

PNL RETREAT IS BACK

# YOGA & MINDFULNESS RETREAT

25th - 29th December, Rishikesh

**PAUSE & LEARN**  
wellness studio





# HIGHLIGHTS

Detox Yoga

Mindfulness Meditation

Stress Release Sound Bath

Self Exploratory discussions

Grand Ganga Arti

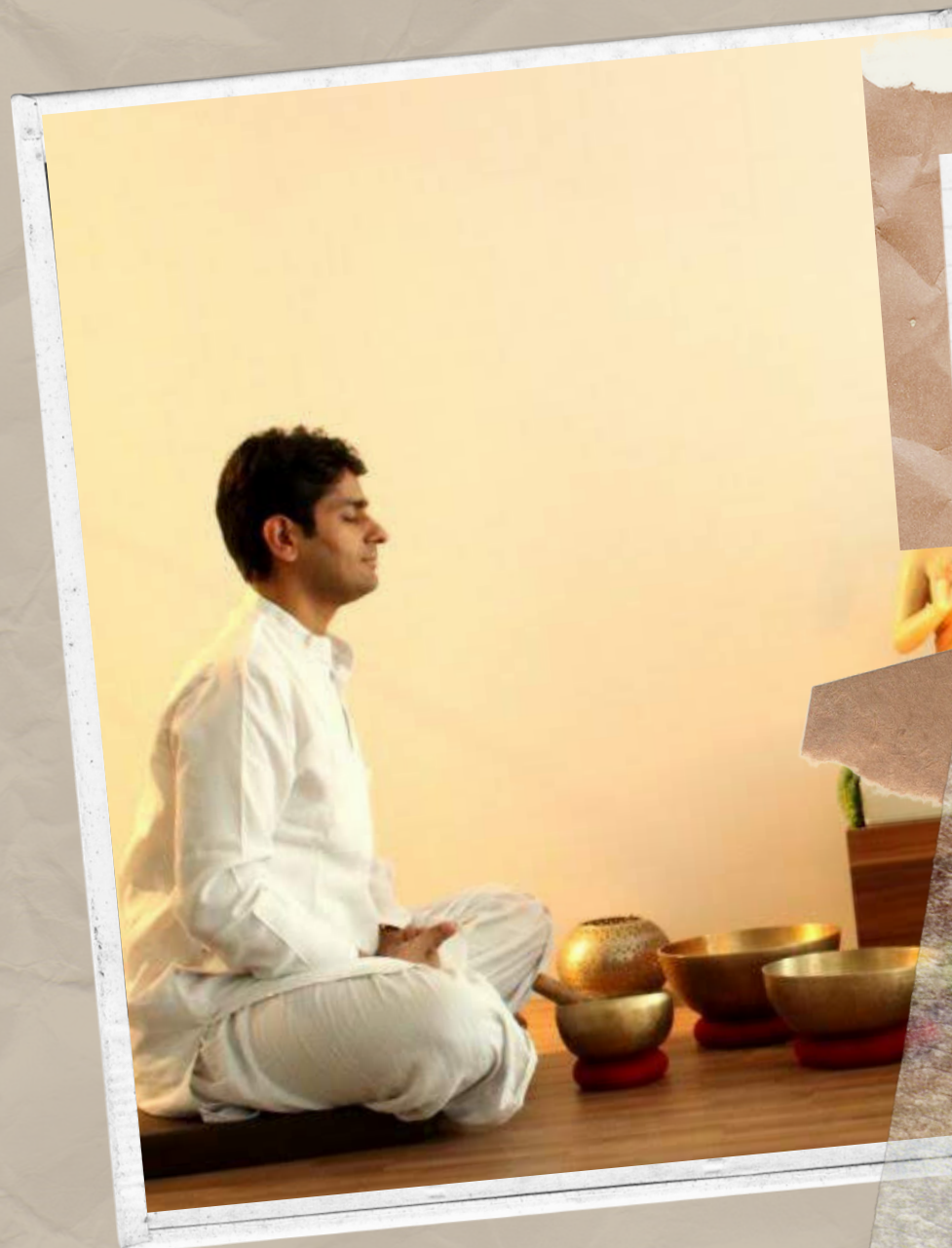
Himalayan Silence

Nature Walk

Serene Forest accommodation

Satvic food

Comfortable travel



WHAT TO  
EXPECT?





