



3rd-5th February 2023

Women's Wellness Retreat



THE HIDDEN OASIS, PUNE

- Amidst pristine nature, The Hidden Oasis is a healing haven for all.

CONTACT US

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www.thehiddenoasis.com



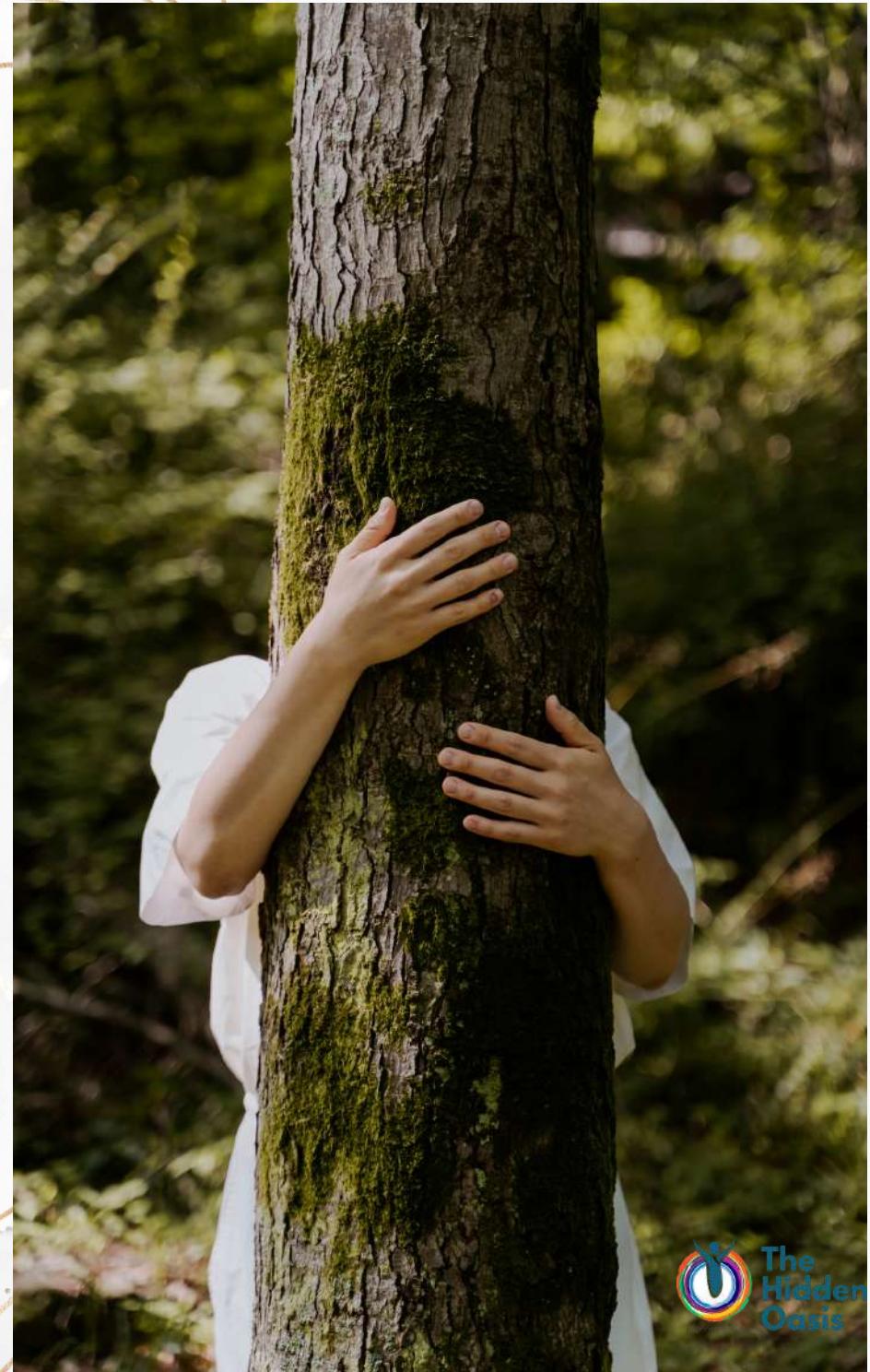
A two-night, two-day residential retreat for all the lovely women to nourish, heal, and pamper themselves.

