativity, his approach bridges structure and flow, body and mind, spirit and purpose, cultivating inner strength, clarity, and harmony in life and action.
- At the retreat, Nikita will guide dynamic practices through his Surya Vyaghra method, integrating movement, breath, and awareness.

GUIDED BY:

Sumit Rajput

- Sumit Rajput is a certified Yoga Teacher and Vipassana practitioner whose journey into mindfulness began in 2019.
- Blending traditional yoga philosophy with fluid movements and conscious breathing, his practices explore the connection between breath, emotions, and inner balance.
- Having facilitated workshops, retreats, and wellness experiences at international music festivals, Sumit guides individuals towards greater self-awareness, physical strength, emotional harmony, and a healthier, more conscious way of living.





KIRTAN ARTIST:

GK Das

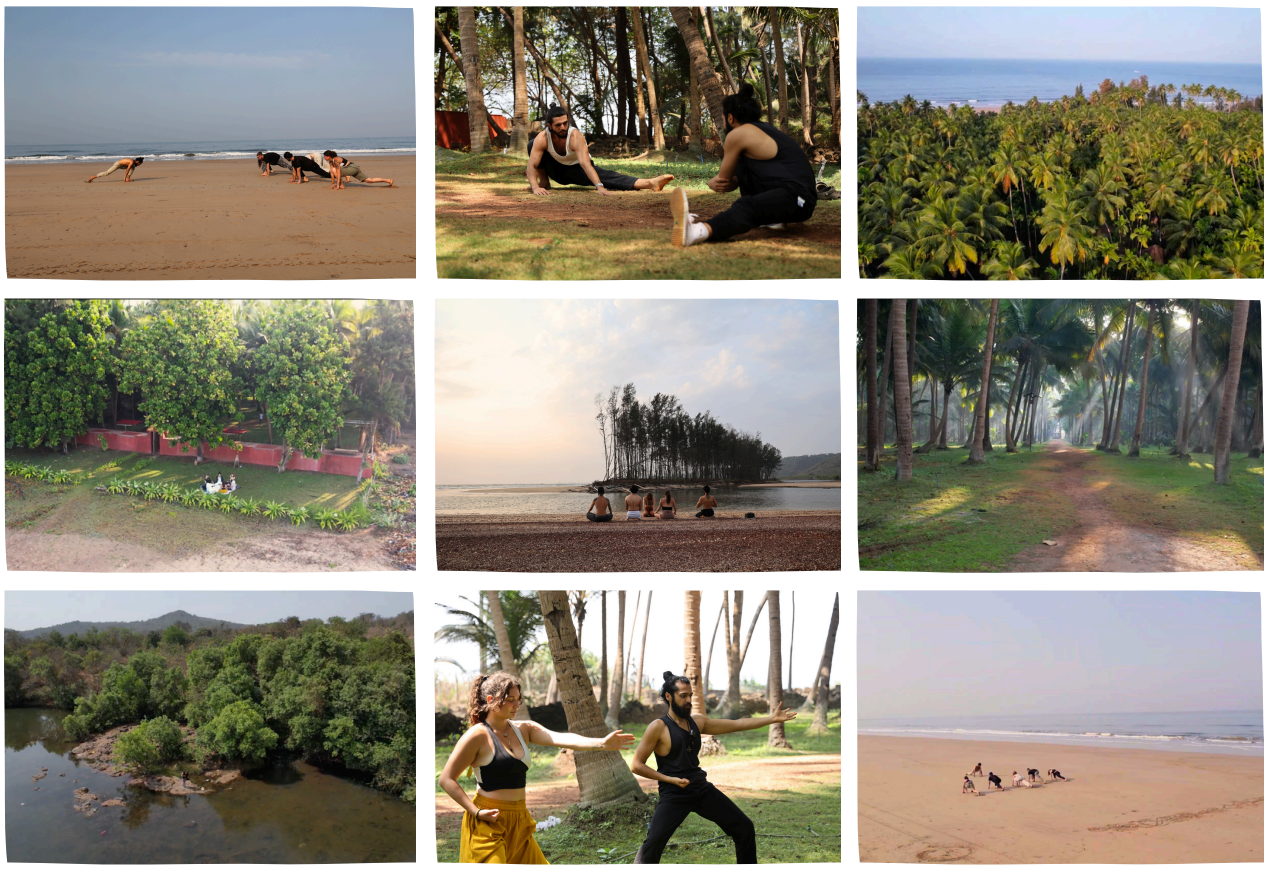
- Through GK Das & Friends, GK Das blends traditional bhajans, sacred chants and contemporary rhythms into vibrant spiritual experiences.
- His signature Bhajan Jamming and Bhajan Clubbing sessions unite people through singing, dancing and devotion.
- Having performed across Mumbai, Surat and Udaipur, he connects today's generation with Bhakti, where music becomes meditation, rhythm becomes celebration and devotion brings people together.

