



**THE HEALING CHAMBER**

**PRESENTS**

# **THE RETREAT**

***6 Days Of Holistic Healing Retreat***

**Kanatal, Uttarakhand  
2nd Oct – 7th Oct 2025**

# About

## “ THE RETREAT ”

### *6 Days Of Holistic Healing Retreat*

*The 6-Day Holistic Healing Retreat in Kanatal is a deeply nurturing space designed to help you pause, reset, and reconnect with yourself. Surrounded by the peaceful Himalayan landscape, this retreat offers a blend of powerful healing therapies and practices that support emotional release, mental clarity, and physical relaxation. From yoga and breathwork to inner child healing, sound therapy, and forest walks, each session is thoughtfully curated to guide you on a journey of self-discovery and renewal. This retreat is ideal for anyone feeling stressed, emotionally overwhelmed, or simply seeking deeper meaning and connection in life. Whether you're new to healing or already on your wellness path, you are welcome here. It's a safe, supportive space for anyone—individuals, professionals, or seekers, to slow down, heal from within, and return home with a lighter heart and a calmer mind.*



# Retreat Therapies & Sessions



**Yoga** – *A daily sunrise yoga session to activate your body, calm your mind, and center your breath. Yoga is more than just stretching or exercise it's a way to bring your mind, body, and soul into harmony. Through gentle movements, breathing, and stillness, yoga helps you become more aware of your body, quiet your thoughts, and feel more connected to yourself.*

**Aura Cleansing** – *Your aura is like an invisible energy field that surrounds your body. It reflects your mood, emotions, and overall energy. Just like your body can feel tired or tense, your aura can also get heavy or blocked due to stress, negative thoughts, or emotional experiences. Aura cleansing helps clear away this stuck or negative energy, allowing your natural energy to flow freely again.*



**Past Life Regression Therapy** - *In a deeply relaxed state, you'll explore past life memories that may hold emotional patterns, unresolved trauma, or karmic ties influencing your present. This session facilitates profound insights, emotional release, and a deeper sense of purpose and healing.*

**Inner Child Healing** - *Reconnect with your younger self, process childhood wounds & unfulfilled needs, and restore emotional balance. Inner Child Healing is a gentle process of connecting with the part of you that experienced life as a child.*



# Retreat Therapies & Sessions



**Dance Movement Therapy** – *Dance Movement Therapy uses the natural connection between the body and emotions to help you release what's stuck inside. Through free and mindful movement, dance becomes a way to let those feelings out without needing to speak.*

**Sound Healing** – *The gentle vibrations from sound bowls, gongs, and other instruments help slow down racing thoughts, ease physical tension, and create a peaceful inner space. It can reduce stress, improve sleep, lift your mood, and clear emotional blockages. As the sound waves move through your body, they help balance your energy and bring a sense of harmony.*



**Crystal Healing** – *Crystal Healing uses the natural energy of crystals to balance your body's energy centers, called chakras. Each crystal carries a unique vibration that can help clear blockages, restore flow, and bring emotional and energetic harmony. It can support healing, reduce stress, and help you feel more grounded, clear, and balanced.*

**Art Therapy** – *Art Therapy uses creative expression to help you explore and release emotions that might be hard to put into words. It helps unlock creativity, improve self-awareness, and bring emotional healing in a gentle, non-verbal way.*



# Retreat Therapies & Sessions



**Breathwork (Air/Water/Fire/Earth)** – *Breathwork is a gentle yet powerful practice that uses conscious, controlled breathing to support emotional, mental, and physical well-being. It activates the parasympathetic nervous system (our natural “rest and restore” mode), slows the heart rate, relaxes tense muscles, and clears mental fog. Breathwork can help release stored emotions, improve focus, boost energy, and deepen self-awareness. Breathwork through the elements of air, water, fire, and earth helps us connect deeply with both our inner world and nature.*



**Forest Therapy (Shinrin-yoku)** – *Therapeutic walks among trees lowers stress, calms the mind, and boosts your mood. It also strengthens your immune system and helps you feel more grounded, peaceful, and refreshed by reconnecting with Mother Earth.*



