



HEAD2HEART RETREAT

A 7-Days Journey to your Heart's calling

In the midst of Himalayas



SAHAJ FOUNDATION

...connecting people with their hearts

THE EMERGENCE OF IDEA!



The idea emerged from a realization that most of us are forced to live a life which either our family or the society pre-decides for us. Though people around us keep approving the same as the best that could happen with us, we never find ourselves fulfilled and satisfied doing that. We always seek ways to find alternatives to experience that satisfaction which our regular work is not simply able to give us.

In this whole search of not knowing where to go and what exactly to do in order to be able to receive that happiness and satisfaction one longs for, it becomes necessary to have a space which allows oneself to listen to his/ her inner calling and figure out how he/ she wishes to lead a life full of happiness and contentment. Head2Heart Retreat is an endeavor to create that space.

WHAT THE RETREAT IS ALL ABOUT?



“Keep love in the center of whatever you do, and everything will be taken care of.”

Head2Heart Retreat is driven with the above thought in Heart; it is space to get over your inner most fears, insecurities, ego, judgements, assumptions... it is an experience that challenges today's mainstream & age old assumption that leading a life of physical comfort is a life of happiness; it believes that there lies an alternative, an alternative which your Heart wishes for, an alternative that you tell yourself to follow, an alternative that liberates you from all the obstacles that your mind has put in front of you.

This space is a place to listen to yourself and find out what is best for you under no control from anyone, it is a space to be and to experience what it means to be.

We believe that *“you are the master of your own destiny.”*

And you have got a right to discover what lies inside you for yourself.

DESIGN OF THE RETREAT



The retreat is based on three pillars of one's life journey- Personal transformation, clarity of Heart's calling and courage to take the leap. Its carefully designed sessions provide participants diverse opportunities not only for the emotional and spiritual growth required to transform themselves but also to gather the courage to lead a life of a meaning and thus traverse a path guided by inner calling.





Story Sharing Sessions

Speakers from different walks come to share with us their inspirational life stories in which they boldly followed their hearts' calling and lived a peaceful, happy life. The stories are carefully chosen keeping different age groups, life segments in mind.

Outdoor Adventures

Our innovative outdoor activities offer participants the opportunities to know themselves by knowing the others. The activities also provide a chance to experience happiness, joy, love, trust and peace in true sense.

COURAGE

At times it becomes really difficult to deal with social/financial pressures coming from all sides and follow our hearts out in the real world...

CLARITY

The clarity can only come from within; outer discussions/words of inspiration can only help us to listen to inner self better...

Silent Time outside Sessions

Participants are encouraged to spend their time with their own selves and not speak to one another outside sessions during the retreat. The blissful serene space of our retreat center offers ample opportunities to connect and spend quality time with the self.

Meditation Sessions:

Practicing meditation is an integral part of the retreat. Sometimes the meditation is done with breathing, sometimes with thoughts and sometimes with the music around. The purpose remains to connect with the deeper selves and know the world inside.

Dairy Writing Sessions

Diary writing sessions encourage participants to pen down the thoughts that come to them during the retreat. At times, the inner calling reveals itself out of random thoughts that we consciously follow.



Day 5

CHANGE WITHIN

- Create your own time to observe your thoughts.
- Enjoy the present
- Life is simple, make it simple
- connect without any agenda
- Do it now
- Be thankful for everything comes your way.

Indoor activities

Indoor activities help participants take a dive into their being and reflect upon the questions that come along with the activities. The questions and the situations also facilitate participants to learn from their past experiences and identify the patterns that can help them to know themselves better.

Groups Sharing Sessions

Each day ends with a group sharing session wherein all participants bring their learnings and realizations out in the space. These sessions help participants immensely by giving them a chance to learn from one another and share their deepest thoughts with their fellow travelers.

PERSONAL TRANSFORMATION

The retreat focuses on Emotional and Spiritual Growth of its seekers. All seven days of the retreat have been divided into seven different themes that help participants learn the life lessons they need to learn.

UPCOMING RETREATS

There are four retreats coming up in next twelve months:

July 5-11, 2015 | September 27 – October 3, 2015* | December 13-19, 2015 | February 21-27, 2016

Those who are interested to participate can now choose to apply in any one of the retreats by filling up the [Application Form](#). Our selection panel shall notify for a telephonic interview, if necessary, after going through the application around one month before the retreat begins.

Kindly note that the applications for any retreat shall close fifteen days prior to its commencement date.

The retreats are open for everyone- students, working professionals, self-employed or others. The batch size for the retreat varies between 10 to 15 participants.

PROGRAM FEE

The retreats shall be organized on [Gift Economy basis](#) by Sahaj Foundation. However, all participants would be required to pay for accommodation and food expenses as per the actuals charged by Deer Park Institute. Good news is that Deer park offers wide ranges of accommodation/food facilities that cost somewhere between Rs 1,800 to Rs 6,000 for a period of 7 days. It is recommended that participants should fill out their preferences in the application form as per their budget.

Note: Selected participants will be required to pay a non-refundable sum of Rs 2,500 in order to confirm their participation in the retreat. This amount will be adjusted towards their accommodation and food bills once the retreat is over.