SHARING CIRCLE FACILITATOR:

Alix



- Alix creates a welcoming space for authentic expression, deep listening, and meaningful human connection. Through thoughtfully guided sharing circles, participants are encouraged to slow down, speak openly from the heart, and embrace vulnerability without fear of judgment.
- With an emphasis on empathy, compassion, and conscious presence, Alix encourages individuals to honour different perspectives, deepen self-awareness, and experience the transformative power of being truly seen, heard, and understood.



Gong Therapy

Where Sound Becomes Stillness

An immersive journey through vibration, silence, and self-discovery.



IMMERSE YOURSELF IN THE POWER OF SOUND.

- Experience deep relaxation through the soothing vibrations of the gong, an ancient instrument used in sound meditation.
- As waves of sound fill the space, the mind gradually slows down, the body finds stillness, and everyday distractions begin to fade.
- Each vibration invites you to release tension, reconnect with yourself, and experience a sense of inner calm.
- Surrounded by the tranquility of Konkan's tropical landscape, this immersive sound journey offers a moment to simply lie back, listen, and let go.

No movement. No effort. Just sound, stillness, and presence.

How to Reach Guhagar ?

Travel Guide from Mumbai & Goa Airports | Maharashtra, India

Guhagar is a coastal destination in Ratnagiri district, Maharashtra. It can be reached by private taxi, train or bus from Mumbai and Goa airports.

01 FROM MUMBAI INTERNATIONAL AIRPORT (BOM)

Approx. 280–320 km | 6–8 hours by road

- **Car / Taxi:** Via Panvel, Mangaon and Chiplun.
- **Train:** Dadar / LTT / Panvel → Chiplun → Taxi to Guhagar.
- **Bus:** Mumbai → Guhagar direct bus or via Chiplun.

02 FROM GOA MOPA AIRPORT (GOX)

Approx. 310–340 km | 6–8 hours by road

- **Car / Taxi:** Via Sawantwadi, Rajapur and Chiplun.
- **Train:** Thivim → Chiplun → Taxi to Guhagar.
- **Bus:** Via Mapusa / Panaji and Chiplun.

03 FROM GOA DABOLIM AIRPORT (GOI)

Approx. 350–390 km | 7–9 hours by road

- **Car / Taxi:** Via Panaji, Rajapur and Chiplun.
- **Train:** Madgaon → Chiplun → Taxi to Guhagar.
- **Bus:** Via Panaji / Margao and Chiplun.

NEAREST RAILWAY STATION: CHIPLUN (CHI)

Approximately 45–50 km from Guhagar, with taxi and local bus connections.
Allow 1–1.5 hours for the final journey.

- *USEFUL BOOKING LINKS: TRAIN TICKETS • BUS TICKETS • MSRTC*

Four days that are entirely yours.

- *11–14 DECEMBER 2026*
- *3 NIGHTS / 4 DAYS*
- *KONKAN, MAHARASHTRA*



- Yoga & Movement
- Meditation
- Breathwork
- Sunset Tai Chi
- Rest & Connection
- Optional Cold Exposure
- Nourishing Food
- Coastal Experiences
- Music & Kirtan

FOR YOURSELF - ₹26,500 PER PERSON (exclusive of taxes)

An experience to reconnect, rejuvenate, and rediscover yourself.

FOR TWO - ₹51,000 PER COUPLE (exclusive of taxes)

A shared journey of joy, connection, and transformation.

- *PACKAGES INCLUDE COMFORTABLE ACCOMMODATION AND WHOLESOME, FARM-FRESH MEALS.*

WHATSAPP FOR RESERVATIONS & ENQUIRIES

+91 95 898 898 95

+7 929 829 72 70

Less noise. More life.