# VISIT

## *Kanatal farm Stay*

***Located amidst the tranquil hills of Uttarakhand, Kanatal is an offbeat mountain town near the Tehri Dam, known for its breathtaking views, cool climate, and natural healing energy. The Kanatal Farm Stay is a serene residential property surrounded by lush forests and panoramic Himalayan landscapes, providing an ideal setting for rest, reflection, and connection with nature.***



### ***Location***

**Kanatal Farm Stay, Mussoorie Rd, Chaukhal, Kanatal,  
Manjyar Gaon, Uttarakhand 249145**



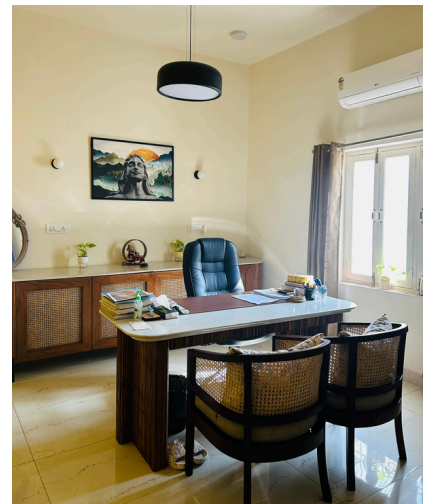
# About The Healing Chamber

*Founded in 2009, The Healing Chamber has been a dedicated space for holistic healing and personal transformation. Blending traditional wisdom with modern therapeutic approaches, we offer a wide range of healing modalities designed to nurture the mind, body, and spirit.*

*Our offerings include Aura Cleansing, Hypnotherapy, Past Life Regression Therapy, Life Between Lives Regression, Inner-Child Healing, Art & Play Therapy, Energy Healing, Sound Therapy, Meditation, Chakra Cleansing, Psych-K, Auricular Therapy, Akashic Record Reading, Tarot Card Reading, Yoga Therapy, Dream Therapy, NLP, and a variety of psychotherapies tailored to individual needs.*

*With deep experience and heartfelt care, we create a safe and empowering environment for individuals to build emotional resilience, expand self-awareness, and reconnect with their inner truth.*

*At The Healing Chamber, healing is more of an experiential process—it's a journey toward balance, peace, and lasting well-being.*



# Meet Your Facilitators



**Psychologist | Clinical Hypnotherapist | Past Life Regression Therapist | Psycho-Spiritual Therapist**

*Hello friends. I'm Mrs. Osheen Tewari Tariang, the founder of The Healing Chamber, where I combine modern and ancient therapies with holistic practices to help individuals cultivate mental peace, resilience, and independence. With 15 years of experience in the therapeutic field, I have dedicated my life to guiding individuals toward a path of healing and self-discovery.*

**Psychotherapist | Clinical Hypnotherapist**

*I'm Ms. Mishita Gupta, a passionate psychologist (Clinical Specialization) and a clinical hypnotherapist with a deep commitment to holistic healing. I blend eclectic and person-centered approaches to support individuals on their journey toward mental well-being and personal growth. I offer a safe, compassionate space where clients feel heard, supported, and empowered to overcome challenges and enhance their quality of life.*



**Certified Yoga Instructor | Practicing Advocate**

*I'm Ms. Avya Gupta, a certified yoga instructor trained at The Yoga Institute, Mumbai, and SVYASA University, Bangalore. Alongside my dedication to holistic well-being through yoga, I also serve as a practicing advocate at the Rajasthan High Court. I am passionate about promoting balance in life by weaving together physical, mental, and spiritual dimensions for personal growth and empowerment.*

