

Retreat In Manali

20 to 29 January

By Feel Free Naturally

Welcome to a transformative 10-day retreat focused on self-knowledge, meditation, and the wisdom of J. Krishnamurti, Ramana Maharshi, and Nisargadatta Maharaj.

This retreat is specially designed and facilitated by Shubham Gaikwad.

This retreat is a unique opportunity to delve deep into the teachings of renowned spiritual masters while immersing yourself in the natural beauty of Manali. It's a journey of self-discovery, introspection, and transformation. Come and experience a profound connection with your inner self and the world around you.

Venue

[Villa Vihaara Cottage, Manali](#)

Nestled in the tranquil mountains of Manali, Villa Vihaara Cottage offers a serene and beautiful environment for self-discovery. Surrounded by nature, this retreat venue is perfect for introspection and meditation.



Why this Retreat?

“Don ’t you also want to go away sometimes to be quiet and take stock of things and not merely become a repetitive machine, a talker, explainer and expounder? Don ’t you want to do that some time, don ’t you want to be quiet, don ’t you want to know more of yourself? All the same, it is good to retreat to be quiet and to take stock of everything that you have done.

And I think it is essential sometimes to go to retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely, and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds. Wouldn't you?”

- J Krishnmurti

Retreat Highlights

- Offers a compassionate learning space where one ’s deepest essence can unfold and flower.
- Provides a deep rest for the mind, body and heart which is essential for learning about oneself.
- The deep intention of this retreat is not to fill the mind with intellectual knowledge but to awaken a deep source of being, the intelligence of heart and get inspired to live everyday life from the wellspring of pure presence.
- Inspiring live talks and walks in beautiful mountains and river sides of Himalaya.
- Meditative dialogues and self-inquiry sessions with facilitators and other like minded people.
- Video/Audio screening J krishnamurti, Nisargdatta Maharaj or Ramana Maharshi on related topics of dialogue or introspection.
- Being one with the beauty and peace of Himalaya.
- Live in solitude with or without others.

Facilatator

Facilitator is Shubham Gaikwad. He considered himself as a traveler who is walking on the way pointed by J Krishnmurti, Ramana Maharshi and Shri

Nisargdatta Maharaj. The journey he started some years before without destination, brought him to the world of feeling and experiencing. He is passionate to listen and observe the game of body, mind and nature in present time.

He is the founder of 'Feel Free Naturally' organisation which work to spread awareness about Self-Knowledge.

Schedule

Day 1: Arrival and Orientation

- 7:00 AM: Departure from Delhi
- 7:00 PM: Check-in at Manali Villa Vihaara Cottage
- 7:30 PM: Retreat Orientation
- 8:00 PM: Vegan Dinner

Day 2: Communing with Nature

- 7:00 AM: Morning Walk in the Serene hills
- 8:00 AM: Breakfast
- 10:00 AM: video/Audio screening with group discussion
- 12:30 PM: Vegan Lunch
- 1:30 PM: visit soyal waterfall or rest
- 4:00 PM: Black Tea/Coffee/Juice with snacks
- 7:00 PM: Vegan Dinner
- 8:30 PM: Bonfire and Understanding each other

Day 3: Wisdom of the Sages

- 7:00 AM: Morning small trek
- 8:00 AM: Breakfast

- 10:00 AM: Video/Audio Screening of J Krishnmurti
- 12:30 PM: Vegan Lunch
- 1:30 PM: visit hot water springs or rest
- 4:00 PM: Black Tea/Coffee/Juice with snacks
- 4.30 PM: Dialogue with participants
- 7:00 PM: Vegan Dinner
- 8:30 PM: Reading and Discussion of Spiritual Texts

Day 4: Exploring Manali

- 7:00 AM: Morning Trek in the Beautiful Himalayan Scenery
- 8:00 AM: Breakfast
- 10:00 AM: Explore local sightseeing of Manali
- 12:30 PM: Vegan Lunch (outside)
- 4:00 PM: visit Solang Valley
- 7:00 PM: Vegan Dinner

Day 5: Deepening the Enquiry

- 7:00 AM: Morning walk
- 8:00 AM: Breakfast
- 10:00 AM: Ramana Maharshi text reading with Group Discussion
- 12:30 PM: Vegan Lunch
- 2:00 PM: Explore Himachal rural culture of near by villages
- 7:00 PM: Vegan Dinner
- 8:30 PM: Bonfire and Sharing