PARTICIPANTS' TESTIMONIALS

The retreat could help me to understand the biggest obstacle that hinders my growth in life- 'My own conditioned mind'. Realizing it was a huge paradigm shift for me. I just need to look within now.

- **Manish Hatwalne, Pune, Software Consultant, manish_hatwalne@hotmail.com**

For me, 'Living in the moment' and 'Keeping things simple' are major takeaways. I realized that everything that I was looking for was already there in my head but all this time I kept complicating it.

- **Nehal Jadon, Hyderabad, TeachForIndia, nehal.jadon@teachforindia.org**

I had a number of realizations- making heart your center of focus, making life easy and pulling happiness into it, living meaningfully by trusting people.

- **Gade Rajkumar, Hyderabad, Development Sector Professional, raajq21@gmail.com**

THE VENUE



DEER PARK INSTITUTE

Bir, District Kangra, Himachal Pradesh, India

Deer Park Institute is a centre for study of classical Indian wisdom traditions. Established in March 2006 on the campus of a former Buddhist monastic institute, it is a project under Siddhartha's Intent Society. The core vision of the Institute is to re-create the spirit of Nalanda, a great university of ancient India in which all traditions of Buddhism were studied and practiced, alongside other schools of classical Indian philosophy, arts and sciences. More information on the institute can be found on its [website](#).

ACCESSIBILITY

The venue is easily accessible via road, rail and air.

Road: Volvo bus service from New Delhi to Baijnath; Taxi for Deer Park Institute (12 Kms).

Rail: First train from New Delhi to Pathankot; Second train from Pathankot to Ahju/Baijnath/Paprola.

Air: Flight from New Delhi to Gaggal Airport, Dharamshala; Taxi for Deer Park Institute (65 Kms).

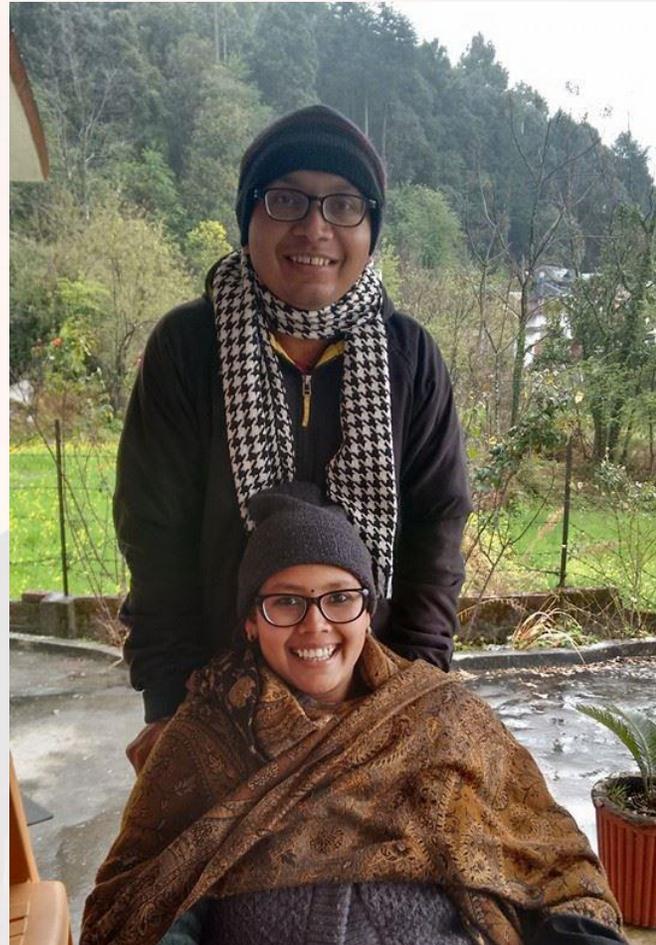
FACILITATORS' PROFILE

DIVYA GUPTA AND ASHISH ARORA

Both Divya and Ashish started their professional careers after completing their education from LSR, Delhi and IIT Roorkee respectively. Soon enough, they realized the futility of materialism and decided to lead a peaceful life while serving the needs of people living in rural communities of Himalayas.

The couple started [Sahaj Foundation](#), and now lives near Baijnath, Himachal Pradesh and continues to work with local communities with a purpose to provide an education that can enable individuals to find the meaning of their lives in long run, an Education that can connect them back to their roots, to their communities and to their own individual self.

Head2Heart Retreat is an initiative designed by them to support the journeys of their fellow beings stuck in different professions. The couple intends to create a space that can enable participants to listen to their hearts with utmost clarity and make life choices that are driven from within!



CONTACT DETAILS AND LINKS

Contact Number:	+91 98168 62327 (Ashish Arora)
Email Address:	sahajfoundationinfo@gmail.com
Website:	www.sahajfoundation.in
More information on the retreat:	www.sahajfoundation.in/upcoming-retreat
Link to Application form:	www.sahajfoundation.in/application-form
Blog Link:	www.inservicetohearts.blogspot.in
Facebook Page:	www.facebook.com/head2heart
Media Coverage:	www.ruralcall.in/article.php?postid=147