

## Anubhuthi – Spiritual Retreat



We are running! Yes, we are running behind something that we think can make us feel secure; searching for something that we 'think' will make us complete and happy. And in this run chase, we forget the most important component of happiness-Ourselves. When was the last time we did something that made us truly feel good? How far have we gone ahead in identifying our vision, purpose and aspire to achieve it? Most of the questions of our lives are still unanswered. Do we know ourselves inside out? Definitely not!

Follow your inner voice and discover your way of life, with us in "My Discovery" spiritual retreat. Reinvent yourself; Re-evaluate your dreams, your purpose, your path and your destination and Reengineer your choices. Come face to face with the way you are. Interact with the co-participants, your mentor and your deepest insecurities, fear, inhibitions and complexes. Explore the best and the real in you, while exploring the nature. This retreat is for you, if you are running and searching for yourself!

We invite you to participate in our three days "My Discovery" spiritual retreat. This retreat provides you with the opportunity to reflect and re-evaluate your life from a different perspective, and thus create opportunities to reshape your life and sense of 'Self' with renewed levels of authenticity. Ignite your spirit, nurture inspiration and creativity, and navigate your life with more meaning and purpose. This is the time to look within and introspect. "My Discovery" retreat promises to answer all your un- answered questions about you. We will take you on a journey to identify your true nature. This is an opportunity to discover a new "YOU" within yourself. At the end of this retreat, all the answers will fit together and you create your bigger, beautiful picture.

The "My Discovery" spiritual retreat offers more than just relaxation, rest and rejuvenation - it offers you the possibility to discover a more expanded view of your sense of 'Self' and create a new way of Life! An enlightening, engaging, and rewarding transformational experience focused on supporting you to resolve core issues in your life with mindful awareness, and an understanding centered in enduring values. During these three days you will experience a progressive journey of "Self-discovery" and exploration through the inner journey and few meditation and spiritual practices. Hurry up and sign-in, this might be the best present from you to yourself.