Day 6: Understanding Silence

- 7:00 AM: Silent seating at comfortable place
- 8:00 AM: juice or fruits or fasting
- 10:00 AM: Silence
- 12:30 PM: Juice or fruits or fasting
- 2:00 PM: Silence
- 7:00 PM: Juice or fruits or fasting
- 8:30 PM: Bonfire and Silence

Day 7: Exploring Consciousness

- 7:00 AM: Morning walk or Silence
- 8:00 AM: Breakfast
- 10:00 AM: Nisargdatta Maharaj audio screening with English translation
- 12:30 PM: Vegan Lunch
- 2:00 PM: Discussion on Consciousness
- 7:00 PM: Vegan Dinner
- 8:30 PM: Bonfire and with Marathi Abhang

Day 8: Sharing Insights

- 7:00 AM: Morning walk
- 8:00 AM: Breakfast
- 10:00 AM: J krishnmurti on Insights
- 12:30 PM: Vegan Lunch
- 1:00 PM: Explore Naggar castle and Jana temple
- 7:00 PM: Vegan Dinner
- 8:30 PM: Bonfire and with Kabir Dohe

Day 9: Relating with Life

- 7:00 AM: Morning walk
- 8:00 AM: Breakfast
- 10:00 AM: Understanding individual life in relationship with all
- 12:30 PM: Vegan Lunch
- 1:00 PM: Visiting Dorje Drak Monastery and Kullu valley
- 7:00 PM: Vegan Dinner
- 8:30 PM: Bonfire and with Sanskrit Chanting

Day 10: Integration and Departure

- 7:00 AM: Morning walk
- 8:00 AM: Breakfast
- 9:00 AM: Reflection on Insights and Ending of retreat.

What is Dialogue?

“A dialogue is very important. It is a form of communication in which question and answer continue till a question is left without an answer. Thus the question is suspended between the two persons involved in this answer and question. It is like a bud with untouched blossoms . . . If the question is left totally untouched by thought, it then has its own answer because the questioner and answerer, as persons, have disappeared. This is a form of dialogue in which investigation reaches a certain point of intensity and depth, which then has a quality that thought can never reach.”

-J Krishnmurti

Register Now

Last Date of Registration - 10 January 2024

Mobile: + 91 [8698283671](tel:8698283671)

Email- feelfreenaturally@gmail.com

website- <https://linktr.ee/feelfreenaturally>

Address- Villa Vihaara Cottage,

Village Mansari on Manali - Nagar Road,

Kullu, Himachal Pradesh 175136

Fees

Accommodation Room Type	Fees per person
Single Occupancy	40,000
Double Sharing	31,000
Triple Sharing	28,000

(Including Study material, Accommodation, Food, Cab from Delhi
for 10 days including arrival, local sightseeing, departure to Delhi)

Organizer

Name- Murari Travels

Mobile- + 91 [6280206441](tel:6280206441) (Mr. Kapil)

Email- reservation@muraritravels.in

website- <https://muraritravels.in/>

Address- Airport Road, Below HDFC Bank,

Note-

- Feel free to contact for any query related to transportation, accommodation and program.
- The retreat program may be subject to slight variations to accommodate the group's needs and preferences.
- Participants should respect each other's privacy, space, and personal journey.
- Maintain a quiet and contemplative atmosphere in common areas.
- Emphasize mindfulness in daily activities, maintain a heightened awareness of the present moment.
- Attend all scheduled sessions, as each contributes to the overall experience.
- Be punctual to maintain the flow of the retreat schedule.
- Minimize the use of electronic devices to maintain a focused and present mindset.
- Consider a designated area and time for limited device use if necessary.
- Diet will be Only **vegan** as per schedule. In case, if somebody want non vegan food during retreat period they can manage outside retreat venue by their own.
- Encourage active participation in all activities,
- Be open to exploring new practices and teachings.
- Encourage responsible and sustainable practices with nature.
- It is on oneself to maintain their confidentiality regarding personal sharing during group discussions.
- Participants are always open to seek guidance from facilitators and ask questions when needed.
- Inform facilitators of any health concerns or special needs in advance.
- Participants should prioritize their well-being and communicate any challenges to the organizers.
- Maintain cleanliness in personal spaces and communal areas.