# CONTRIBUTION



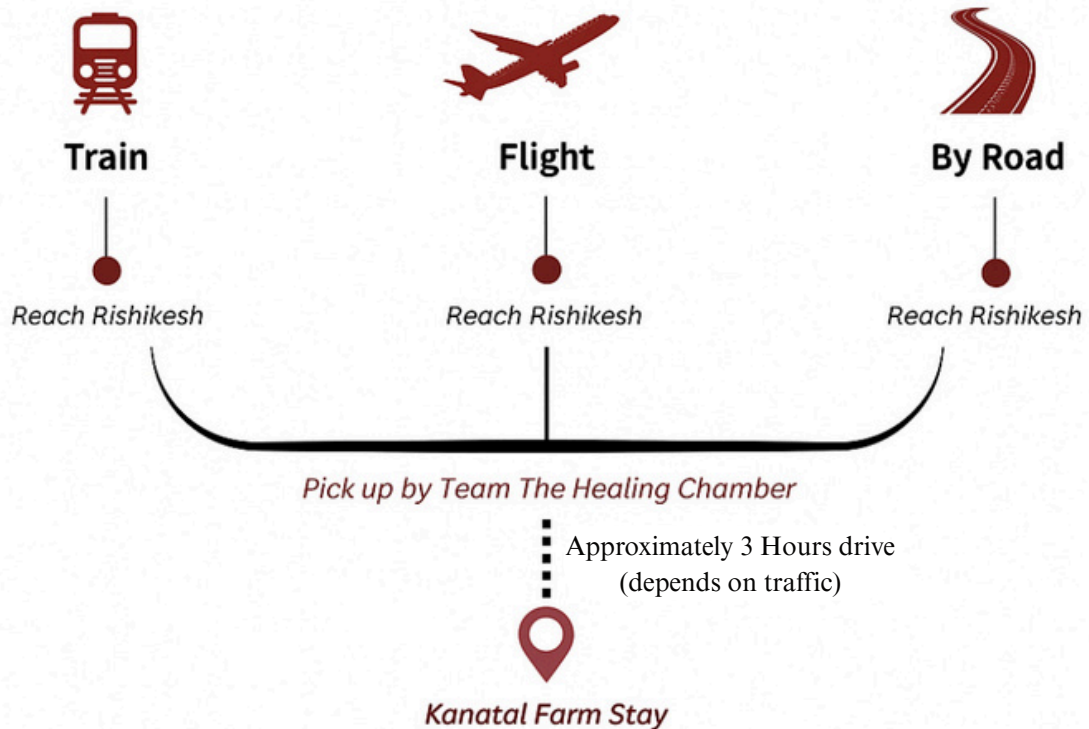
**All-Inclusive Cost:**  
**₹70,000/- INR**



**6 DAYS / 5 NIGHTS STAY (SHARED DOUBLE OCCUPANCY IN A BEAUTIFUL MOUNTAIN RETREAT HOME)**

- *All Sessions & Therapies Mentioned Above.*
- *Pick Up from Rishikesh to Kanatal at 9:00 AM on 2<sup>nd</sup> October. Drop Off from Kanatal to Rishikesh at 12:00 PM on 7<sup>th</sup> October. Exact location of Rishikesh shall be provided on WhatsApp Group. The session will start on 2nd October.*
- *Trekking and Guided Tours.*
- *Visit to a local temple (Surkanda Devi Temple).*
- *Evenings filled with regional performances, musical nights, local delicacies, and cozy bonfire gatherings.*
- *Organic Meals (Breakfast, Lunch, Dinner) + Tea/Coffee Breaks.*
- *Welcome Retreat Kit.*
- *All Materials for Therapy and Art Sessions.*
- *Constant Support by Certified Facilitators.*

## How to Reach?



# RESERVE YOUR SPOT

## BANK TRANSFER

**NAME OF THE ACCOUNT:** THE HEALING CHAMBER

**ACCOUNT NUMBER:** 44036793068

**BRANCH NAME:** SHOBHAGPURA UDAIPUR

**IFSC:** SBIN0032485

### SCAN & PAY



Limited  
Slots  
Available!

Can't make full payment right now?

No worries! Pay ₹7,000/- (INR) to reserve your spot.  
Complete the payment within 7 days, or the booking will be dissolved.

### Things You Should Carry



*Warm clothes for chilly mornings and evenings.*



*Comfortable clothes for yoga and sessions.*



*Sturdy walking or trekking shoes.*

### Contact & Support

For any queries, please reach out to us:



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healing.chamber

**\*Note:** Payment once made (Partial or Complete) will not be refunded under any circumstances.