

# SUKOON

**SOUL THERAPY NOW PRESENTS**

**SUKOON**

**Inspired by “Back to Basics” the Soul Therapy Now presents “Sukoon Retreat” which will go beyond the physical and teach the centuries-old healing method of Yogis to balance the mind, body, and soul. With close to nature, expert-led yoga, guided meditation, and a Sound healing detox, you’ll learn a life-changing, well-rounded approach to your well-being that will last long after the retreat is over.**

[www.soultherapynow.com](http://www.soultherapynow.com)



Soul Therapy Now

HEALING THROUGH PRAYER



## OUR GUESTS EXPERIENCE



**30% LEARN**  
HEALTHY HEALTH HABITS

**30% REDUCE**  
ANXIETY

**28% IMPROVE**  
MENTAL STABILITY

**Mood**  
UP LIFT

**60%**

## Our Promise

"You will Come  
as a Guest, and  
will Go as a  
Family"



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SUKOON

## Pricing included

- 01 ALL STAY
- 02 EXCURSION
- 03 YOGA & MEDITATION
- 04 ALL MEAL
- 05 PICKUP  
(In city only)

**Free**  
Astro-Vastu  
Consultation

## Rishikesh

April

- Schedule- 1**  
**April 19/20/21**
- Schedule 2**  
**April 26/27/28**

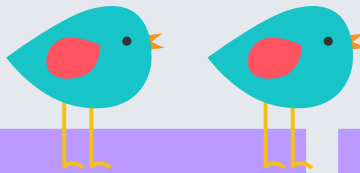
Save the Dates  
May

- Schedule 1**  
**May 17/18/19**
- Schedule 2**  
**May 24/25/26**

# Pricing before One week of Schedule



Occupancy	Single	Double Sharing	Triple Sharing
Pricing	Rs. 23,482/-	Rs. 21,482/-	Rs. 20,482/-



## Early-bird Discount

Occupancy	Single	Double Sharing	Triple Sharing
Pricing	Rs. 22,999/-	Rs. 19,482/-	Rs. 18,482/-

Entry by  
Pre Booking  
Only

# Payment



## MUDRABALA

**Account no: 39860431053**  
**Bank Name: State Bank of India**  
**Branch: (01282)- East Patel**  
**Nagar Branch**  
**IFSC Code: SBIN0001282**



### Pricing Includes

- All Stay
- All Meals after pickup and before checkout to Rishikesh Bus Stop or Railway Station
- Yoga session
- Meditation Session
- Excursions
- Pickup from Rishikesh Railway Station/Bus Stand

\*If you are bringing children, then kindly book a double or triple occupancy only.

\*For double and triple occupancy bookings, we try our best to provide a like-minded partner in the same age group.

\*No Alcohol or any kind of Drugs allowed in the retreat.

\*All other cost apart from this should be born by the guests.

\*All food will be vegetarian and Satvic.

\*Bottled Water will be provided to all.

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# Schedule at Rishikesh



## Day-1 (Awakening the Soul)

## Day-3 (Feeling the Oneness)

12:00 - 14:30	Check-in, and lunch
14:30-16:00	Rest
16:00 - 16:30	Tea with some light Snacks
16:30 - 18:00	Excursion to River/Waterfall
18:30 - 19:00	Meditation & Self Healing
19:30 - 20:30	Culminate the day with a delightful Dinner

6:30 am	Morning Meditation & Yoga Practice
07:30 - 8:00	Light Fruit / Snacks
09:30 - 10:15	Breakfast
11:00 - 12:30	Chitchat Time ( Astro-Vastu-Numero Session) only 2 questions per person
13:30 - 14:30	Summarize the camp with a delightful lunch.



## Day-2 (Shudhdi) (Purification of Mind Body and Soul)

06:30 am	Morning Meditation & Yoga Practice
8:00	Light Fruit / Snacks
09:30 - 10:30	Breakfast
11:00 am	Excursion to Jungle
1:30 - 14:30	Satvic Lunch
16:00 - 16:30	Tea break/Light Snacks
16:30 - 17:00	Pranayam and Meditation & Sound Healing Session
17:00 - 20:00	Shuddhi Hawan/Yagya or Kirtan
20:30 - 21:30	Satvic Dinner
21:30-- 22:00	Meditation



- \*Bring your house/flat/Office/Factory VASTU MAP to get Vastu/ Fengshui Solutions
- \*Stand at Centre of Your House/Flat/ Building and facing towards your main door. Turn on Your Compass and get the screenshot of degree showing in compass. Also get one screenshot standing at middle of ur main/entrains door facing towards outside and turn on your compass and get one screenshot of degrees.
- \*Bring your Horoscope (if you have)

\* Schedule is subject to changes without prior notice.

# Want to Know Us



## Mrs. Bageshri Vinchurkar Organizer



A Fin-Entrepreneure ([www.mudrabala.com](http://www.mudrabala.com)), Mother of 2, writer, Astro-Vastu-Numero Expert, and a student of Vedic Shastra. I am excited to share my personal experiences and spiritual journey with you. I will also discuss the concepts of Karma and the Law of Attraction, as well as various methods of connecting with Mother Earth, the universe, and a higher power to heal our mind, body, and soul. The key is to be in a state of flow, and everything I share is crafted with love.

## Mrs. Manisha Sadh Tour Manager



An Insurance Expert, very joyful, enthusiastic and energetic soul, a mom, who love to travel, meet new people, explore new places and manage family and friends together.

# SOUL THERAPY NOW



## Need a Break?

We help you to celebrate your life.


## Why Choose us

### All-Inclusive Vacations


Accommodations, meals, taxes, and all fees are all included for one price

## Contact Us

607, 6th floor, Padma

 Tower-II, Rajendra Place  
New Delhi-110050

 9968616386

 Manisha- 99114 37259

 [www.soultherapynow.com](http://www.soultherapynow.com)



Discover new You

**Entry by  
Pre Booking  
Only**

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