



# Soul Quest Retreats

*Where the body remembers, the breath awakens  
and the soul finds its way home*

SOMATIC HEALING • BODY & MIND DETOX • SHAMANIC MUSIC THERAPY  
VAJRAYANA • TRIBHANGAMURARI KRIYA • MANDALA CHAKRA ACTIVATION  
SHAMANIC MUSIC • SIGNATURE SOMA CONSCIOUSNESS • TRULKOR  
EPIGENETICS YOGIC PRACTICES • HIMALAYAN PILGRIMAGE



RETREAT 01 OF 07



## 4-Day Somatic Healing & SOMA Detox Retreat

*A Premium Urban Sanctuary for Deep Nervous System Restoration and Cellular Renewal*

4 Days • 3 Nights

Intimate Group

Organic Vegetarian Meals



### What Is This Retreat About?

The **SOMA Detox & Somatic Healing Retreat** is a highly confidential, professionally curated sanctuary designed to facilitate deep emotional unburdening and complete physical rejuvenation.

Modern life forces the body to store unexpressed stress, boundary violations, corporate anxiety, and unhealed emotional fatigue deep within the cellular tissue. This retreat bridges **cutting-edge somatic trauma release science** with traditional **Ayurvedic detox chemistry** and **sacred plant-alkaloid integration**. We provide a non-judgmental container where you can safely drop your corporate armor, release what no longer serves your body, and activate your highest vital force—the legendary *Soma* within.



### Whom Is It For?

This exclusive immersion is limited to an intimate group of high-achieving individuals who value privacy, depth, and safety. It is explicitly designed for:

#### ✦ Burnt-Out Executives & Founders

Tech leaders, creators, and professionals suffering from chronic cognitive fatigue, insomnia, and high-velocity stress.

#### ✦ The Emotionally Exhausted

Those who feel a constant "tightness" or armor in their chest, jaw, or hips, and know they need a deep, physical cry or somatic discharge to reset.

#### ✦ Conscious Seekers of "The Nectar"

Individuals who want to experience expanded states of consciousness, deep emotional clarity, and a profound energetic shift without traveling to South America.

#### ✦ Wellness Purists

Anyone experiencing gut issues, inflammation, or metabolic sluggishness who desires a clean, premium, full-body cellular reset.



### The Secret Highlights

*(What You Silently Wish For)*

We have intentionally designed this retreat around the profound, unuttered desires that standard yoga holidays completely ignore:

1

#### The Shadow Space (Safe Emotional Breakdown)

A dedicated, non-judgmental environment where it is completely safe to cry, shake, express stored anger, or be completely vulnerable without looking "weak" to the outside world.



## 2 The Sacred Soma Elixir (Indirect Plant Medicine Integration)

Throughout the retreat, you will be introduced to premium, ethically sourced, third-party verified **adaptogenic master botanicals and nerve-toning plant complexes**. These sacred herbal micro-protocols safely alter internal chemistry, open the heart, and gently expand consciousness to facilitate deep emotional processing—all without any legal or psychological risk.

## 3 Deep Somatic Boundary Work

Learn how to physically feel, set, and protect your energetic boundaries—crucial for professionals who struggle to say "no" to demanding corporate or personal lives.

## 4 Absolute Digital Anonymity

A structured protocol to hand over your devices, ensuring your privacy is protected and allowing your brain's dopamine receptors to completely reset.



## The Fluid Flow Itinerary

(No Restrictive Timestamps)

DAY 1

### The Arrival & Grounding

(Dropping the Armor)



LATE  
AFTERNOON

#### The Welcome Sanctuary

Check-in at our mist-covered valley estate near Bangalore. Hand over digital devices, enjoy a custom organic *Soma* botanical elixir, and settle into your premium cottage.



TWILIGHT

#### The Somatic Circle

An intimate opening ceremony to establish strict safety containers, set clear boundaries, and introduce the practice of nervous system tracking.



EVENING

#### The Cellular Nourishment Dinner

A light, warm, gut-soothing Ayurvedic welcome supper designed to gently signal to the liver and digestive tract that the rest period has begun.

