

Slow down ~ Reflect ~ Connect ~ Feel ~ Celebrate... each moment

SAHAJ

Wellness Retreat

Immersive & Transformational Experience

Created by Dr Darshna Thakker

Gynecologist & Internationally Certified Life Coach



Connect to inner self with
Mindfulness | Blissful Journey

2 Night 3 Days

@ Madhubhan Resort, Anand Gujarat

સહજ

Residential Retreat

RETREAT VENUE

2026

Arrival	Departure
8 am	6 pm
January 24	January 26
Saturday	Monday

Public Holiday in Gujarat



Madhubhan Resort
& Spa

Luxury soaked in tradition

Anand, Gujarat

COME a day or 2 early - have personal session / just relax - spa @ Extra payment

Dr Darshna Thakker #doconmission





Clouds to TOUCH
Earth to FEEL
Trees to TALK
Aroma to BREATH

Are you ready?

Come and join us.
EXPRESS
EXPAND
BE YOU

Dr Darshna Thakker #doconmission

Magical Mornings
Mindfulness Rituals
Guided Meditation
Guided Imagery
Immersive nature walks
Relaxation
Learning from Nature

Elevating
Evenings

Recharge
Renewed Energy
Reset Life

Stillness Speaks
Listen to it

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ZEN
for
Gen Zee!

ફળતી સાંજે 'અંદરનો અવાજ'
સાંભળવાની મૌન ગતિ

દિવસનું સરવૈયું
અભિવ્યક્તિ

How do you look at this Retreat?

Preventive Health Care Program

Emotional Detox Program ~ Say good bye to illness

Wellness Vacation ~ Connect to your inner self

Happiness Retreat ~ Let go of limiting belief system

Emotional Release Program

Knowing Own Self & Others

Health & Wealth Creation plan

Relationships Harmonizing event

સહજ - એક અદભૂત અનુભવ છે. પોતાને જાણવાનો!

આનંદ પામવાનો, ભૂતકાળને ખંખેરવાનો. માંદગીને ગુડબાય કહેવાનો!

જીદગી અને સંબંધોને નવી નજરે જોવાનો! સપનાં સીચવાનો.

લાગણીઓને સમજવાનો. રધવાટને અલવિદા કરીને મોકળાશથી મોજ કરવાનો!



These three days are a gentle gift you offer yourself. A gift of stillness, of space to breathe, of moments to listen intently to your own heart. Step softly into a space of peace and gentle care, where the days become a tender embrace for your spirit and a loving pause for your soul. By stepping into this experience, you are saying “yes” to peace, to renewal, and to the tender care your spirit has been longing for. Let these days be your sanctuary, a time to rest deeply, to release what no longer serves you, and to reconnect with your truest self. Carry home the quiet calm you’ve discovered here, letting it flow effortlessly into every corner of your life.

Bliss Peace Happiness Health

ANYONE Who is,

[Age 15yr+]

- ♥ Willing to know OWN self & Re-Discover NEW self with higher potential
- ♥ Ready to accept emotions & deal with it for inner peace & joy
- ♥ Willing to take charge of life & be responsible to re-design happier future
- ♥ Ready to lead healthier life with minimum / no medicines!
- ♥ Willing to NURTURE relationships with HARMONY

એવી કોઈ પણ વ્યક્તિ કે જે,

ઉંમર: ૧૫+

- ♥ સ્વને વધુ ઓળખવા તૈયાર છે. સર્વને મદદરૂપ થવા ઈચ્છે છે
- ♥ પોતાની લાગણીઓ સ્વીકારીને, મન શાંત અને સ્થિર રાખવા ઈચ્છે છે
- ♥ પરિસ્થિતિ, વ્યક્તિ કે સંજોગોનો વાંક કાઢવાને બદલે પ્રેમ અને ક્ષમા થકી પોતે પોતાના વર્તમાન અને ભવિષ્યને ઘડવા તૈયાર છે
- ♥ વગાર દવાએ અથવા ઓછામાં ઓછી દવાએ સ્વસ્થ રહેવા માંગે છે
- ♥ સંબંધોમાં સુમેળ ઈચ્છે છે

WHO should attend?
કોણે આ રિટ્રીટ માં જોડાવું જોઈએ ?



