



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 07 OF 07



7-Day SOMA Detox & Spiritual Journey in Himalayas

The Ultimate High-Altitude Pilgrimage: A Sacred Immersion into Vajrayana Meditation, Kriya Lineages, and the Cave of Mahavatar Babaji

7 Days • 6 Nights

12 Guests Only

Organic Vegetarian Meals



What Is This Journey About?

The **7-Day SOMA Detox & Spiritual Journey in Himalayas** is a definitive, once-in-a-lifetime metaphysical pilgrimage engineered for serious seekers who demand profound spiritual depth, absolute physical cellular purges, and direct contact with the source of ancient master lineages.

Hosted in the mystical, high-vibration peaks of **Dunagiri and Kukuchina**, this immersion steps far beyond typical leisure wellness. It gracefully bridges **esoteric Tibetan Vajrayana subtle-body technologies, sacred geometry mandala meditations**, and an active pilgrimage to the legendary birthplace of Kriya Yoga—the **Mahavatar Babaji Cave**. Far removed from the noise of the modern world, you will undergo an intense physical cellular detoxification while tracking and systematically clearing your energetic channels, activating *Soma*—the divine internal nectar of timeless clarity, boundless life-force, and diamond-like cosmic consciousness.



Whom Is It For?

This elite-tier, deeply held mountain container is strictly limited to a private capsule of **12 dedicated individuals** who value supreme privacy, mental maturity, and profound transpersonal exploration. It is custom-tailored for:

✦ The Advanced Spiritual Seeker

Initiates and meditators who feel called to experience the raw, unmonetized power of the high Himalayas and step directly into a living lineage axis.

✦ Burnt-Out Visionaries & Leaders

High-net-worth founders, creators, and executives seeking a radical cognitive reset, clear perspective on their life's next chapter, and an absolute nervous system unburdening.

✦ Lineage & Kriya Devotees

Seekers looking to trace the roots of the ageless masters and experience deep energetic transformation at the precise geographic vortex where cosmic transmissions occur.

✦ Holistic Biohackers

Those who recognize that ultimate human optimization requires a simultaneous purification of physical organs, dense fascial tissue, and the subtle energy channels.



The Deep Highlights

(What You Silently Wish For & Expect)

We have designed this pilgrimage around the deep, unuttered expectations that standard spiritual retreats fail to deliver:

1

The Pilgrimage to the Source (Mahavatar Babaji Cave at Kukuchina)

A physically guided, energetic trek to the sacred cave where Babaji revived the immortal science of Kriya Yoga. You will not merely sightsee; you will spend hours in deep, silent meditation inside this highly charged portal, absorbing the timeless residual frequencies of the Great Masters.

2

Vajrayana Subtle Body & Mandala Architecture

Direct activation of the internal wind channels (*Tsa Lung*) and advanced geometric Mandala visualization techniques to systematically collapse mental chatter and dissolve ancestral karma held within the **Seven Chakras**.

3

The Hidden Soma Nectar Matrix (Indirect Plant Medicine Architecture)

Throughout the high-altitude transition, your biology will be supported by a highly guarded protocol of **ethically wildcrafted, concentrated Himalayan adaptogenic master botanicals and neuro-toning plant complexes**. These legal, custom-formulated elixirs naturally lower nervous system resistance to thin mountain air, optimize cellular oxygen intake, open the heart center, and smoothly expand internal neural capacity to safely anchor profound mystical downloads.

4

The Pristine Himalayan Stillness

Total immersion in the silent valleys of Dunagiri, letting the ancient mountain geometry, glacial winds, and pristine air naturally recalibrate your pineal gland and completely rewrite your internal stress metrics.



The Fluid Flow Itinerary

(No Restrictive Timestamps)

DAY 1

The Gathering & Ascent to the Sacred Mandala



MORNING TO
AFTERNOON

The Himalayan Approach

Arrive at our secluded luxury eco-sanctuary nestled in the pristine ridges of Dunagiri. Unplug all digital communication devices, receive your custom high-vibration *Soma* grounding tonic, and adjust to the crisp mountain air.



TWILIGHT

The Border of the Mandala Ceremony

An intimate gathering to establish strict energetic containers, define personal space boundaries, and introduce the tracking architecture of the Himalayan subtle-body currents.



EVENING

The Pranic Mountain Supper

A warm, gut-soothing, mineral-rich Ayurvedic welcome meal designed to ground the physical body and prepare your biology for deep cellular stillness.



DAY 2

De-Armoring & Shaking the Vessel

(The Cellular Purge)



DAWN

The Himalayan *Tsa Lung* Flow

Lineage-based subtle body movements and targeted fascial unwinding to open the chest, spine, and jaw where urban survival stress hides.



MORNING

The Liquid Alchemy Delivery

A continuous delivery of live, high-altitude enzyme green juices and adaptogenic root tonics to flush out internal inflammation and accelerate organ detoxification.



MID-DAY

Specialized Bio-Energy Balancing

Dedicated hours for warm herbal oil treatments, deep somatic decompression, or wordless reflection under the gaze of the snow-capped peaks.

LATE
AFTERNOON

Neurogenic Shaking & Sacred Sound Activation

An intensive, safely held somatic shaking sequence paired with massive Himalayan singing bowls to force the nervous system to drop old corporate anxiety loops.



EVENING

Starlit Mantra Architecture & Core Rest

A nourishing medicinal broth followed by silent star-gazing to slide your brainwaves into profound, deep-tissue sleep.