Terms & Conditions

1. BOOKING & REGISTRATION
- ALL BOOKINGS ARE SUBJECT TO AVAILABILITY AND CONFIRMATION OF PAYMENT.
- REGISTRATIONS WILL BE CONFIRMED UPON RECEIPT OF THE FULL RETREAT FEE.
- PARTICIPANTS MUST PROVIDE ACCURATE PERSONAL DETAILS AND RELEVANT HEALTH INFORMATION DURING REGISTRATION.
- ROOM ALLOCATION WILL FOLLOW A FIRST-REGISTERED, FIRST-SERVED BASIS.

2. RETREAT FEES & INCLUSIONS
- INDIVIDUAL PACKAGE: ₹26,500 PER PERSON + APPLICABLE TAXES.
- COUPLE PACKAGE: ₹51,000 PER COUPLE + APPLICABLE TAXES.
- THE PACKAGE INCLUDES THREE NIGHTS OF ACCOMMODATION, WHOLESOME FARM-FRESH MEALS, GUIDED WELLNESS SESSIONS AND SCHEDULED RETREAT ACTIVITIES.
- PERSONAL EXPENSES, TRAVEL ARRANGEMENTS AND SERVICES NOT EXPLICITLY MENTIONED IN THE PACKAGE ARE EXCLUDED.

3. ACCOMMODATION & ROOM ALLOCATION
- ACCOMMODATION IS PROVIDED ON A DOUBLE-OCCUPANCY BASIS, WITH TWO GUESTS SHARING ONE BED.
- THE PROPERTY OFFERS FOUR SPACIOUS ROOMS WITH KING-SIZE BEDS AND TWO ROOMS WITH QUEEN-SIZE BEDS.
- ROOMS WILL BE ALLOCATED ACCORDING TO REGISTRATION ORDER AND AVAILABILITY.
- SPECIFIC ROOM PREFERENCES CANNOT BE GUARANTEED.

4. CANCELLATION & REFUND POLICY

PROPOSED POLICY FOR ORGANISER APPROVAL:
- CANCELLATION 30 DAYS OR MORE BEFORE THE RETREAT: 50% REFUND.
- CANCELLATION BETWEEN 15 AND 29 DAYS BEFORE THE RETREAT: 25% REFUND.
- CANCELLATION WITHIN 14 DAYS OF THE RETREAT: NO REFUND.
- NO REFUNDS FOR LATE ARRIVALS, EARLY DEPARTURES OR UNUSED SERVICES.
- IN CASE OF CANCELLATION BY THE ORGANISERS, PARTICIPANTS WILL RECEIVE A FULL REFUND OF THE RETREAT FEES PAID.

5. HEALTH, FITNESS & PARTICIPATION
- PARTICIPANTS ARE RESPONSIBLE FOR DISCLOSING RELEVANT MEDICAL CONDITIONS, INJURIES, ALLERGIES OR PHYSICAL LIMITATIONS BEFORE ATTENDING.
- ALL WELLNESS ACTIVITIES ARE VOLUNTARY AND PARTICIPANTS ARE ENCOURAGED TO RESPECT THEIR INDIVIDUAL PHYSICAL CAPABILITIES.
- ICE BATHS AND COLD EXPOSURE SESSIONS ARE STRICTLY OPTIONAL AND SUBJECT TO HEALTH SUITABILITY AND TRAINER GUIDANCE.
- PARTICIPANTS SHOULD CONSULT THEIR HEALTHCARE PROVIDER BEFORE ENGAGING IN PHYSICALLY DEMANDING ACTIVITIES IF THEY HAVE RELEVANT HEALTH CONCERNS.
- RETREAT ACTIVITIES ARE INTENDED FOR GENERAL WELLNESS AND RECREATION AND DO NOT REPLACE PROFESSIONAL MEDICAL TREATMENT.

6. TRAVEL & TRANSPORTATION
- PARTICIPANTS ARE RESPONSIBLE FOR ARRANGING THEIR OWN TRANSPORTATION TO AND FROM THE RETREAT VENUE.
- TRAVEL EXPENSES, AIRPORT TRANSFERS AND RAILWAY TRANSFERS ARE NOT INCLUDED UNLESS SPECIFICALLY COMMUNICATED.
- ORGANISERS ARE NOT RESPONSIBLE FOR DELAYS, CANCELLATIONS OR DISRUPTIONS IN PERSONAL TRAVEL ARRANGEMENTS.