Come and join us to say GOOD-BYE to;

- ♥ Dis-ease Leading to low energy feeling, chronic fatigue
- ♥ Anxiety/panic, Depression, Migraine, Chronic backache headache/constipation
- ♥ Fear / Hurt / Anger / Guilt / Insecurity / Hatred Pain & Suffering due to loss / Relationship issues
- ♥ Post cancer suffering / कैंसर
- ♥ Childhood / Generational Trauma, PTSD
- ♥ Self criticism / Self doubt / Self worth issues
- ♥ Scarcity thinking / Procrastination



SAHAJ

Residential Retreat

H E A L T H

Heal beyond pills

Facilitator: Dr Darshna Thakker #doconmission

SAHAJ - Retreat Schedule

....let it unfold, just flow with it

Day 1

Sync - Serenity
Know Your Emotions
Awareness Activities
Inner Child Work
Evening Meditation
Journaling
Look Around

RELAX ♥

Day 2

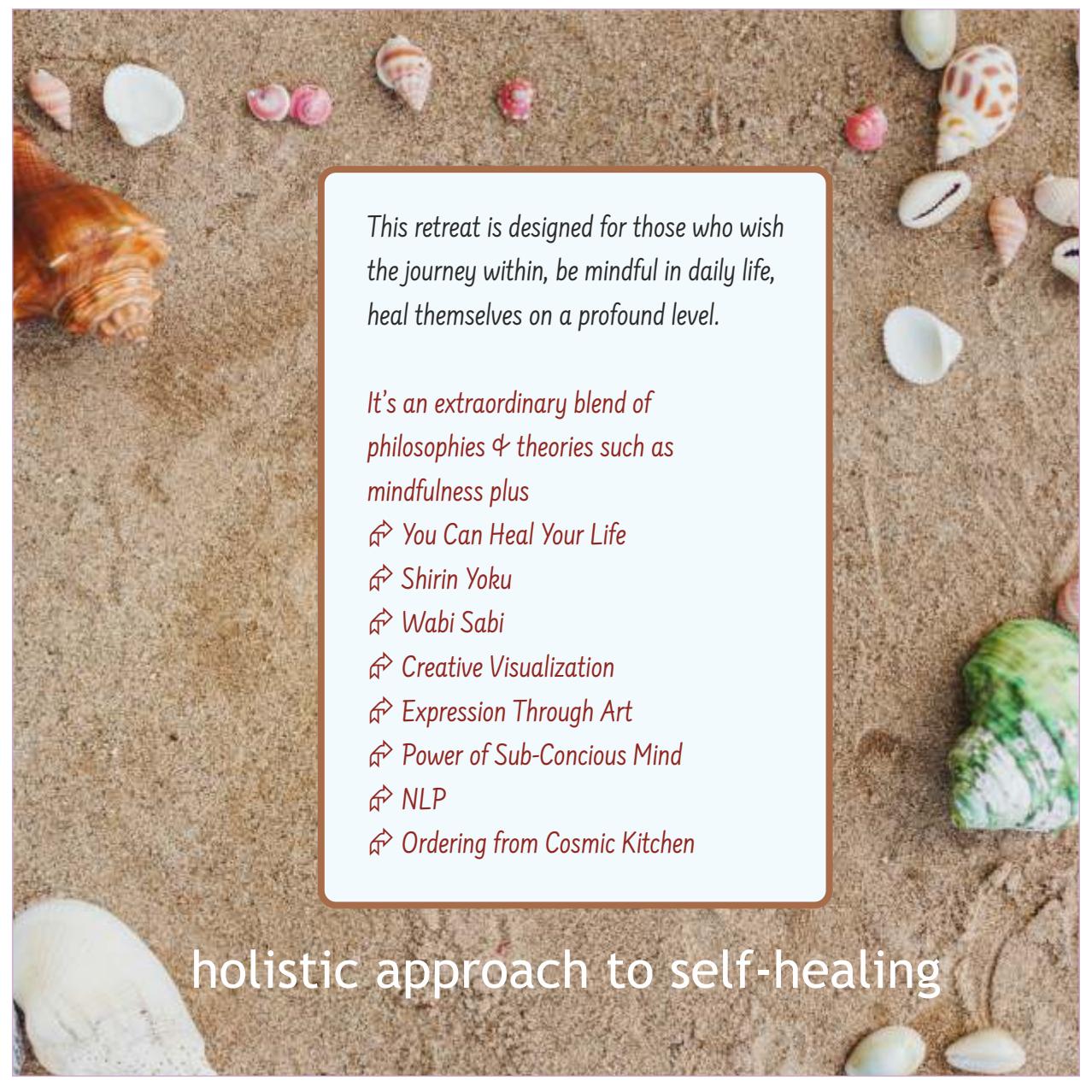
Magical Morning
Gratitude Walk
Wabi Sabi
Mindfulness
Expression & Art
Healing Session
Travel Within

