

Raah hi RETREAT

*Modern-day Yoga Retreat for
The New Generation*

24-27 January 2024 | Sol De Goa, Goa

+91 9521642306 | online@raah-hi.com

raah-hi.com/retreat

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

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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