



A W A K E N N O W

# MIND, BODY & SOUL RETREAT



BAY AREA,  
CALIFORNIA

WEEKEND

29<sup>TH</sup> & 30<sup>TH</sup> NOVEMBER 2025

WATERFALL LODGE & RETREAT  
325 HIDDEN FALLS TRAIL  
BEN LOMOND, CA 95005

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[HTTPS://AWAKENNOW.GURU/RETREAT](https://awakennow.guru/retreat)





# Mind Body & Soul Retreat



**THE WATERFALL LODGE AND RETREAT**  
NESTLED IN THE LUSH REDWOOD FOREST OF THE  
SANTA CRUZ MOUNTAINS, THE WATERFALL LODGE  
OFFERS A SERENE ESCAPE, JUST 30 MINUTES FROM  
SAN JOSE. EXPERIENCE A PERFECT BLEND OF  
NATURAL BEAUTY AND RUSTIC CHARM AS YOU STAY  
IN ONE OF 32 COZY CABINS. JOIN US FOR A  
TRANSFORMATIVE TWO DAY JOURNEY OF  
UNFORGETTABLE EXPERIENCES THAT WILL STAY  
WITH YOU FOREVER.







## **hypnotherapy**

Access your subconscious to rewire the beliefs running your life.

## **radical forgiveness**

Free yourself by seeing pain as a portal to personal power and peace.

## **n.l.p.**

Recode your mind by changing the language of your thoughts.

## **zero limits**

Create everyday miracles through quiet emotional cleansing and deep inner love.

## **oxygen advantage**

Find amazing health & wellbeing within minutes.

# Mind Body & Soul Retreat

BEING LIMITLESS



**Husna Mohideen**



I had the wonderful opportunity to attend the 2 day retreat in New York. The retreat was nothing short of an amazing experience of getting to know yourself & the limitless possibilities. The programs were thoughtfully designed and well balanced for maximum exposure to learn and easily implement into our daily lives. I went into the retreat without knowing what to expect but I left the retreat with my heart and soul full. I would like to extend my heartfelt appreciation to Surbhi and Dr Anil.



**Anita Karwal, IAS**

Two days of brilliant work on getting to know the connection between the mind, matter and self. Very insightful sessions on emotional freedom, simplified meditation, forgiveness and zero limits, etc. The icing on the cake were the hypnotherapy sessions conducted in a masterly fashion. The delicious food was carefully planned, designed, curated and cooked. I realised the vast potential of working with green vegetables. All in all it was full "Paisa wasool" and a much needed starter for my own evolution.

**Ranjana Arora**



The Retreat was very therapeutic n informative, teaching us some techniques to combat stress, depression n long held traumas. The substance n presentation was simple and easy to follow, in spite of the depth n complexities of the subjects taken. Overall very productive n good learning experience. The food served was delicious too, by way of variety, nourishment n presentable.

# Mind Body & Soul Retreat

BEING LIMITLESS



**Alok Sinha, IAS**



It was a live transforming experience. Dr Singhvi and Surbhi taught techniques to solve the problems related to mind. It's a must attend for everyone especially the younger generation.



**Vineet Pandya**

Attended the retreat in New York. It was soul awakening and learnt about new techniques which would help in everyday life. Feels like I saved lifetimes to clear karmas and unwanted memories and unpleasant thoughts! Highly recommend this to everyone.

**Sangeeta & Arvind Singh IRS, IAS**



The design of the retreat showed thought, concern and warmth. I woke up without pain in my knees and back for the first time and marvelled at it. A little unbelievable that it will not come back.



**Madhu & Ram Kumar, IRS,;**

Life transformation principles, thoughts and experiences with practical applications. It was full of joy, relief and peace. Totally mesmerising.

**Vanita Yadav**



The world is so beautifully different now for me. After the retreat, my perspective is totally aligned to the truth! Loving every moment since the retreat. Beautiful lives have been created by our mentors-Dr Singhvi and Surbhi. Deepest gratitude to them for the life transforming lessons.

## SURBHI PANDYA, NEW YORK

Surbhi Pandya's journey has been shaped by the profound wisdom of an enlightened guru, instilling in her a lifelong pursuit of deeper meaning, expanded awareness, and emotional mastery. By profession, an awarded jewelry designer, a known psychotherapist, certified healing instructor, NLP and lifestyle coach, Surbhi has empowered people worldwide to elevate thought clarity, dissolve stress, and cultivate positive emotions. She is the visionary founder of AwakenNow.guru, a nonprofit initiative dedicated to holistic upliftment. Surbhi's groundbreaking "Lifestyle Intelligence" health program has helped countless individuals achieve sustainable well-being and relief from several lifestyle disorders.

A prolific author, Surbhi has penned four books, designed inspirational board games, and used filmmaking as a medium for transformation. She has lectured at prestigious Universities such as Columbia and Georgetown and holds leadership roles or contributed at the International Ahimsa Foundation, Indian Consulate (NY), Parliament of World Religions, Asia Society, and the United Nations. At the Mind, Body, and Soul Retreat, Surbhi is helping participants refine their consciousness and cultivate a life of harmony, purpose, and unshakable joy.

## the masterminds



DR. ANIL SINGHVI M.D.  
INDORE

Dr Anil has always had a penchant for understanding the lingering mysteries of our mind and body. A qualified doctor-oncologist by profession, he has embarked on a personal journey to delve deeper into the mechanisms behind the onset of illness within the mind & body. His "Transform Your Life" program has garnered widespread acclaim globally.

In this retreat, Dr. Anil will impart his expertise in addressing our common thinking and behavior issues and offer practical workable solutions for them. In addition, he is also a master hypnotist and participants will experience profound transformations through his life changing hypnosis sessions.



**BEING LIMITLESS**

**SURBHI & DR. ANIL BRING A COLLECTIVE 40 YEARS OF LIFE COACHING EXPERIENCE TO THE TABLE.**





# BEING LIMITLESS Mind Body & Soul Retreat

**NOVEMBER 29<sup>TH</sup> & 30<sup>TH</sup>**  
**BEGINS SATURDAY 12PM TILL SUNDAY 5PM**



WITH ONE NIGHT STAY  
SHARING BASIS

**\$750**



**RETREAT &  
MATERIALS  
INCLUDED**



**GOURMET FOOD  
LUNCHES(2), DINNERS(1),  
BREAKFAST(1) & MID SESSION  
SNACKS INCLUDED**

**100% MONEY-BACK GUARANTEE**

*If you are not absolutely blown away,  
your full investment will be refunded!*



**REGISTER NOW**

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Sumeet Sethi +1 415 341 2332

Charu Jain +1 510 432 1217



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