DAY 2

### Deep Somatic Release & Cellular Unburdening

(The Purge)



DAWN

#### The Awakening Flow & Breath Architecture

Gentle somatic movement to unlock physical tension held in the fascia, jaw, spine, and psoas muscles.



MORNING

#### The Liquid Matrix Integration

A nutrient-dense green juice and herbal nerve-tonic protocol to flood the bloodstream with high-vibration enzymes.



MID-DAY

#### Personalized Detox Treatments

Dedicated hours for ancient therapeutic oil applications, deep tissue release, or profound silent rest in nature.



## DAY 2

**Deep Somatic Release & Cellular Unburdening**  
*continued*
LATE  
AFTERNOON**The Trauma Release Shake**

A powerful, guided somatic shaking and neurogenic tremoring session to safely discharge years of stored survival stress from the body.



EVENING

**Starlit Frequencies & Sound Bath**

A nourishing medicinal soup followed by a profound vocal and sound-vibrational layout to slide your brainwaves into deep REM healing.

## DAY 3

**The SOMA Awakening**  
*(Expansion & Heart Opening)*


DAWN

**Pranic Vitality & Neuro-Somatic Breathwork**

Transitioning into advanced breathwork mechanics to oxygenate cells, alter blood alkalinity, and unlock deeply suppressed emotional blockages.



MORNING

**The Shamanic Integration Circle**

A safe space to consciously process and speak through the insights, visions, or emotional releases experienced during the breathwork.



MID-DAY

**Silent Forest Immersion**

A guided, wordless walk through the estate's natural trails, allowing the earth to absorb residual survival energy.

LATE  
AFTERNOON**The Nectar Alignment**

An advanced energy-body activation session utilizing adaptogenic plant tonics to expand the heart center and invite deep self-compassion.



EVENING

**Celebration Harvest & Sacred Fire**

A beautiful, multi-course solid vegetarian banquet gathered around a warm bonfire, celebrating newfound lightness and shared human connection.

## DAY 4

**Structural Integration & Return**  
*(Stepping Into Power)*


DAWN

**The Closing Realignment sequence**

A grounding physical flow designed to lock in structural bodily changes and prepare the nervous system for the return journey.



MORNING

**The Integration Masterclass**

A highly practical blueprint teaching you exactly how to protect your regulated nervous system and maintain your cellular health when you return to the Bangalore corporate matrix.



MID-DAY

**The Farewell Banquet & Departure**

A grand, celebratory harvest brunch followed by final goodbyes as you step back into the world entirely transformed.



## Benefits & Tangible Takeaways

### ✦ A Re-Calibrated Nervous System

A total shift out of chronic "Fight-or-Flight" mode into a sustained state of calm, creative clarity, and deep presence.

### ✦ Deep Cellular Detoxification

Elimination of physical bloating, systemic inflammation, and gut stagnation through tailored nutrition.

### ✦ The Ultimate Somatic Toolkit

Practical, lifelong physical techniques (shaking, breath holds, fascial releases) to instantly discharge stress at your desk.

### ✦ Emotional Unburdening

A lightness in the chest and shoulders resulting from letting go of unexpressed grief, anger, or workplace resentment.



## Inclusions

*(Everything is Handled)*



### All-Days Luxury Accommodation

Single occupancy in a private premium cottage surrounded by pristine nature.



### Sacred Full Meal Plan

100% vegetarian, organic, farm-to-table gourmet meals custom-designed for cellular detoxification.



### Beverage

Organic artisanal coffee, specialty loose-leaf teas, fresh herbal adaptogenic infusions, and evening detox broths.



### All Workshop Assets

Full access to all props, somatic kits, premium sound healing instruments, and individual integration notebooks.



## Retreat Cost Per Person

To reflect the hyper-exclusivity, the high facilitator-to-guest ratio, the premium plant adaptogens, and the luxury nature of the venue, this retreat is offered at an elite tier.