FOREST BATHING | SHINRIN YOKU.

Tune into the high vibration of a natural forest.
Hug trees and connect with them like you never
have before. Deep breathe & absorb the abundant
healing energies.



"Trees are poems that the earth
writes upon the sky."
-Kahlil Gibran



SOUND HEALING

Sound healing is the therapeutic application of sound frequencies to heal the mind and body and bring it to a state of harmony and health.

This session will be conducted by Bindu Bendre, a sound healer.



"The universe doesn't speak English,
It speaks Frequency"



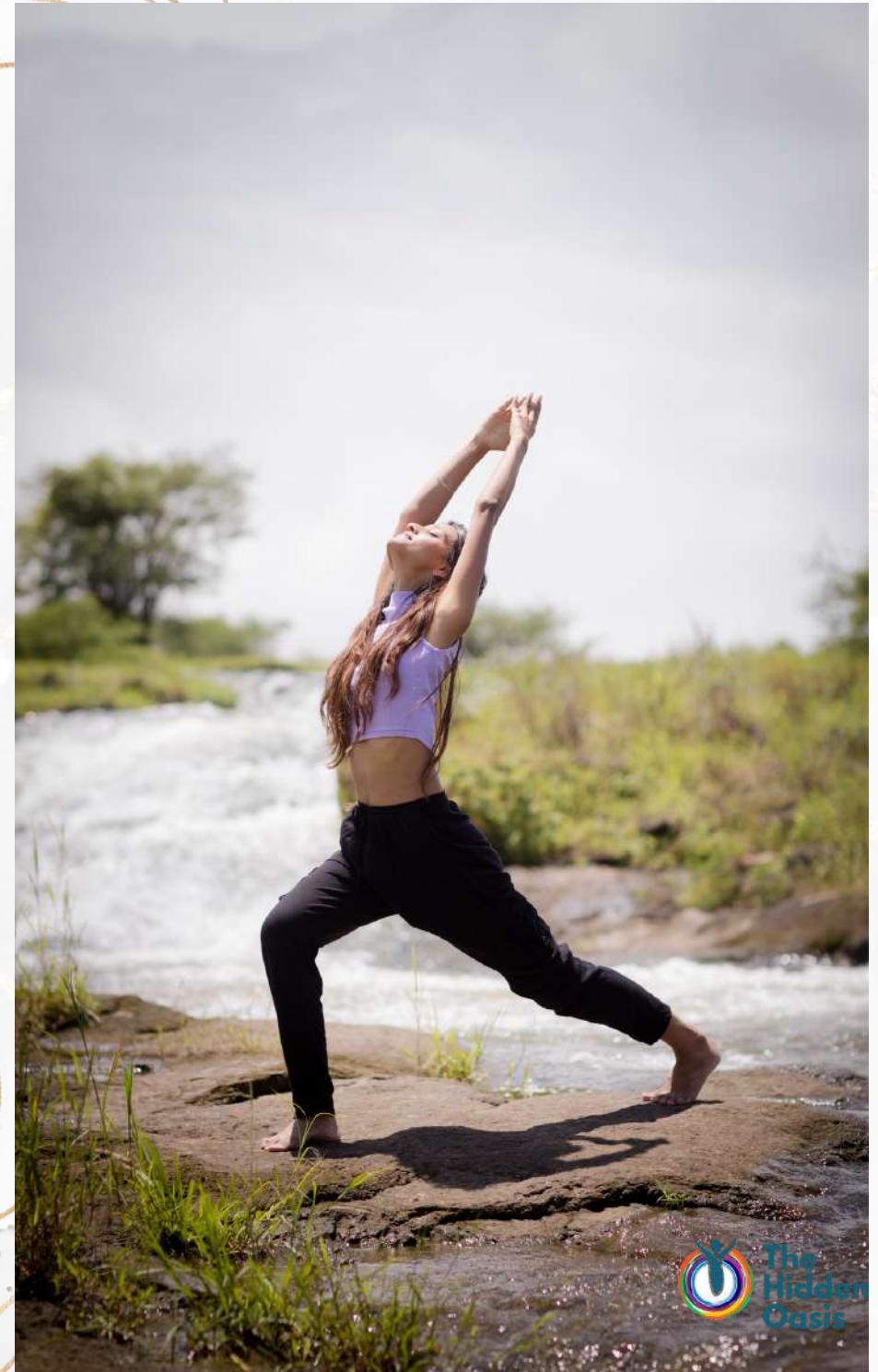
MORNING YOGA

This session allows you to arrive and enjoy the stillness of the morning. Enjoy a series of waking/energizing postures meant to shape your day in a beautiful way, with loving attention and intention.