REJUVENATE ♥

Day 3

Shinrin Yoku
Reflections
Mindful Lunch
Harmony
Happiness Wi-Fi
Creative Visualization
Love to spread

RE-DISCOVER ♥

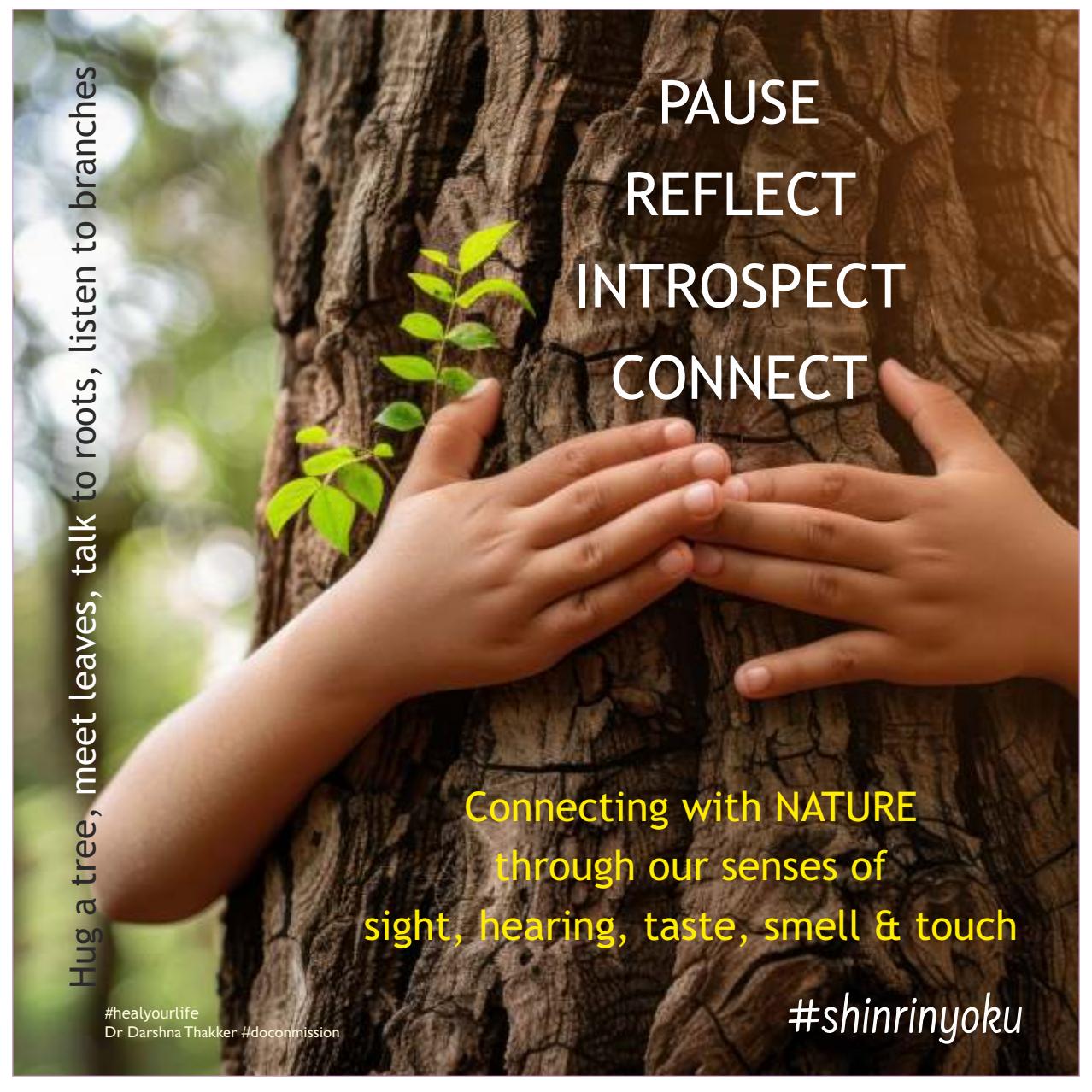


This retreat is designed for those who wish the journey within, be mindful in daily life, heal themselves on a profound level.

