

Connect Retreat

(Goa)India , 2019

About:

Connect, connects you with your inner power and helps to regain your confidence, passion so that you can walk pass all hurdles and achieve your dreams and desires of your life. Connect retreat believes in authentic organic inner evolution.

Connect retreat consists of urban and unique methods and techniques of learning. It introduces fusion of excursion exploring new places with new inner experiences. Connect is beneficial for you in many ways, it will help you to have a lifelong golden formulas and principles in your pocket useful for any kind of situation in your life.

Purpose:

- ❖ Introspect – Examine your subconscious mind, thoughts, feelings .
- ❖ Connect – Deepen your connection between self and rest of the world
- ❖ Reflect – Reflect your inner light back into the world
- ❖ The main focus of the retreat is providing inner calmness
- ❖ Bring stability in life
- ❖ Developing better understanding of self and other
- ❖ Clarity
- ❖ Active mind, body and spirit
- ❖ Improvement in relationships
- ❖ Exploring your Inner Power
- ❖ Strengthening your emotional journey
- ❖ Developing Self Awareness

Benefits:

- ❖ Attract wealth
- ❖ Gain success at work
- ❖ Overcoming emotional blocks
- ❖ Anger ,Depression and Anxiety
- ❖ Improved relationships
- ❖ Strengthening your left and right brain
- ❖ Relaxation techniques for your nervous system
- ❖ Memory improvement.
- ❖ Developing Leadership qualities
- ❖ Calmness
- ❖ Sharpness of Mind
- ❖ Developing Self awareness
- ❖ Strengthening Focus
- ❖ Goal setting
- ❖ Direction of Path
- ❖ Understanding others well
- ❖ Developing love and Security
- ❖ Strengthening Confidence
- ❖ Clearing old patterns
- ❖ Overcoming Fear
- ❖ Developing Gratitude
- ❖ Strengthening Psychic powers
- ❖ Releasing Traumas
- ❖ Understanding Subconscious Powers
- ❖ Strengthening Body
- ❖ Learning to Cope with difficulties of life
- ❖ Meeting your higher self
- ❖ Developing Compassion
- ❖ Learning Self-love.
- ❖ Breaking poverty mind patterns
- ❖ Attaining Wealth confidence
- ❖ Grounding
- ❖ Bonding with mother earth
- ❖ Raising Vibration

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Retreat Session Includes:

- ❖ Meditation
- ❖ Yoga
- ❖ Mirror work
- ❖ Mandala Making
- ❖ Subconscious – Letting go technique
- ❖ Inner child
- ❖ NLP (Trauma Release)
- ❖ Strengthening Left and Right Brain Exercise
- ❖ Body Elements
- ❖ Drumming
- ❖ Dream Work
- ❖ Sacred Geometry
- ❖ Confidence Building Exercise
- ❖ Acceptance Exercise
- ❖ Third Eye Work
- ❖ Raising Your Kundalini
- ❖ Wealth Cultivation work
- ❖ Right Profession Selection
- ❖ Laughing Exercises

Benefits of Shared Accommodation

- ❖ Reduces room rental Cost
- ❖ Develop connections
- ❖ Unique valuable social contact
- ❖ New Learning opportunity
- ❖ Emotional support
- ❖ Therapeutic natural inner growth
- ❖ Diminishes isolation
- ❖ Constructive participation

What to Expect:

- ❖ Connects you to yourself
- ❖ Connect to new destinations
- ❖ Connect to new culture and experience
- ❖ Transformation
- ❖ Energy development
- ❖ Attaining unique knowledge
- ❖ Creative development
- ❖ Expect friendship and Community
- ❖ Support
- ❖ Love
- ❖ Abundance
- ❖ Calmness
- ❖ Relaxation
- ❖ Journaling
- ❖ Light Physical Exercises
- ❖ Playing Drums
- ❖ Painting
- ❖ Imagining
- ❖ Absorbing

Valuable Suggestion

For good results kindly attend your retreat without any expectations

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Retreat Schedule:

- ❖ 7 am – Meditation
- ❖ 7:20 am – Yoga
- ❖ 8:00am - Breakfast
- ❖ 10 am – Retreat Session
- ❖ 11am – Retreat Session
- ❖ 12pm – Retreat Session
- ❖ 1pm - Lunch Break
- ❖ 2 pm - Rest time
- ❖ 3pm - Outdoor excursions
- ❖ 6pm – 8pm Retreat session
- ❖ 8 pm - Dinner
- ❖ 9:30pm -Retire to Room

Please Note:
Date wise program
Schedule will be provided
upon arrival.

About Goa

Goa is famous for its beaches, mountains, waterfalls and places of worship and tourism. Influenced by over 450 years of Portuguese and Latin culture. Goa has striking landscape, astounding monuments, and rich heritage homes. Coconut and cashew nuts are found in abundance in Goa. It is a tropical destination with clean fresh ocean air. It is considered one of safest places to visit specially for tourists. Warm soothing Arabian ocean is one of biggest healer which helps spiritually in cleansing, clearing emotions and anything which is not serving us anymore. Local people are very friendly. Goan food has its own flavors and specialties. Almost all kinds of food is available in goa. Spas and massages are also big part of Goa tourism.

What to Bring for Retreat:

- ❖ Comfortable sitting outfit
- ❖ Mostly Spring/Summer clothing
- ❖ Light Jackets
- ❖ Small Blankets or shawls
- ❖ Sun Hat or cap
- ❖ Sunglasses
- ❖ Sunscreen
- ❖ Beach outfit
- ❖ Flip Flops
- ❖ Running shoes
- ❖ Small outdoor backpack bags



(Goa) India Weather/Temperatures

- ❖ Mor/Eve -25 Degree Celsius
- ❖ Day -31 Degree Celsius
- ❖ Sea -28 Degree Celsius
- ❖ Pleasant Weather (Month of January)