



reAlive Co

Weekend Retreat

CANACONA, SOUTH GOA

OCT 10 – 12, 2026

COME BACK TO YOURSELF

Welcome!

WE'RE DELIGHTED TO
HOST YOU

This retreat is designed to help you
unwind, reconnect with yourself, and
experience joy in the lap of nature.



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This retreat module is for the session dated **OCT 10 to 12, 2026.**

It is an invitation to step out of work mode and reconnect with our authentic, grounded selves.

For a weekend, we'll slow down at **Bhakti Kutir**, a simple eco-stay nestled in a lush coconut grove, just a short walk from the beach and local markets.

At a glance

FOREST WALK IN A WILDLIFE SANCTUARY

GROUP PLAY & SELF-DISCOVERY GAMES

COMMUNITY & REFLECTION CIRCLES

CREATIVE EXPRESSION

SOMATIC MOVEMENT & DEEP REST

Our objective

Our objective is to help you slow down and set aside your roles & responsibilities for a while, allowing you to **reconnect with who you are** in a healing nature and community environment.

We hope that you return to everyday life feeling clearer, more centred, and more in touch with what matters to you.



Retreat Facilitators



SHIKHAR AHUJA

Founder – reAlive Co

“I create spaces that help people step outside hustle culture, and reconnect with who they were (and still *are*) before the world told them who they needed to be.”



PRATIKSHA AHUJA

RYT-500 Yoga & Somatic Movement Instructor

“I teach people to tune into their bodies, understand and work with their nervous systems, and experience their emotions in a safe, compassionate environment.”

What to Bring

ESSENTIALS:

yoga mat, water bottle

CLOTHING:

comfortable layers, athletic wear, walking shoes

OPTIONAL:

camera, snacks, hat, sunscreen

Do Not Bring

alcohol, kids*, pets

*family retreats will be planned separately

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Our Stay

We'll be staying at **Bhakti Kutir**, a simple eco-stay designed for slow, grounded living close to the beach and local markets.



Rooms

We'll rest in hand-crafted eco-huts made from local materials, naturally cooled by the forest canopy (**non-AC**), with mosquito-netted beds, hammocks and open-air corners that invite you to tune into the sounds of the forest.



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Food

Meals will be simple, nourishing and satvic, prepared fresh with seasonal, local ingredients. Nothing elaborate, just beautiful, homestyle food inspired by the flavours and ingredients of Goa and the Konkan coast.



Day 1

ARRIVAL & GROUNDING

1:00 PM

Slow Check-in & Lunch

3:30 PM

Orientation + Icebreaker

4:00 PM

Silent Beach Walk (15 minutes) +
Game + Unstructured Exploration

6:30 PM

Cortisol-Lowering Somatic
Evening Stretch

7:00 PM

Intention-Setting + Yoga Nidra
(Non-Sleep Deep Rest)

7:30 PM

Dinner & Rest



Day 2

NATURE, CREATIVITY, PLAY

8:00 AM

Gentle Yoga, Pranayama,
Meditation

9:00 AM

Breakfast

11:00 AM

Forest Walk + Picnic Lunch +
Team Games

4:00 PM

Art Therapy Workshop

7:00 PM

Community Circle + Group
Activities + Dance + Dinner



Day 3

CLOSING

8:00 AM

Gentle Breathwork and
Manifestation Meditation

9:00 AM

Breakfast

10:00 AM

Closing circle + final group
reflection

11:00 AM

Checkout & Departure



Investment:

INR 23,999 PER PERSON

Early bird pricing: INR 19,999*

(valid only till 17th September)

Inclusions:

- Weekend stay at Bhakti Kutir
- Twin-sharing, non-AC room
- Satvic main meals for stay duration
- The complete reAlive Co weekend retreat experience

Prefer your own room?

Single occupancy may be available on request, subject to availability. Any additional room cost will be payable separately.

Booking your spot

A non-refundable advance of **INR 5,000** confirms your place.

The remaining balance must be paid **within 4 days** of booking your spot.

Terms & Conditions

1

Accommodation: Bhakti Kutir is a rustic, nature-immersed eco-stay rather than a luxury resort; huts are naturally cooled and there is no AC.

2

Food: Nourishing satvic meals will be provided. There is one common retreat menu, so customised meals for allergies or dietary requirements cannot be provided.

3

Technology: To ensure everyone stays present, we ask that mobile phones be left in your rooms during all scheduled treks, activities, and group sessions.

4

Participation and Risk: While we facilitate every activity with care, participation in treks, water activities, and games is voluntary and at your own risk. The itinerary may be adjusted based on weather conditions or safety needs.

5

Punctuality: We ask that you respect the shared meal times and activity start times to keep the group's momentum consistent.

6

Substance Guidelines: To support the goal of physical and mental clarity, we maintain a sober environment during all activities.

7

Cancellations: All cancellation requests must be shared in writing via email or message.

Cancellations made **30 days or more** before the retreat start date will receive a full refund, minus any any non-refundable deposit, payment gateway charges, or administrative fees.

Cancellations made **15–29 days** before the retreat start date will receive a 50% refund of the retreat fee paid, excluding any non-refundable deposit or transaction charges.

Cancellations made **14 days or less** before the retreat start date are non-refundable.

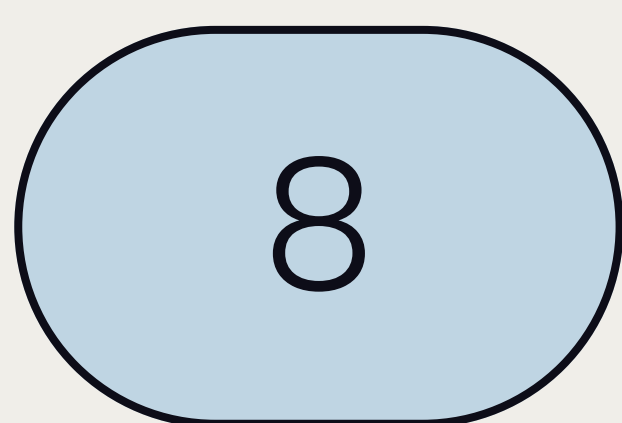
No refunds will be provided for **no-shows, late arrivals, early departures, or missed activities** during the retreat.

A participant may transfer their booking to another person with prior written approval from the organizers.

If the retreat is cancelled by the organizers, participants will receive a full refund of the retreat fee paid.

The organizers will not be responsible for personal expenses such as travel, external accommodation, or other bookings.

The retreat schedule, facilitators, and activities may be subject to change due to weather, safety, availability, or other practical considerations.

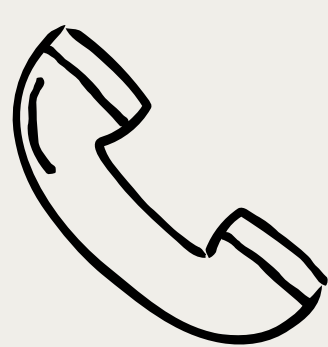


T&C acknowledgement: Complete Terms & Conditions will be shared for review and signature before payment.

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*Thank you for
being part of this
journey!*

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