AWAKEN NOW

MIND, BODY &SOUL RETREAT



Dharana at Shillim

(Lonavala) Mumbai

AUGUST 7TH - 9TH

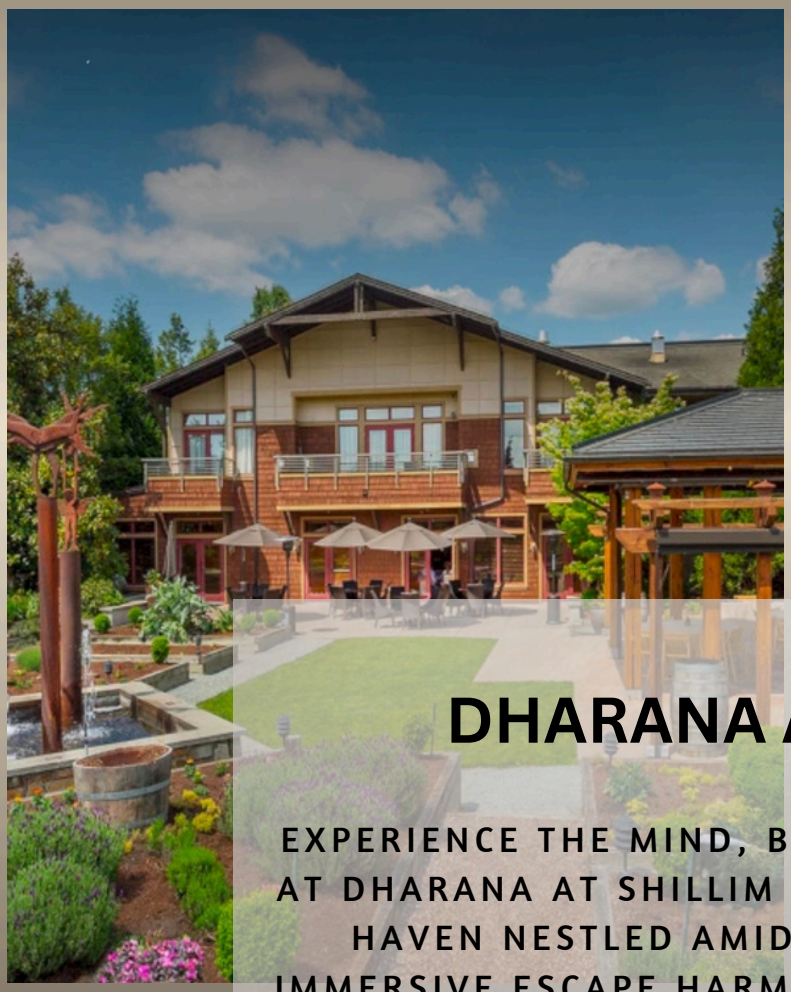
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HTTPS://AWAKENNOW.GURU/RETREAT