# PLACES TO EXPLORE

A TREAT YOU'D  
LOVE TO DO OVER AND OVER

Triveni Ghat: The lifetime experience of evening  
Vesper service

Sage Vashitha's Cave: Where Silence Speaks

Devprayag: Bhagirathi & Alakhnanda meets &  
become Ganga

Lakshman Jhula in Rishikesh town

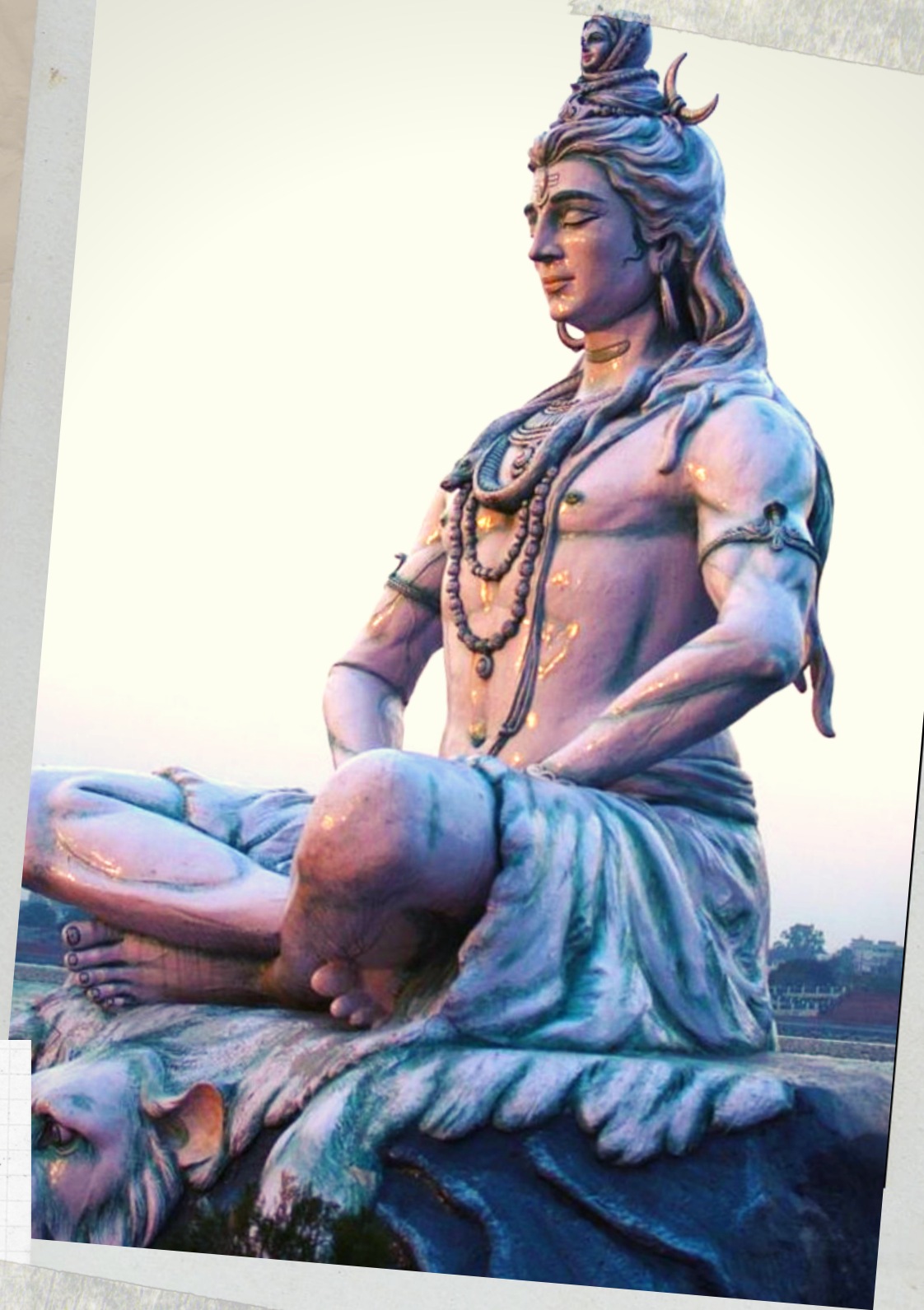
Shantikunj Ashram: A Spiritual Academy





The thing about  
meditating in  
Spiritual places is:  
You connect fast to  
your original Self

PAUSE N LEARN





6TH

THIS IS THE 6TH PNL RETREAT IN  
LAST 18 MONTHS



100+

OVER 100+ SEEKERS EXPLORED  
THEIR REAL SELF AND GOT A SENSE  
OF PURPOSE IN LIFE THRU RETREATS





## REMEMBER

Where you Travel?  
With whom you travel?  
With what purpose you travel?  
All that is very important



# WHAT YOU NEED TO DO

**1** REGISTER ASAP AND AVAIL  
EARLY BIRD OFFER

**2** AFFIRM YOUR INTENTION &  
OBJECTIVE OF JOINING US

**3** BOOK YOUR TICKETS TO  
DELHI FOR 24TH DECEMBER

**4** GET IN TOUCH WITH US  
NOW FOR QUERIES  
90110-48159



# PRICING DETAILS

Early Bird offer: Rs.33,850/- till November 15TH 2019  
Rs.39,850/- after November 15TH 2019

The above fee includes:

5 Days / 4 Nights twin sharing accommodation

Transportation to/from Delhi to Rishikesh retreat center

Three Meals per day, tea & snacks

All mentioned activities & travel cost

## KINDLY NOTE

- 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





# PAUSE N LEARN RETREAT TEAM

YOUR SUPPORT PROVIDERS



ANKUR MEHTA



MANJARI BHALLA



AKSHITA BHALLA



SAMRAT GUPTA



VIVEK SHRIVASTAVA





GET IN TOUCH

FOR QUESTIONS AND FEEDBACK

## MAILING ADDRESS

Tower A, #4, 2nd Floor,  
Downtown City Vista, Fountain road,  
Kharadi, Pune, Maharashtra

## EMAIL ADDRESS

pausenlearn@gmail.com

## PHONE NUMBER

90110-48159

## WEBSITE

[www.pausenlearn.in](http://www.pausenlearn.in)

