

*20- 27 February, 2025*  
**DEEP DETOX  
RETREAT**

*Join us in exploring the art of detoxification, alkaline nutrition and juice fasting. Enjoy daily Meditations, yoga sessions, nature walks, healing therapies and group activities.*

*SEE YOU IN VARKALA!*



# VENUE

## **Sukriti Beach Resort**

Located right on the Arabian Ocean, Sukriti Resort offers expansive views, a lush garden and access to your private beach. Enjoy the peaceful settings and breathe in the breeze of the ocean.



## **Accommodations**

Experience comfort in simplicity with our clean minimalistic rooms with attached bathrooms will ensure privacy while you reconnect with nature and focus on your detox journey.

## **Choose your room**

Garden View Standard Room

Garden View Cottage Room

Partial Sea View Cottage

Single or double occupancy





*20-27 February, 2025*

# PROGRAM

## **20 Feb: Arrivals**

Lunch

Opening circle

Nature walk

Dinner

Meditation & Journaling

## **21- 26 Feb**

Yoga

Breakfast

Educational session

Lunch

Healing session OR Group Activity

Herbal tea & snacks

Nature reflective walk

Wow moments & dinner

Meditation & Journaling

## **27 Feb: Departures**

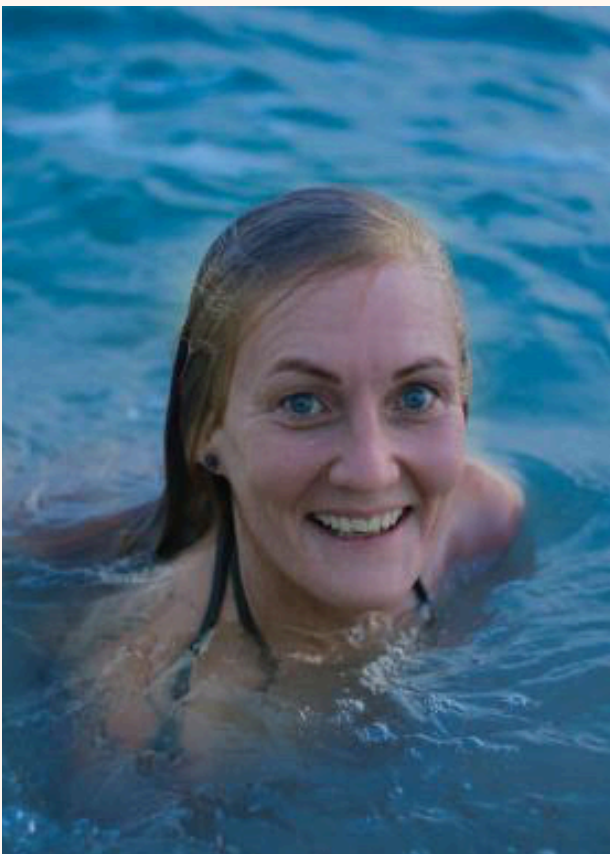
Morning Estatic Dance & Yoga

Breakfast

Closing circle

# HOSTS

**Gagan** is a dedicated Regenerative Detoxification Coach, Iridologist, Herbalist, and Sujok Therapist with a deep passion for natural healing. Specializing in cancer and autoimmune conditions, Gagan uses a holistic approach to guide clients on their healing journey, focusing on detoxification and the body's natural ability to regenerate. Through personalized detox programs, herbal remedies, and therapies like Sujok, Gagan empowers individuals to restore their health and achieve long-lasting wellness.



**Sara** is a traveler at heart, always diving deep into new experiences and knowledge. As a passionate yoga practitioner, Sara is dedicated to raw food, nutrition, detoxification and fasts. She thrives on sharing her insights with others and hosting spaces where she can connect and exchange wisdom. Her approach is rooted in "experimental wisdom," constantly evolving through hands-on experiences and discoveries in her fields of interest. Varkala has been her home for over five years, where she is learning the art of standing still while simultaneously unraveling, learning, and unlearning.

