

Conscious Living Retreat



5th to 9th June 2025

At The Monk's Retreat by The Gnostic Centre

Facilitators: Ameeta Mehra, Anuradha, Ritika Goyal & Sunaina

Conscious Living Practices

(Karmayoga, Wealth & Abundance,
Relationships, Overcoming Fear,
Conscious Cooking etc.)

Communing with Nature

(Mindful Walks, Forest Connect, Herb
Picking, Gardening)

Sample Indigenous Village Culture

Becoming Conscious in the Body

(Adventure Activities, Exercise &
Shramdan, Conscious Eating & Sleeping)

RETREAT TOTAL PER PERSON – 25,000

Early Bird Discount 24% (Pay only 19,000) – Till 30th April

Includes the following for 4 days & 4 nights:

- Session Fee for the entire duration
- Vegetarian meals – Breakfast, Lunch, Evening Tea & Dinner
- Accommodation in stylized dorms

All else (excursions, travel to & fro, anything extra) on chargeable basis

*** Double bedroom subject to availability, extra charges**

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