

THE INNER HARMONY

2-3 July

Bring harmony into your life

Krakow, Poland

HIGHLIGHTS

Yoga | Meditation
Chanting | Dancing
Psycho-spiritual awakening



*Let's welcome
inner harmony*

A 2-DAY PSYCHO-SPIRITUAL RETREAT

You are invited to join us for a 2-day psycho-spiritual retreat "*The Inner Harmony*", focused on bringing harmony through spiritual awakening with Yoga, meditation, chanting, and dancing.

Harmony is the root of happiness, peace of mind, and support from the universe. We all seek and deserve to live in harmony with ourselves and others.

This is the opportunity to bring much-needed harmony into your life and learn to live a life the spiritual way.

KNOW YOUR FACILITATOR

The retreat is facilitated by Sumit, a hypnotherapist, yoga & meditation teacher, and a spiritual mentor from India, his spiritual journey began at 6 with a magical near-death experience that established a close spiritual connection with the universal energies.

He has been on this journey ever since and has guided many people worldwide to live the harmonious life that they wish for.



Why this retreat?

This retreat is based on psycho-spirituality, which means that everything you will do during the two days will have a psychological explanation and a spiritual meaning to it.

What is Psycho-spirituality?

Psycho-spirituality is the union of spirituality and psychology. Psychology is the limited available understanding of our conscious and unconscious, while spirituality goes beyond the understanding of psychology and taps on to the deeper meaning and connection of humans with energies. Merging both can get logical, reasonable, and meaningful answers to solve the mysteries that one experiences in life.

What will you get after the retreat?

Spiritual awakening

The ultimate quest of human beings is to achieve inner harmony. The idea of this retreat is to awaken your spiritual self to cultivate the ever-needed harmony between your mind, body, and soul by aligning them together.

Healing the inner-self

You will get in touch with your inner self while cultivating self-love, compassion, and acceptance of emotions.

Collective consciousness

We are all connected on a spiritual level and when this connection is established then it becomes even stronger allowing universal energies to work in our favor. You will establish and experience the collective consciousness that you and I are a part of.

The complete relaxation

When was the last time you were completely relaxed at your subconscious level? You will experience the journey to complete relaxation of your conscious/unconscious mind and body.

The inner harmony

Inner harmony is achieved when there is no conflict in mind, and when you know that the universal energies are working in your favor and that you are in alignment with them. By the end of day 2, you will establish inner harmony and connection with the universal energies.

Program

DAY 1 (10AM- 5PM)



1. Welcome talk & introduction to psycho-spirituality
2. Yoga & Meditation for mind & body alignment
3. Spiritual awakening ceremony (a surprise gift)
4. Lunch break
5. Be you (Art based activity)
6. Chanting & Dancing for the release of emotions
7. Yoga Nidra
8. Q&A

DAY 2 (10AM-4PM)

1. Yoga & Meditation for self-love & compassion
2. Lecture on how spirituality can help you live a harmonious life
3. Lunch break
4. Collective consciousness meditation
5. Chanting & Dancing for the flow of energy
6. Yoga Nidra
7. Q&A
8. Closing ceremony



The venue



Świerkowa is located in a picturesque place in Wola Justowska, right at the gates of the Wolski Forest. The beautiful area and the energy of the woods can be felt at the venue.

The venue is easily accessible by public transport.
From Park Decjusza bus station ~10min,
From Kasztanowa bus station ~5min

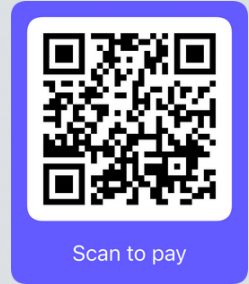
Address - Świerkowa 4a, 30-229 Kraków, Poland



Tickets & registration

- Early bird tickets are available until May 22nd @ 120 EUR (Use coupon code - EARLYBIRD)
- Standard price tickets @ 165 EUR after May 22nd May
- Registration is open until May 29th

Scan or click the link below to buy your ticket now -
<https://buy.stripe.com/aEUg0xgFq9Re5AA6or>



What's included

- Entry to attend 2 days of the retreat, including all workshops, activities, lectures, and ceremony
- Lunch on both days
- Yoga mats and props
- Workshop/ activity material
- Spiritual ceremony supplies

What's not included

- Accommodation and transport
- Any other meals other than lunch

What to bring

- Please bring one ready to eat snack/fruit of your liking (you will need this for one of the activities)
- Suggested dress code - light, loose, comfortable clothing (preferably white or light color)
- Please bring a hand towel or a handkerchief (emotions and tears may flow)
- If you like taking notes, bring a pen and notepad
- Activity material will be provided at no extra cost but you're welcome to carry your own colors if you have any preference (water/crayons/pencil etc.)
- Come with a smiling face and let the magic happen

This retreat is being organized with the intention to provide an opportunity to people who would like to unfold the secrets of spirituality while getting their questions answered with psychological backings. This is a not-for-profit retreat hence the ticket is priced to just cover the cost of organizing the retreat.

It is an experiential retreat that will bring some positive changes and a spiritual shift in the mind of attendees.

I wish you decide to bring harmony into your life and let this retreat be the reason for it.

If you have any questions or need more assistance then please feel free to get in touch.

Looking forward to seeing you.

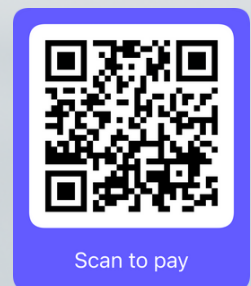
Best regards,



Sumit

For more information or any question please contact
Margarete (Poland) - +48 793 251 082 (Whatsapp)
Sumit - +91 844 749 5590 (Whatsapp)
Or write to us at healwithsumit@gmail.com

Scan or click the link to buy your ticket now -
<https://buy.stripe.com/aEUg0xgFq9Re5AA6or>



Confirmation & cancellation

- A minimum of 10 attendees are required to Fully confirm the retreat, all attendees will be informed by the 30th of May (or before) by sending an official confirmation email.
- Making travel arrangements to the event location (country, city, and venue) is the sole responsibility of the attendee.
- Please check the entry, exit, visa, or other travel-related information from your country to Poland before booking any flights.
- In the event of cancellation, the ticket price will be refunded in full
- We strongly recommend not to make any travel arrangements until the event has been confirmed.