DAY 3

Mandala Mechanics & Chakra Purification



DAWN

The Seven Chakra Clearing Immersion

Advanced breath expansion techniques combined with precise vocal seed sounds (Bij Mantras) to target, vibrate, and unburden each of your seven core energy centers.



MORNING

The Sacred Geometric Mandala Meditation

Direct instruction in constructing and dissolving internal psychic mandalas, training the mind to move from chaotic thought patterns into sharp, laser-like focus.



MID-DAY

Silent Walking Meditation

A wordless walk through the ancient oak forests of Dunagiri, syncing your footsteps to your breath rhythm.

LATE
AFTERNOON

The Adaptogenic Heart Expansion

An elite-tier ceremony incorporating our highly concentrated *Soma* botanical keys to flood the subtle body with deep self-compassion and absolute mental clarity.



EVENING

The Fire Integration Circle

A light evening meal gathered around a warm sacred fire, sharing reflections and preparing the mind for the pilgrimage trek.



DAY 4

The Pilgrimage — The Cave of Mahavatar Babaji at Kukuchina



DAWN

The Journey to Kukuchina

A mindful, early-morning drive through the breathtaking valleys, ascending toward the quiet sanctuary of Kukuchina.



MORNING

The Descent into the Portal

A silent, slow foot pilgrimage up the sacred path to the **Mahavatar Babaji Cave**.



MID-DAY

The Infinite Stillness Transmission

Hours of continuous, deeply held silent meditation inside the cave matrix, utilizing advanced Vajrayana techniques to tap into the timeless stream of the Kriya masters.

LATE
AFTERNOON**The Valley Grounding**

Emerging from the cave to consume a simple, traditional mountain lunch by the valley streams, absorbing the immense grounding frequency of the earth.



EVENING

The Return to Dunagiri Sanctuary

A late arrival back at the resort, followed by a warm, deeply comforting solid supper and total rest.

DAY 5

Transpersonal Expansion & Integration



DAWN

The Diamond Mind Vajrayana Sequence

Advanced breath architecture designed to oxygenate every cell and stabilize the profound shifts triggered inside Babaji's cave.



MORNING

The Vision Integration Circle

A safe, highly professional space to process, verbalize, and mentally structure the deep shifts or emotional breakthroughs experienced during the cave pilgrimage.



MID-DAY

Unbroken Solitude

Extended hours of complete silence spent out on the ridges, resting in absolute nature-immersion.

LATE
AFTERNOON**The Nectar Realignment**

A gentle, restorative energy-body session designed to balance your inner masculine and inner feminine currents (*Ida and Pingala*).



EVENING

The Cosmic Celebration Banquet

A magnificent, multi-course organic vegetarian feast by the bonfire, celebrating your newfound lightness, shared stories, and unified cosmic expansion.



DAY 6

Deep Integration & The Inner Guru Masterclass



DAWN

The Grounding Union Flow

Gentle physical movement to anchor your expanded spiritual states into your permanent cellular memory.



MORNING

The Modern Matrix Blueprint

A practical strategy session giving you the exact tools to maintain your high-vibration state, preserve your boundary lines, and shield yourself from corporate burnout when you return to civilization.



MID-DAY

Creative Expression & Integration Arts

Open hours for journaling, mapping out your next professional/personal steps, or taking final private diagnostic sessions with the facilitators.



EVENING

The Closing Mandala Gratitude Feast

A beautiful farewell dinner celebrating the transformation of the collective capsule.

DAY 7

The Farewell and Sovereign Return



DAWN

The Final Mandala Dissolution

A grounding physical closing flow designed to secure your structural alignment and seal your energy field for travel.



MORNING

The Farewell Harvest Brunch

A grand celebratory brunch followed by final goodbyes.



MID-DAY

Departure

Checkout and descend from the mountains, stepping back into the world fully aligned, integrated, and completely reborn as the architect of your own peace.

**Benefits & Tangible Takeaways**

✦ **Diamond-Like Cognitive Clarity**

Total eradication of executive brain fog, creative fatigue, and the structural anxieties that plague high-stress professional lives.

✦ **Permanent Nervous System Recalibration**

Direct alignment with the immense silence of the Himalayas, leaving you in an unshakeable state of calm, magnetic presence.

✦ **Direct Lineage Connection**

Direct, experiential access to the fields of the great immortal masters, clarifying your ultimate life purpose and spiritual path.

✦ **The High-Altitude Cellular Reset**

Complete elimination of systemic physical bloating, digestive toxicity, and stored emotional defense armor.



Inclusions

(Everything is Handled)



Luxury Eco-Sanctuary Lodging

6 nights in an exclusive private cottage featuring panoramic views of the high Himalayan peaks.



Sacred Full Mountain Board

100% organic, farm-to-table gourmet vegetarian cuisine meticulously customized to support high-altitude cleansing.



Beverage

Unlimited artisanal organic coffee, local single-origin teas, custom herbal adaptogenic infusions, and evening detox broths.



All Pilgrimage Logistics

Ground transport to Kukuchina, local trekking guides, premium somatic integration journals, structural props, and ancestral sound healing elements.



Retreat Cost Per Person

To match the extensive 7-day duration, the high-altitude logistics, the premium wildcrafted botanical complexes, and the complete exclusivity of the Himalayan sanctuary:

BEST VALUE

EARLY-BIRD INVESTMENT

(Paid 45 Days Prior)

₹1,45,000

(All-inclusive individual package — excludes flights to local airport)

STANDARD INVESTMENT

₹1,65,000

(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 7-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