



# 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 02 OF 07



## 4-Day SOMA Detox & Shamanic Healing Retreat

*A High-Vibration Cellular Purge & Transpersonal Journey for Conscious Seekers*

4 Days • 3 Nights

12 Guests Only

Organic Vegetarian Meals



### What Is This Retreat About?

The **SOMA Detox & Shamanic Healing Retreat** is an experiential gateway designed to clear deep spiritual stagnation, ancestral weight, and cellular toxicity.

When urban stress crosses a threshold, standard therapy and clean eating are no longer enough. The body demands a radical metaphysical reset. This immersion weaves together ancient **earth-based shamanic medicine principles**, advanced **cellular cleansing protocols**, and **transpersonal breath architecture**. We guide you far beyond everyday awareness to release deep energetic imprints, detoxify your organs, and unlock the legendary *Soma*—the internal river of ecstatic vitality, clear vision, and spiritual rebirth.



### Whom Is It For?

This high-impact, private sanctuary is strictly limited to an intimate group of **12 individuals** who are ready for deep inner work. It is designed for:

#### ✦ The Chronically Overloaded

Seekers suffering from deep spiritual fatigue, creative blocks, and low vital energy who feel disconnected from their purpose.

#### ✦ Biohackers & Visionary Creators

Innovators who understand the connection between gut health, brain chemistry, and expanded states of consciousness.

#### ✦ Trauma & Blockage Lifters

Individuals who want to clear old emotional cycles, ancestral patterns, and unspoken grief using the power of the breath and the body.

#### ✦ Altered-State Explorers

Those seeking the profound emotional breakthroughs of an indigenous lineage journey within a safe, professional, and legal framework.



### The Secret Highlights

*(What You Silently Wish For)*

We provide the deep, transformative elements that mainstream yoga holidays are too afraid to touch:

1

#### The Shamanic Breathwork Matrix (Altered States Safely)

Advanced, multi-phase conscious circular breathing rituals. These sessions alter blood alkalinity to safely release endogenous DMT, triggering deep visions, cathartic emotional purges, and profound spiritual downloads without any synthetic triggers.



2

### The Sacred Soma Activation (Indirect Plant Medicine Integration)

Throughout the journey, your body will be prepared and supported by a curated protocol of **potent, ethically wildcrafted shamanic adaptogens and master herbal elixirs**. These legal botanical keys open neural pathways, reduce systemic inflammation, and gently expand heart consciousness to ground your deep internal visions.

3

### Deep Somatic Shadow & Lineage Work

A safe, highly professional space to physically move, vocalize, and release old conditioning, inner-child wounds, and heavy energetic patterns stored in your fascia.

4

### Elemental Sound Architecture

Immersion in traditional shamanic rhythm patterns, tracking drums, and high-vibration harmonic sound instruments to shatter mental loops and anchor new insights.



## The Fluid Flow Itinerary

(No Restrictive Timestamps)

DAY 1

### Entering the Sacred Circle

(Severing the Mundane)



LATE  
AFTERNOON

#### The Threshold Welcome

Arrive at our private jungle estate near Kanakapura/Coorg. Surrender your digital devices, drink our custom *Soma* grounding tonic, and step into the sacred space.



TWILIGHT

#### Shamanic Intentions & Fire Alignment

An intimate gathering around the sacred fire to set individual intentions, establish strict energetic boundaries, and introduce the practice of micro-tracking your somatic responses.



EVENING

#### The Elemental Grounding Supper

A warm, easily digestible, single-origin Ayurvedic broth and harvest meal designed to initiate the gut cleanse and ground your energy.

DAY 2

### The Physical Purge & Shamanic Rhythm

(Clearing the Vessel)



DAWN

#### Shamanic Movement & Fascial Unwind

Active, earth-grounded somatic practices to unlock the hips, spine, and psoas muscles where survival stress hides.



MORNING

#### The Liquid Alchemy Protocol

A continuous delivery of high-enzyme green juices and specific root-tonics to support liver detoxification and elevate cellular vibration.



MID-DAY

#### Personalized Earth & Herb Therapies

Open hours for traditional herbal body wraps, deep tissue somatic release, or silent integration under the ancient forest canopy.



## DAY 2

## The Physical Purge & Shamanic Rhythm

*continued*



LATE  
AFTERNOON

### The Neurogenic Trauma Discharge

A guided, deep somatic shaking and breath sequence designed to clear years of stored fight-or-flight energy from the central nervous system.



EVENING

### The Vocal Sound & Dream-State Bath

A light medicinal soup followed by an immersive soundscape of tracking drums and ancestral instruments to ease your brain into highly lucid, restorative sleep.

## DAY 3

## The Transpersonal Journey

*(The Great SOMA Awakening)*



DAWN

### The Grand Shamanic Breathwork Immersion

A multi-hour, deeply held breath ritual designed to induce expanded states of consciousness, lift emotional blocks, and connect you with your higher guidance.



MORNING

### The Vision Integration Circle

A safe, completely confidential space to process, speak through, and structurally integrate the visions and breakthroughs of your breath journey.



MID-DAY

### Silent Forest Immersion & Solitude

Extended hours of complete silence spent out in nature, letting the earth absorb and ground your shifts.



LATE  
AFTERNOON

### The Heart-Opening Nectar Ritual

An elite-tier ceremony incorporating our concentrated *Soma* master botanical complex to flood the system with deep self-love, peace, and spiritual clarity.



EVENING

### The Cosmic Celebration Banquet

A magnificent, celebratory solid vegetarian feast by the bonfire, sharing music, integration stories, and deep human connection.

## DAY 4

## Locking in the Vision & Returning

*(Walking in Power)*



DAWN

### The Earth-Anchor Alignment

A final physical grounding sequence designed to solidify structural bodily changes and secure your expanded state of being.



MORNING

### The Shamanic Blueprint Integration

A highly practical masterclass teaching you exactly how to protect your high-vibration state and carry your vision into your everyday city life.



MID-DAY

### The Farewell Harvest Feast & Departure

A grand celebratory brunch followed by final checkout as you step back into the world fully aligned, integrated, and reborn.



## Benefits & Tangible Takeaways

### ✦ Metaphysical & Physical Purge

Complete relief from systemic bloating, brain fog, and chronic physical inflammation.

### ✦ Expanded Self-Knowledge

Direct, non-verbal clarity regarding your life's path, relationships, and creative work.

### ✦ Lifelong Somatic Tools

Practical mastery of shamanic breathing techniques and neuro-shaking routines to quickly clear stress on your own.

### ✦ Emotional Freedom

The dissolution of deep-seated fears, self-sabotaging patterns, and historical emotional armor.



## Inclusions

*(Everything is Handled)*



### Luxury Jungle Accommodation

3 nights in an exclusive cottage surrounded by ancient trees and natural streams.



### Sacred Full Meal Plan

100% organic, farm-to-table gourmet vegetarian cuisine meticulously customized to support a deep cellular detox.



### Beverage

Unlimited artisanal adaptogenic beverages, specialty wild teas, fresh root infusions, and evening mineral broths.



### All Journey Tools

Premium somatic integration journals, structural props, eye masks, and ancestral sound-healing assets.



## Retreat Cost Per Person

To match the depth of the facilitator-to-guest ratio, the premium wildcrafted botanical complexes, and the exclusivity of the estate:

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 &amp; 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

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TRANSFORMATIVE RETREATS