



A W A K E N N O W

# MIND, BODY & SOUL RETREAT



THE ABBEY INN & SPA  
NEW YORK

JULY 10<sup>TH</sup> - 12<sup>TH</sup>

Become unstoppable

**JOIN US!**

917 916 3442

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



# Mind Body & Soul Retreat



## THE ABBEY INN & SPA

EXPERIENCE THE MIND, BODY, AND SOUL RETREAT AT THE ABBEY INN & SPA — A TIMELESS RIVERSIDE ESCAPE STEEPED IN ELEGANCE AND TRANQUILITY, THIS RESTORATIVE RETREAT COMBINES HISTORIC CHARM WITH MODERN WELLNESS, CREATING THE PERFECT SETTING TO RECONNECT, AWAKEN INNER WISDOM, RELEASE EMOTIONAL BURDENS, AND EMBRACE MEANINGFUL TRANSFORMATION.



# Mind Body & Soul Retreat

BEING LIMITLESS



## ZERO LIMITS

Unlock the Inner Technology for  
Extraordinary Personal Transformation

## RADICAL FORGIVENESS

Free Yourself by Recognizing Patterns  
that Play the Victim

## N.L.P.

NEURO LINGUISTIC PROGRAMMING

Rewire the Beliefs Running Your Life

## HYPNOTHERAPY

Unlocking the Hidden Potential Within

## OXYGEN ADVANTAGE

Power Breath Techniques for Strength

# Mind Body & Soul Retreat

BEING LIMITLESS



## 5 SECOND RULE

Act Before the Mind Talks You Out of It.

## WHO ARE YOU

What if the Barriers Holding you Back Exist Only in the Way You've been Taught to See Yourself?

## E.F.T

Master the Advanced Tapping Technique for Pain Management

## WALKING MEDITATION

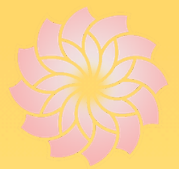
Discover the Art of Conscious Movement

## KALYAN-MITRA

Community Support for Journey Toward Truth & Awakening

# Mind Body & Soul Retreat

BEING LIMITLESS



**Husna Mohideen**



Entrepreneur, 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.

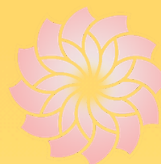
**Ranjana Arora**

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



**Vineet Pandya**

CEO Diamonds & jewelry, New York

Attended the retreat in New York. It was soul awakening. Feels like I saved lifetimes to clear karmas, unwanted memories and unpleasant thoughts! Highly recommend this.

**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 mid-back for the first time and marvelled at it. A little unbelievable.



**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 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

## JULY 10<sup>TH</sup> TO 12<sup>TH</sup>

**FRIDAY, SATURDAY & SUNDAY**

**10:00 AM - 6.00 PM**



**RETREAT & MATERIALS**

**\$699**

**(STAY SEPERATE)**



**GOURMET FOOD**

**LUNCHES(3), & MID  
SESSION AM - PM  
SNACKS INCLUDED**

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



**REGISTER NOW**

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**Surbhi Pandya +1 9179163442**

**[awakenNOW.guru](http://awakenNOW.guru)**

**THE ABBEY INN & SPA, 900  
FORT HILL RD, PEEKSKILL, NY  
10566**



# Hypnotherapy Delhi 2024



# NLP New York 2024



# Embrace Yourself Chicago 2025



# Emotional Freedom Dubai 2025



# Hypnotic Release London 2025



# Breathwork Ahmedabad 2025

Mind Body & Soul Retreats



# Radical Forgiveness Faridabad 2024




# Zero Limits New York 2025



# Delicious Food Indore 2024

Mind Body & Soul Retreats



*At the retreat*

This isn't just a retreat—it's an accelerated path to personal breakthrough. Master rare techniques that instantly quiet your mind, uplift your spirit, and show you how to design the fulfilling life you deserve. The results are almost immediate! Stop dreaming, start living!



**REGISTER NOW**