

SAYA SHALA · TAPOVAN, RISHIKESH

A THREE-DAY IMMERSION · AWARENESS · RELEASE · EMBODIMENT

AWAKEN

Journey to the Self

*Three days to set down what you've been carrying,
and meet yourself again through breath, sound, and stillness.*

DATES

10 · 11 · 12 July 2025

SAYA SHALA · 17 TAPOVAN ROAD, RISHIKESH

3 DAYS · MAX 12 SEATS

HELLO@SAYASHALA.IN

A pause, deep enough *to matter.*

Most of us arrive in Rishikesh already tired — not just from travel, but from the noise we carry without noticing. AWAKEN is built around a simple belief: that real change happens when we slow down enough to actually feel something, instead of moving past it.

Over three days, you'll move through a deliberate arc — first noticing what's true for you, then releasing what no longer serves you, and finally embodying what remains. No performance, no spiritual jargon to live up to. Just breath, sound, honest reflection, and a small group of people doing the same quiet work beside you.

By the close of Day 3, nothing outside you will have changed. But something in how you carry yourself usually has.

THE THREE-DAY JOURNEY

Each day builds *on the one before.*

The order is the point — you can't embody what you haven't released, and you can't release what you haven't first become aware of.

I

Be Aware

II

Release

III

Embody

FRIDAY · 10 JULY	SATURDAY · 11 JULY	SUNDAY · 12 JULY
See yourself clearly. We open with a welcome circle and intention-setting, then a reflective art workshop and an evening breathwork session bring what's true into focus — before the day closes with music and dance.	Let go of what is no longer serving you. A morning of release movement and journaling leads into a dynamic Osho meditation and an emotional release art workshop, with a sound bath in the evening to move it all through.	Integrate your insights and step into aligned action. Slow embodiment movement, integration journaling, and a closing circle help you carry the stillness of these three days back into daily life.

DAY BY DAY

The detailed programme.

Day 1 · Be Aware · Friday 10 July

11:00 AM – 12:00 PM	Opening Ceremony & Welcome Circle
12:00 PM – 1:00 PM	Intention Setting Workshop
1:00 PM – 2:30 PM	Lunch Break
2:30 PM – 4:30 PM	Reflective Art Workshop — Understanding Your Current State
4:30 PM – 5:00 PM	Tea Break
5:00 PM – 6:00 PM	Breathwork Session
6:30 PM Onwards	Music & Dance Gathering

Day 2 · Release · Saturday 11 July

Morning	Release Movement & Journaling
Midday	Dynamic Osho Meditation

Afternoon	Emotional Release Art Workshop
Evening	Sound Bath — Tibetan Bowls & Gongs

Day 3 · Embody · Sunday 12 July

Morning	Slow Embodiment Movement
Midday	Integration Journaling
Afternoon	Closing Circle & Ceremony

Meals and tea breaks are built into the rhythm of each day alongside the sessions.

HELD BY

Four guides. *One circle.*

Rucha

DOCTOR & HOLISTIC FACILITATOR

Rucha trained as a doctor before turning her attention to the body's other intelligence — breath, nervous system, and the stories held in tissue. She brings a clinician's precision and a deeply gentle presence to every space she holds.

@thethreebodyclinic

Abha

YOGA GUIDE & FORMER ENGINEER

Abha spent years building systems as an engineer before stepping away to travel and follow a quieter calling. For the past three years she's walked the yogic path in earnest, holding space with the same curiosity that took her around the world.

@flowbyabha

Shiv

MUSICIAN & SOUND FACILITATOR

Shiv has spent fifteen years inside the music industry, learning what sound does to a room and a nervous system long before he ever called it

Krishna

ARTIST

Krishna moves fluidly between mediums — paint, clay, collage, whatever a moment asks for. His work with AWAKEN's participants isn't about technique;

healing. He brings rhythm, restraint, and deep listening into every circle he leads.

@kabir_pankh

it's about giving people permission to make something honest, even if it's messy.

@king_of_klay

WHAT'S INCLUDED

Everything you need *for the three days.*

- **Daily Workshops**
Guided sessions for each stage of the journey, from awareness to embodiment.
- **Sound Healing**
Tibetan bowls, gongs and vibrational immersion to support deep release.
- **Art Sessions**
Expressive, wordless ways to process and let go of what words can't reach.
- **Breathwork**
Active and restorative pranayama practices, held by an experienced facilitator.
- **Journaling**
Guided prompts for honest reflection and integration — no writing experience needed.
- **Group Activities**
Opening and closing circles, rituals and shared moments that build real connection.

Accommodation and sattvic meals aren't included in the workshop fee, but can be arranged with us on request — just let us know when you reserve your seat.

INVESTMENT

With Accommodation

Accommodation is arranged separately at Saya Shala. The options below include your stay alongside the retreat programme. Pricing to be confirmed — reach out to enquire.

OPTION A

Shared Room

₹

16,999

per person · 3 nights

OPTION B

Private Room

₹

18,999

per person · 3 nights

WORKSHOP ONLY

No Accommodation

₹

14,999

per person · 3 days

10–12 July

DATES

3 Days · 2 Nights

DURATION

Max 12 Seats

GROUP SIZE

Saya Shala,

Tapovan

LOCATION

RESERVE YOUR PLACE

Twelve seats.
One circle.

AWAKEN is kept intentionally small, so every person is genuinely seen.

Once the seats are gone, the next opening is a future cohort.

WHATSAPP

WhatsApp Reservations

EMAIL

hello@sayashala.in

FIND US

17 Tapovan Road, Rishikesh 249192

Free pick-up & drop from Balaknath Temple, 250m away — let us know your arrival time when you reserve.