**BEST VALUE**

**EARLY-BIRD INVESTMENT**

*(Paid 30 Days Prior)*

**₹42,000**

*(All-inclusive individual package)*

**STANDARD INVESTMENT**

**₹48,000**

*(All-inclusive individual package)*

*The package cost may change as per ground conditions.*



YOUR GUIDES

## Retreat Hosts & Facilitators



FOUNDER • LEAD FACILITATOR

### Yogi Kiran

Trained in the Zhang Zhung Nyen Gyu lineage of Tibetan Yogic practices, Yogi Kiran has over 28 years of dedicated yogic practice. Yogi Kiran has served as Director HR & Administrative Services in Govt of India Core Department

and has now dedicated his life in the service of human health.

He has expertise and mastery in **Bon Yoga, Trul Khor, Tsa Lung, Pranayama, Kriya Yoga, Ashtanga Yoga, Kundalini & Samadhi Yoga**. His signature healing is in **SOMA therapy**.

In the past he has authored a book named *"Life Beyond Mundane Spirituality"* & now authoring a book named *"Debunking Spiritual Myths"*.



CO-FOUNDER • FACILITATOR • MEDITATOR • DEVOTEE

### Payal Kalyani

Guided by the gentle light of internal silence, Payal Kalyani's journey is rooted in the sacred convergence of reflection and devotion. Her life and practice flow beautifully across three sacred landscapes:

- ✦ **Raja Yoga (The Sovereign Self):** Cultivating a life of profound soul-consciousness, she practices the art of steadying the inner kingdom. By moving beyond physical complexities, she connects directly with the Supreme Source, weaving a deep sense of innate peace and clarity into every everyday moment.
- ✦ **Bhakti Yoga (The Devoted Heart):** For Payal, spirituality is a lived emotion. Through sweet reverence and unconditional love, she channels her inner thoughts into absolute devotion—turning daily awareness into a continuous prayer of surrender and grace.
- ✦ **Dhyana Yoga (The Silent Space):** Stripping away external rituals, she finds her ultimate sanctuary in pure, uninterrupted meditation. In this quietude, the noise of the world fades, leaving only the tranquil awareness of the true self.

Through stillness, love, and mindful living, Payal inspires a life where meditation is not just a practice, but a permanent state of being.



FACILITATOR • AACHARYĀ • YOGA & WELLNESS EXPERT • 30+ YEARS OF DEDICATED PRACTICE

### Padma Mandapaka

For over three decades, Acharyā Padma Mandapaka has been a trusted beacon of health, balance, and spiritual alignment in the vibrant city of Hyderabad. With a deeply rooted foundation in authentic Patanjali Yogic practices,

her life's work is dedicated to unlocking the profound, transformative power of yoga for modern lives.

As a certified Acharyā, Padma brings a rare blend of timeless scriptural wisdom and practical wellness methodologies to her classes. For the past 30 years, she has successfully designed and conducted specialized yoga wellness programs, helping countless individuals navigate their unique journeys toward complete physical vitality and mental tranquility.

Her extensive knowledge spans the depths of classical yoga philosophy, breathwork, and holistic well-being. Rather than treating yoga as mere physical exercise, Padma guides her students to view it as a pathway to inner harmony, resilience, and self-mastery. Whether you are seeking physical rejuvenation, stress relief, or a deeper connection to your inner self, her seasoned guidance offers the perfect sanctuary to heal, grow, and thrive.

*"Guided through a structured 4-day progression within a safe, nurturing and supportive environment—so you can focus entirely on your inner work."*



✦ TRANSFORMATIVE RETREATS ✦

# Begin Your Journey Within

*Four sanctuaries. One purpose –  
to return you to yourself.*

|                                                                                     |                                     |        |
|-------------------------------------------------------------------------------------|-------------------------------------|--------|
|  | Somatic Healing & SOMA Detox        | 4 DAYS |
|  | SOMA Detox & Shamanic Healing       | 4 DAYS |
|  | Tibetan Vajrayana & Somatic Healing | 4 DAYS |
|  | SOMA Detox & Himalayan Journey      | 7 DAYS |

## Soul Quest Retreats

TRANSFORMATIVE RETREATS