@tuvaltribe

@balancing.ph

20.02-27.02- 2025

## DETAILED PROGRAM

### **20. February**

12pm: Check-in  
2pm: Lunch, Cooked Meal  
4.30pm: Opening Circle  
6.30pm: Nature/ Reflective Walk  
7.30pm: Dinner, Cooked Meal  
8.30pm: Meditation & Journaling

### **21 February**

6am: Wake-up  
7am: Yoga  
8am: Breakfast, Smoothie Bowl  
10am: Educational Session  
1.30pm: Lunch, Cooked Meal  
4pm: Herbal Tea & Snacks  
4.30pm: Group Activity Breaking the Ice  
6.30pm: Nature/ Reflective Walk  
7.30pm: Wow Moments & Dinner, Soup  
8.30pm: Meditation/ Journaling

### **22 February**

6am: Wake-up  
7am: Yoga  
8am: Breakfast, Smoothie Bowl  
10am: Educational Session  
1.30pm: Lunch, Veg Raw Salad  
4pm: Herbal Tea & Snacks  
4.30pm: Ice Therapy  
6.30pm: Nature/ Reflective Walk  
7.30pm: Wow Moments & Dinner, Soup  
8.30pm: Meditation/ Journaling

### **23. February**

6am: Wake-up

7am: Yoga

8am: Breakfast, Smoothie Bowl

10am: Educational Session

1.30pm: Lunch, Raw Veg Salad

4pm: Herbal Tea & Snacks

4.30pm: Game of Emotions

6.30pm: Nature/ Reflective Walk

7.30pm: Wow Moments & Dinner, Smoothie

8.30pm: Meditation & Journaling

### **24 February**

6am: Wake-up

7am: Yoga

8am: Breakfast, Fruits

10am: Educational Session

1.30pm: Lunch, Raw Veg Salad

4pm: Herbal Tea & Snacks

4.30pm: Mud Bath

6.30pm: Nature/ Reflective Walk

7.30pm: Wow Moments & Dinner, Fruits

8.30pm: Meditation/ Journaling

### **25 February**

6am: Wake-up

7am: Yoga

8am: Breakfast, Fruits

10am: Educational Session

1.30am: Lunch, Fruits

4am: Herbal Tea & Snacks

4.30am: Art Workshop

6.30am: Nature/ Reflective Walk

7.30am: Wow Moments & Dinner, Juice

8.30am: Meditation/ Journaling

## **26. February**

6am: Wake-up

7am: Yoga

8am: Breakfast; Juice

10am: Educational Session

1.30pm: Lunch, Juice

4pm: Herbal Tea & Snacks

4.30pm: Sound Healing

6.30pm: Nature/ Reflective Walk

7.30pm: Wow Moments & Dinner, Juice

8.30pm: Meditation & Journaling

## **27 February**

6am: Wake-up

7am: Yoga/ Education Session

8am: Breakfast, Smoothie Bowl

9am: Closing Circle Estatic Dance

11am: Check-out

### **\*\*Marma Massage**

Each participant will receive one Marma Massage, included in the retreat package. This will be scheduled between February 22nd and 25th.

If you would like additional massages, they are available for booking at an extra charge.

# ROOMS & PRICES

.Choose from three different room types, each with an attached bathroom and fan.

Hot water is available on request, and the ocean breeze keeps things cool without AC. Furry animals live on-site.

## **Garden View Standard Rooms**

Cozy Rooms with garden Views

Single Room occupancy with Single Bed

*Price 74000 INR or 830 Euro per person, single occupancy*

Double Room with 2 Single Beds

*Price 68000 INR or 770Euro per person double occupancy*

*Price 78000 INR or 880Euro per person single occupancy*

## **Garden View Cottage Room**

Spacious Rooms with garden views and a private balcony.

Double room with 2 Single Beds

*Price 72000 INR or 810 Euro per person, double occupancy*

*Price 81000INR or 910 Euro per person single occupancy*

## **Partial Sea View Cottage**

Spacious Room with partial sea view and a private balcony.

Double Room with 2 Single Beds

*Price 75000 INR or 840 Euro per person, double occupancy*

*Price 90000 INR or 1000 Euro per person single occupancy*

**\*\*Price includes FULL Retreat Experience per person in either shared or single occupancy as stated above.**

**\*\*Not included**

**Airfare**

**Transfer from airport**

**Insurance**

**Closest airport is Trivandrum Airport, 45km away.**

**Closest Trainstation is Varala Sivagiri**