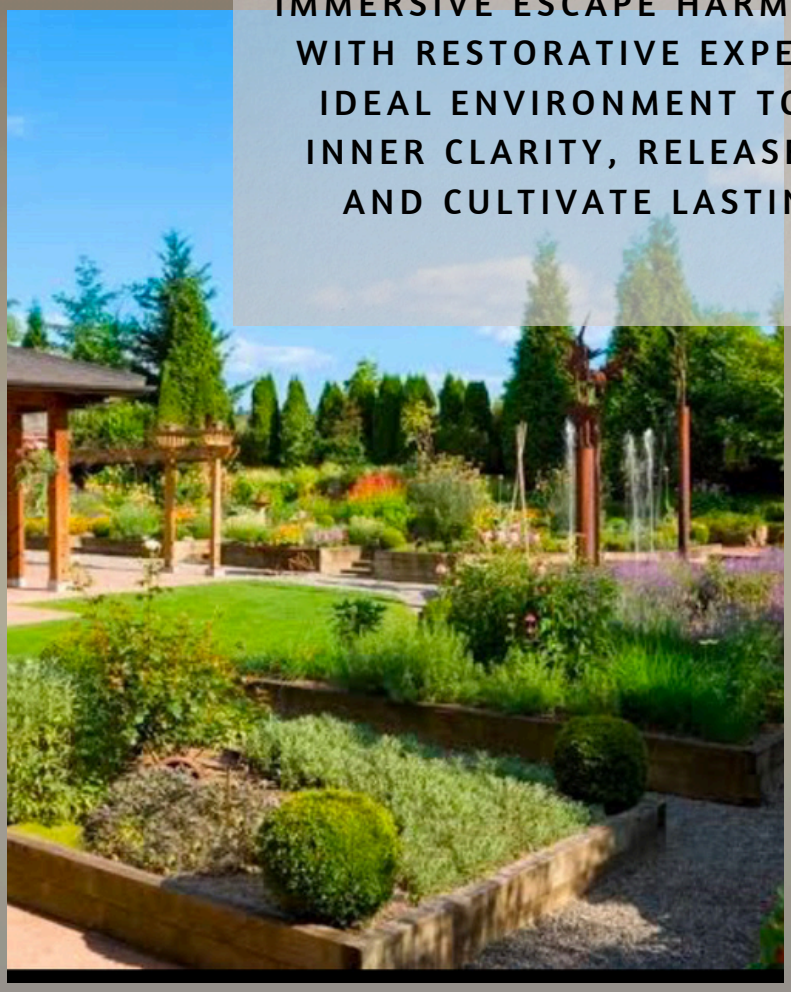
MIND BODY & SOUL RETREAT

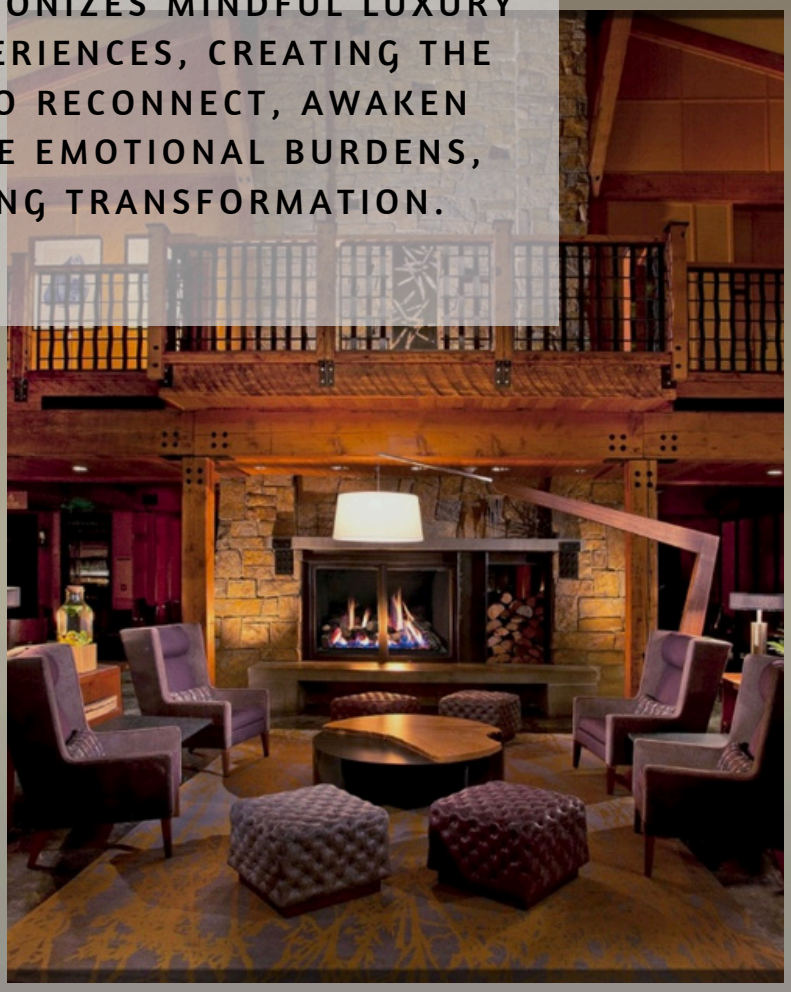




DHARANA AT SHILLIM

EXPERIENCE THE MIND, BODY, AND SOUL RETREAT AT DHARANA AT SHILLIM — A SECLUDED WELLNESS HAVEN NESTLED AMIDST MISTY HILLS, THIS IMMERSIVE ESCAPE HARMONIZES MINDFUL LUXURY WITH RESTORATIVE EXPERIENCES, CREATING THE IDEAL ENVIRONMENT TO RECONNECT, AWAKEN INNER CLARITY, RELEASE EMOTIONAL BURDENS, AND CULTIVATE LASTING TRANSFORMATION.





MIND BODY & SOUL RETREAT

BEING LIMITLESS

zero limits

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

hypnotherapy

Unlocking the Hidden Potential Within

radical forgiveness

Free yourself by recognizing patterns that play the victim.

kianosis

neuro linguistic programming

Access your subconscious to rewire the beliefs running your life.

oxygen advantage

Power Breath techniques for strength within minutes.

MIND BODY & SOUL RETREAT
BEING LIMITLESS



Husna Mohideen
★★★★★
Enté repreneur, IT prof , New York

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
Education CBSE chair person
Gandhinagar

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
★★★★★
Delhi

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

★★★★★

Former CMD of FCAI, Noida

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

CEO Diamonds & jewelry, New York

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

★★★★★

Former chairperson CBDT, Delhi

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



★★★★★

Madhu & Ram Kumar, IRS

Member IT tribunal, Gandhinagar

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



Vanita Yadav Gurgaon

★★★★★

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 tothem for the life transforming lessons.

the masterminds

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.



