

INNER FREEDOM HEALING RETREAT

with Soma Chatterjee & Anjali Mathur

RELEASE	RESET & REBALANCE	RETAIN
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20-22 November 2026 | Balkatmane Ayurveda Retreat, Udupi

Three days to step away from the noise, release what you have been carrying, and reconnect with yourself.

You spend so much of everyday life managing, caring, planning and holding everything together. This retreat is your invitation to pause, receive and reset - through a restorative blend of Ayurveda, yoga, meditation, emotional-release work and energy-healing practices.

3 DAYS / 2 NIGHTS A quiet reset away from everyday demands	AYURVEDA + YOGA Body-based restoration and grounding	HEALING + MEDITATION Guided emotional and energy practices	SATTVIC MEALS Meals during the retreat are included
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EARLY BIRD RETREAT INVESTMENT

₹34,999 Twin Sharing | ₹39,999 Single Occupancy

Valid until 15 October 2026 or until the first 5 seats are booked, whichever is earlier.

RESERVE MY RETREAT

To reserve, reply 'BOOK' to the WhatsApp or email through which you received this pack.

YOUR 3-DAY INNER FREEDOM JOURNEY

A simple arc: understand what you are carrying, restore balance, then take the practices home.

DAY 1 - RELEASE | Understanding what I am carrying

Arrive and slow down. Begin with intention-setting, Ayurvedic consultation and an energy-body assessment. Experience Shiro Abhyanga, Soma's Invisible Load & Emotional Release Workshop, Sattvic meals and an immersive Holy Fire Reiki healing meditation.

DAY 2 - RESET & REBALANCE | Restoring balance within body, emotions and energy

Begin with gentle yoga, pranayama and chakra awakening. Move through Abhyanga, the Resetting the Inner World Workshop, mirror work and self-worth practices, a silent nature experience, and an evening Reiki, Angel and Chakra Healing Meditation.

DAY 3 - RETAIN | Carrying the experience home

Ground into the final morning, experience the Ocean of Holy Love meditation by the sea, write to your Future Self, receive your 21-Day Retain Your Healing Plan and close with final Ayurvedic guidance before departure.

WHAT'S INCLUDED

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| <ul style="list-style-type: none"> • 2 nights accommodation • All Sattvic meals during the retreat • Herbal refreshments • Ayurvedic consultation • Shiro Abhyanga and Abhyanga therapies • Yoga and Pranayama | <ul style="list-style-type: none"> • Emotional-release and self-worth workshops with Soma • Energy-body assessment • Reiki, Chakra and Angel healing experiences • Guided meditations and nature experiences • Beach meditation experience • Future Self practice + 21-Day Retain Your Healing Plan |
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NOT INCLUDED

Airfare and travel/airport transfers to and from Udupi are not included.

Optional private Reiki sessions with Soma and additional Ayurvedic therapies, if chosen, are available at an additional cost.

All Ayurvedic assessments and therapies are planned and supervised by Balkatmane's qualified Ayurvedic team.

YOUR RETREAT INVESTMENT

Choose the stay option that feels right for you.

TWIN SHARING

₹34,999

Regular Price: ₹30,000

SINGLE OCCUPANCY

₹39,999

Regular Price: ₹35,000

EARLY BIRD PRICE - Valid until 15 October 2026 or until the first 5 seats are booked, whichever is earlier.

HOW TO RESERVE YOUR PLACE

- 1** Reply BOOK to the WhatsApp or email through which you received this pack.
- 2** Choose Twin Sharing or Single Occupancy and complete the booking/payment step shared with you.
- 3** Once confirmed, you will receive the participant registration form and practical retreat information.

TRAVEL SNAPSHOT

Planned arrival at the resort: around 10:30 AM on 20 November. The retreat concludes after lunch on 22 November, with departure for the airport planned around 2:30 PM.

The sequence/timings may be adjusted slightly for on-ground operations while preserving the core retreat experience.

THREE DAYS. ONE INTENTION: YOU.

A little distance from everyday responsibilities. Space to receive. Time to reconnect with yourself.

REPLY BOOK TO RESERVE YOUR PLACE

Soma Chatterjee | Founder & Director, Inner Wisdom Light Pvt. Ltd. | www.innerwisdomlight.com