“Yoga is a light, which once lit will never dim.
The better your practice, the brighter your flame.”

— B.K.S Iyengar



MEADOW TRAIL

Explore the serene beauty of the meadows & the lake at The Hidden Oasis. Connect with the earth, the elements and... Yourself.



"In every walk with nature, one receives far more than she seeks."



PICNIC

Enjoy a classic picnic by the lake and munch on delicious treats that are completely plant-based. A gala time full of friendship, fun, and loads of love.



"A picnic is more than eating a meal, it is a pleasurable state of mind."



WOMEN'S HEALTH SESSION

Sarab Matharu will take you through lots of insights & learnings that will help you heal & take better care of your body.



"You are what you eat"



CHANGE YOUR SCHEDULE, CHANGE YOUR LIFE

Learn how to harness the Power of Clock Genes to
Lose Weight, Optimize Your Workout, and Finally
get a Good Night's Sleep



"You are what you eat"

CLAY ART

Lose yourself as you merge with the clay.
Experience mindfulness through clay. A session by
Sakshi Mathuria.



“Life is just like potter’s clay it gets shaped by
our own hands.”

HEAVENLY FOOD

We take great pride in serving you clean, kind, and out-of-the-world food. All the meals are 100% plant-based 90% organic and whole food.



If you've never tried vegan food and feel it is constrained, brace yourself to be awestruck! This menu is curated to surprise and delight you, especially if you are considering going vegan.



We can't wait for you to experience food grown, cooked, and served with love & passion.



AGENDA AT GLANCE

DAY 1

- 4:00 PM onwards Workshop Check-In
- 5:00 PM Farm Tour
- 7:00 PM Dinner
- 8:00PM Orientation + Games

DAY 2

- 6:30 AM Yoga, Forest Bathing & Meditation
- 8:30 AM Bath+Breakfast
- 10:30 AM Learning session on Women's Health
- 1:00 PM Lunch
- 2:00 PM Sound Healing
- 3:00 PM Clay Art
- 5:00 PM Picnic
- 7:00 PM Dinner

DAY 3

- 7:00 AM EFT: Emotional Freedom Technique
- 8:30 AM Morning Exercises
- 9:30 AM Breakfast
- 11:00 AM Change Your Schedule, Change your Life
- 1:00 PM Lunch
- 2:00 PM Closing & Sharing Circle
- 4:30 PM onwards Departure

WORKSHOP CHARGES

(All inclusive)

Twin Sharing (Per Person)- Deluxe
INR 10990 /-

Twin Sharing (Per Person)- Premium
INR 12280/-

Single Occupancy- Deluxe
INR 14650/-

Single Occupancy- Premium
INR 18150/-

MEET OUR FACILITATORS



Sarab Matharu

Sarab is an accomplished chef & an organic farmer. A combination that will entice your taste buds & spruce up your health.



Shamoy Shipchandler

Shamoy, a warm and loving host, is the backbone for organizing retreats at The Hidden Oasis.



Sakshi Mathuria

Sakshi is an artist, working mainly with clay and ceramic. Her sculptural and functional works are a response to her wonder of all things in nature!



Bindu Bendre

Bindu, a stellar sound healer is most attuned to sound. Her sessions are moving, and bring about healing in one of the most blissful ways.

TESTIMONIALS

"No words! Felt all the love!! Good vibes and so much connected to Nature. Thank you, Team"
- Falguni Shah

"The best pampering and lovable experience I've ever had. Thank you for so much love. No words to describe my gratitude."
- Sujata Shah

"I had a great experience! This retreat is my first visit to the Hidden Oasis and I have fallen in love with the place & mainly the people here. Three days just flew away so fast! I enjoyed the retreat to the fullest! Thank you Team The Hidden Oasis!!!"
-Gauri Pendharkar

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