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

AUGUST 7TH - 9TH

BEGINS FRIDAY 1.00 PM
TILL SUNDAY 4.30 PM



3 DAYS **RETREAT,**
2 NIGHT STAY & MATERIALS
RS.44,600



GOURMET FOOD
BREAKFAST, LUNCHES(2),
& DINNER(2) INCLUDED

become unstoppable in every aspect of your life! guaranteed !!

REGISTER NOW

MONEY BACK 100% GUARANTEE

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Dr. Anil Singhvi +91 9425066266
Vineet Pandya +1 917 578 5306

awakenNOW.guru

PAWANA NAGAR, MAVAL, SHILIMB, MAHARASHTRA 410406



Hypnotherapy Delhi 2024



NLP New York 2024



Embrace *Yourself* Chicago 2025

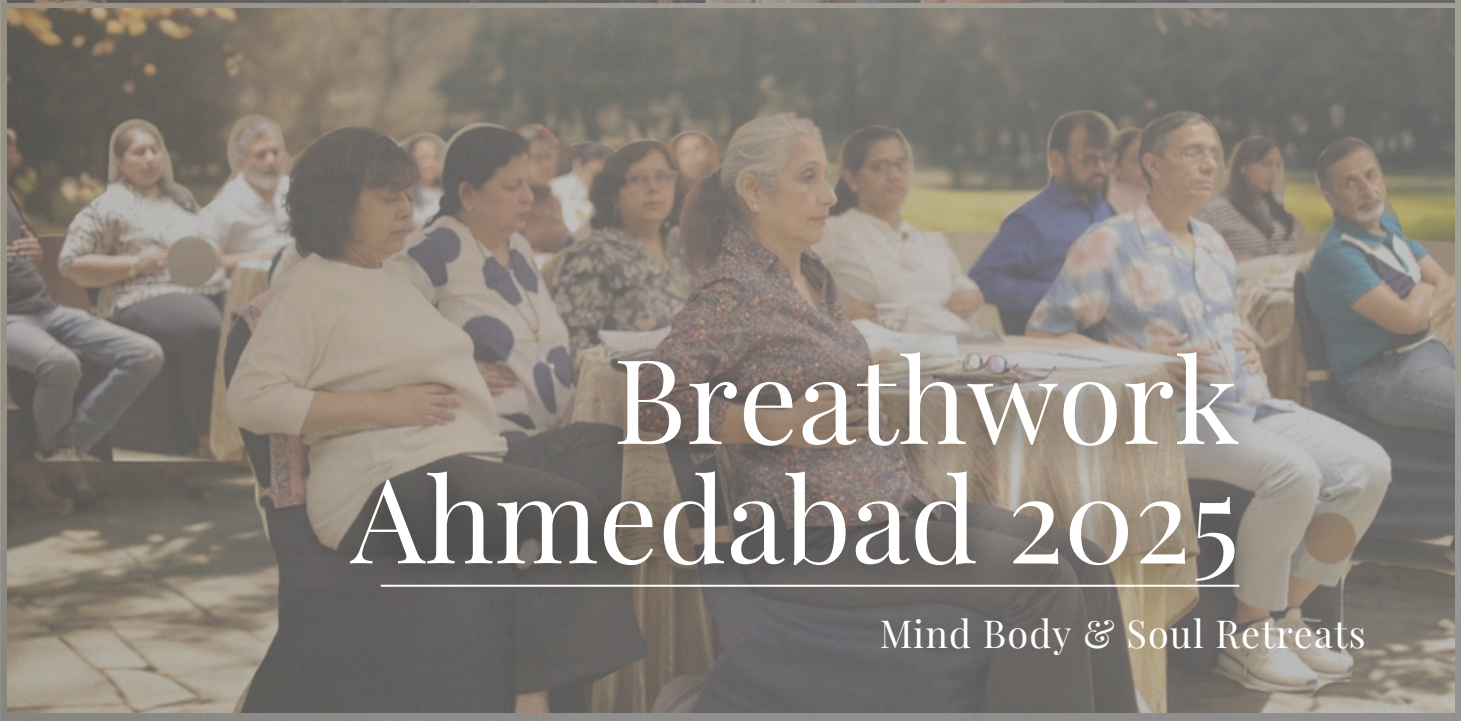
Mind Body & Soul Retreats



Emotional Freedom Dubai 2025



Hypnotic Release London 2025



Breathwork Ahmedabad 2025

Mind Body & Soul Retreats



Radical Forgiveneness Faridabad 2024



Zero Limits 2026 Indore, Raipur, Banglore



Delicious Food

Mind Body & Soul Retreats

Find Your Soul

At the retreat

Finding your soul is discovering an enchanted way of living. When you reconnect with your true essence, life transforms from ordinary to extraordinary. Every moment becomes meaningful, every experience becomes sacred, and the universe begins to respond to your inner alignment.

REGISTER NOW