# Palli RETREAT

Modern-day Yoga Retreat for The New Generation



## Day 1 24 January 2024

2:00 pm - Arrival & Lunch
3:30 pm - Opening Session
4:00 pm - Ice Breaking & Connecting
over Snacks

6:00 pm - Poolside Bliss 7:30 pm - BBQ Delight + Dinner 9:30 pm - Peaceful Meditation

## Day 2 25 January 2024

6:00 am - Nature Hike & Outdoor Meditation Session (with breakfast) 12:00 am - Relaxation Time

1:00 pm - Lunch 2:00 pm - Soulful Break 4:00 pm - Snacks, Tribe Fun & Contemplation

6:00 pm - Relaxation Yoga 8:00 pm - Dinner 9:30 pm - Mindfulness Meditation

## Day 3 26 January 2024

7:00 am - Hatha Yoga 8:30 am - Breakfast 12:00 am - Rewriting our story

1:00 pm - Lunch 2:00 pm - Tribe Fun 4:00 pm - Snacks & Soulful Break

5:30 pm - Sunset Bliss & Fun by the Beach 8:00 pm - Finale Dinner 9:30 pm - Meditation session

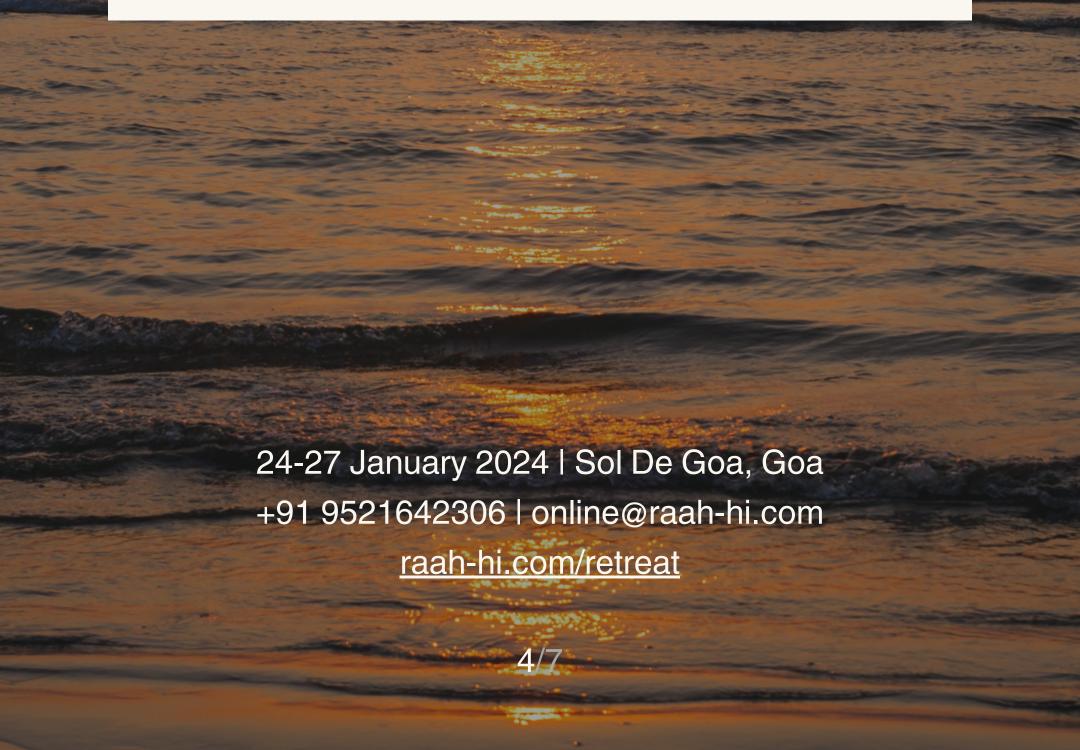
## Day 4 27 January 2024

7:00 am - Yin Yoga

8:30 am - Breakfast

10:00 - Closing Session

12:00 pm - Checkout



### RETREAT

#### What Makes Raah\_hi Retreat Unique?

It's about more than just yoga and meditation; it's a holistic approach to well-being that combines the best of introverted reflection and extroverted connection.

Our uniqueness lies in curating experiences in tranquil locations, where it's easy to embrace the beauty of the present moment.

At Raah\_hi Retreat, we stand out through a distinctive fusion of introspection and social connection—creating a harmonious balance that's often hard to find. Manasi, your guide on this transformative journey, brings a unique perspective shaped by her experiences.

So join us for an unparalleled retreat experience, where the extraordinary becomes the norm.



Manasi, or as you fondly know her, Raah\_hi, is certified in yoga with Yoga Alliance (YTTC 200 & 300) and Sound Healing. She seamlessly intertwines her passion for travel with the transformative practices of yoga and meditation.

For Manasi, yoga is a guiding force through life's intricacies. Her travels have been a journey of self-reflection, expanding her view on life, opportunities, and spirituality. In fact, travel became her path to spirituality.

Join her and others on a journey where slowing down and embracing the present become powerful tools for navigating life's challenges.

Let Raah\_hi be your haven for self-discovery and overall well-being

### Quick Links

#### Information:

Website

T&C's & Refund Policy

Privacy Policy

To book your spot, kindly follow the link below:

Personal Information & Declaration

For queries, contact:

+91 9521642306

online@raah-hi.com

## SEE YOU IN GOA!

Note: The itinerary is subjected to further adjustments and confirmation