



HEAL YOUR BODY MEET YOUR SOUL

17TH TO 21ST JULY 2019

5 DAYS SPIRITUAL RETREAT IN THE LAP OF HIMALAYAS AT DUNAGIRI SPIRITUAL RETREAT CENTER

A scenic photograph of a stone building with a bright red tiled roof, situated in a lush green valley. In the background, there are rolling mountains under a cloudy sky. The building has several chimneys and a covered porch area. The foreground is filled with tall grass and some flowering plants.

DUNAGIRI RETREAT CENTER

~WHERE HEAVEN MEETS THE EARTH

MEANT FOR NATURE LOVERS AND SPIRITUAL SEEKERS WHO VALUE PEACE, SOLITUDE AND APPRECIATE THE NATURAL GRANDEUR OF THEIR SURROUNDINGS.

YOUR STAY WITH US WILL LEAVE YOU REFRESHED, RENEWED AND UPLIFTED

A group of people are hiking on a mountain trail. In the foreground, a man in a light-colored jacket and a woman in a red jacket are smiling. Behind them, several other hikers are visible, some using trekking poles. The background shows a vast valley with terraced fields and distant mountains under a hazy sky.

VISIT THE CENTERS OF
SPIRITUAL ENERGIES

Mahavatar Babaji Cave

Neem Karoli Baba Ji Ashram

Pandukholi

Dunagiri Mata Mandir



TOGETHER WE'LL DO

Yoga

Aligning Body, Mind Soul

Mindful
Meditation

Journey within, Enter the plane of bliss

Yagya

Releasing emotional baggage

Sound
Healing

Attune with the Universe, set your mind at peace

Silent
Walk

You have to lose yourself to find yourself

Trekking

Scale the peak within

Meet the
mentors

Discuss anything & everything



CHERISH EACH DAY

Day 1

Serene Drive to Duanagiri

Introductory Session

Dunagiri Nature's walk

Sound Healing Session

Day 2

Morning Yoga & Meditation

Visit to Dunagiri Mata Mandir

Evening Meditation

Meeting the Mentors. Group / Personal Discussion

Day 3

Morning Yoga & Meditation

Divine Yagya

Visit to Mahavtar Baba Ji Cave

Silent Walk in Nature

Day 4

Morning Yoga & Meditation

Visit to Pandukholi

Evening Meditation

Dance on the rhythm of life, Group Discussions & Sound Healing

Day 5

Morning Yoga & Meditation

Adios Dunagiri

Visit to Neem Karoli Baba Ji Ashram

** Depending upon the weather conditions, slight changes may happen in day to day itenary

Travel with Ease

Pickup
from Delhi

10:00 PM, 16th
July 2019

Reach
Kathgodam

Travel in a
private AC Semi-
Sleeper bus

Reach
Kathgodam at
6:00 AM, 17th
July 2019

Travel To
Dunagiri

Enjoy your plush
ride within the
mountains in
comfortable cars

Reach Dunagiri
at 11:00 AM,
17th July 2019

Retreat
Begins

All the daily
activities

Adios
Dunagiri

Leave on 12:00
noon, 21st July
2019

Reach
Delhi

Reach Delhi 6:00
AM, 22nd July
2019



Live it Yourself



PRICING DETAILS

Early Bird offer

Rs. 35,450/- till May 15TH 2019

Rs. 41,450/- after May 15TH 2019

The above fee includes:

5 Days / 4 Nights twin sharing accommodation

Transportation to/from Delhi to Dunagiri retreat center

Three Meals per day, tea & snacks

All mentioned activities & travel cost

Kindly Note the following:

- The above cost doesn't include your transportation from your current city to New Delhi & back
- Any other additional personal expenses like visa, shopping etc.
- It's advisable to keep a margin of 3 hours with your subsequent travel bookings while reaching back to Delhi at the end of retreat

CONTACT US

FOR BOOKINGS & MORE DETAILS, CALL
86690-54671 / 90110-48159

OUR WEBSITE:
WWW.PAUSENLEARN.IN

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ROAD, KHARADI, PUNE MH