

Dates: 03 April to 8 April 2026

Emotional & Mental Release

Manas Shuddhi Retreat

5-Day Silent Healing Retreat by the Sea, Goa

Retreat Overview

Emotional & Mental Release: Manas Shuddhi Retreat is a 5-day immersive silent retreat designed to gently unwind suppressed emotions, chronic mental stress, and nervous system overload. Rooted in ancient yogic, Buddhist, and Ayurvedic sciences, the retreat works through conscious silence, specific healing frequencies, sound therapy, breath, meditation, yoga, and sattvic living to restore inner balance and clarity.

Set at a peaceful Ayurvedic beach resort in Goa, surrounded by a serene natural lake, the retreat offers a calm and contained environment where the body and mind can slow down, soften, and naturally release accumulated emotional and mental baggage.

The Philosophy of Manas Shuddhi

Manas Shuddhi refers to the purification of the mind — the clearing of accumulated mental impressions, emotional residue, and subconscious stress patterns. According to ancient wisdom, unresolved emotions disturb both mental clarity and physical wellbeing. Modern neuroscience reflects this understanding through the study of nervous system dysregulation and prolonged stress responses.

Core Healing Approach

The retreat follows the principle of RESET · REWIRE · REGULATE. Through nervous system regulation, frequency-based sound healing, yogic and Ayurvedic practices, and conscious silence, participants are gently guided out of survival mode into a state of safety, rest, and emotional balance.

Daily Practices & Experiences

Each day includes gentle yoga, pranayama, silent meditation inspired by Vipassana, Buddhist philosophy teachings, stress and emotional release sessions, deep frequency-based sound healing, and silent nature immersion by the lake and beach.

Nourishment & Sattvic Living

The retreat is supported by sattvic vegetarian and vegan meals designed to enhance digestion, emotional lightness, and mental clarity. Daily nourishment includes brunch, dinner, herbal teas, fresh juices, and light snacks, all enjoyed in silence to encourage mindful eating.

Accommodation

Participants stay at a peaceful Ayurvedic beach resort in Goa, uniquely designed around a natural lake. All rooms surround the lake, creating a grounding and harmonious environment that supports deep rest, quality sleep, and inward focus. Accommodation and all meals are included.

#### Complimentary Wellness Kit

Each participant receives a complimentary wellness kit including therapeutic oils and simple tools to support ongoing emotional regulation and self-care practices after the retreat.

#### Retreat Dates & Investment

Dates: 16 March – 21 March

Investment (All Inclusive | Taxes Included):

(cid:127) Shared Accommodation (Twin Sharing): INR 70,000

(cid:127) Private Accommodation: INR 1,00,000

The retreat fee includes accommodation, all meals, daily practices, sound healing sessions, guided silence, retreat support, and a complimentary wellness kit.

RESET · REWIRE · REGULATE

Silence | Sound | Breath | Awareness