7. ACTIVITIES & SCHEDULE
- THE RETREAT ITINERARY IS INDICATIVE AND MAY BE ADJUSTED BASED ON WEATHER CONDITIONS, PARTICIPANT SAFETY, TRAINER AVAILABILITY OR OPERATIONAL REQUIREMENTS.
- CERTAIN OUTDOOR ACTIVITIES MAY BE MODIFIED, RESCHEDULED OR CANCELLED WHEN NECESSARY.
- PARTICIPATION IN ALL ACTIVITIES IS OPTIONAL.
- THE ORGANISERS RESERVE THE RIGHT TO MAKE REASONABLE CHANGES TO THE SCHEDULE WHILE MAINTAINING THE OVERALL RETREAT EXPERIENCE.

8. PERSONAL RESPONSIBILITY & SAFETY
- PARTICIPANTS ARE EXPECTED TO FOLLOW SAFETY INSTRUCTIONS PROVIDED BY TRAINERS AND ORGANISERS.
- PARTICIPANTS MUST EXERCISE PERSONAL DISCRETION DURING PHYSICAL ACTIVITIES, BEACH VISITS AND OUTDOOR EXPERIENCES.
- THE ORGANISERS ARE NOT RESPONSIBLE FOR LOSS OR DAMAGE TO PERSONAL BELONGINGS EXCEPT WHERE LIABILITY ARISES UNDER APPLICABLE LAW.
- PARTICIPANTS ARE ENCOURAGED TO OBTAIN PERSONAL TRAVEL AND MEDICAL INSURANCE.

9. FOOD & DIETARY PREFERENCES
- FRESH, WHOLESOME, FARM-GROWN MEALS WILL BE PROVIDED THROUGHOUT THE RETREAT.
- PARTICIPANTS MUST COMMUNICATE DIETARY RESTRICTIONS AND FOOD ALLERGIES BEFORE ARRIVAL.
- SPECIAL DIETARY ARRANGEMENTS WILL BE ACCOMMODATED WHEREVER REASONABLY POSSIBLE, SUBJECT TO AVAILABILITY.

10. PHOTOGRAPHY & MEDIA
- PHOTOGRAPHY AND VIDEOGRAPHY MAY TAKE PLACE DURING THE RETREAT FOR DOCUMENTATION AND PROMOTIONAL PURPOSES.
- PARTICIPANTS' CONSENT WILL BE OBTAINED BEFORE IDENTIFIABLE PHOTOGRAPHS OR VIDEOS ARE USED FOR PROMOTIONAL PURPOSES.
- PARTICIPANTS MAY COMMUNICATE THEIR PREFERENCE NOT TO APPEAR IN PROMOTIONAL CONTENT.

11. CODE OF CONDUCT
- PARTICIPANTS ARE EXPECTED TO MAINTAIN A RESPECTFUL, PEACEFUL AND INCLUSIVE ENVIRONMENT.
- HARASSMENT, DISRUPTIVE BEHAVIOUR OR ACTIONS COMPROMISING THE SAFETY AND COMFORT OF OTHERS WILL NOT BE TOLERATED.
- ORGANISERS RESERVE THE RIGHT TO REMOVE PARTICIPANTS ENGAGING IN SERIOUS MISCONDUCT, SUBJECT TO APPLICABLE LAW.

12. UNFORESEEN CIRCUMSTANCES
- THE ORGANISERS MAY MODIFY, POSTPONE OR CANCEL THE RETREAT DUE TO EXTREME WEATHER, NATURAL DISASTERS, GOVERNMENT RESTRICTIONS OR OTHER CIRCUMSTANCES BEYOND REASONABLE CONTROL.
- IN SUCH SITUATIONS, PARTICIPANTS WILL BE INFORMED PROMPTLY ABOUT AVAILABLE ALTERNATIVES, RESCHEDULING ARRANGEMENTS OR APPLICABLE REFUNDS.

13. ACCEPTANCE OF TERMS

BY REGISTERING FOR KONKAN BLISS RETREAT 2026, PARTICIPANTS ACKNOWLEDGE THAT THEY HAVE READ, UNDERSTOOD AND AGREED TO THE TERMS & CONDITIONS COMMUNICATED DURING BOOKING.