It's an extraordinary blend of philosophies & theories such as mindfulness plus

- ⇒ You Can Heal Your Life
- ⇒ Shirin Yoku
- ⇒ Wabi Sabi
- ⇒ Creative Visualization
- ⇒ Expression Through Art
- ⇒ Power of Sub-Conscious Mind
- ⇒ NLP
- ⇒ Ordering from Cosmic Kitchen

holistic approach to self-healing



PAUSE
REFLECT
INTROSPECT
CONNECT

Connecting with **NATURE**
through our senses of
sight, hearing, taste, smell & touch

Hug a tree, meet leaves, talk to roots, listen to branches

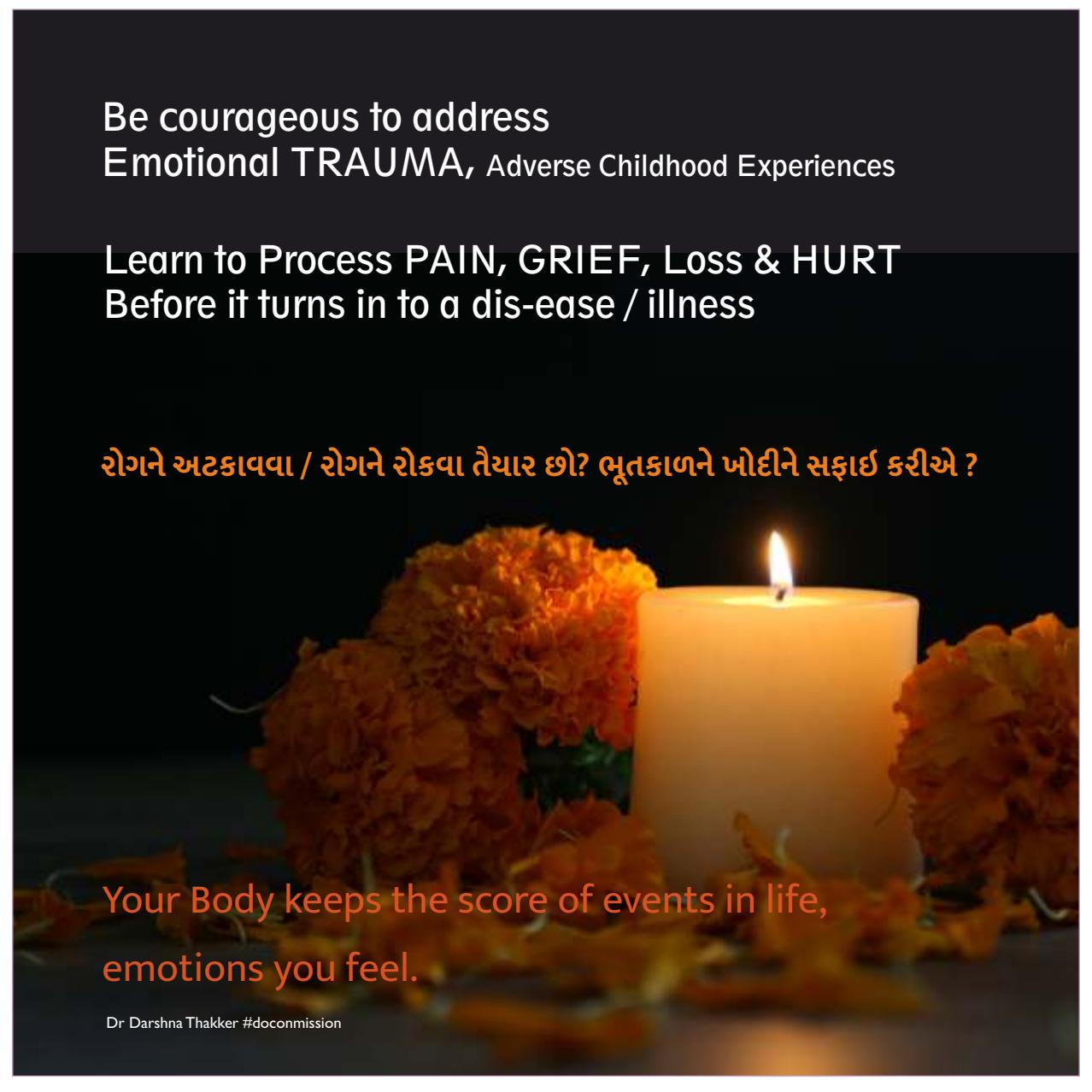
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#shinrinyoku

Be courageous to address
Emotional TRAUMA, Adverse Childhood Experiences

Learn to Process PAIN, GRIEF, Loss & HURT
Before it turns in to a dis-ease / illness

રોગને અટકાવવા / રોગને રોકવા તૈયાર છો? ભૂતકાળને ખોદીને સફાઈ કરીએ ?



Your Body keeps the score of events in life,
emotions you feel.



OVERCOME
Childhood /Generational TRAUMA



ભૂતકાળની વાતો /ભૂલો કે
બનાવો સતત પજવે છે?



Let's Re-Program
YOUR
memory lane
and mind



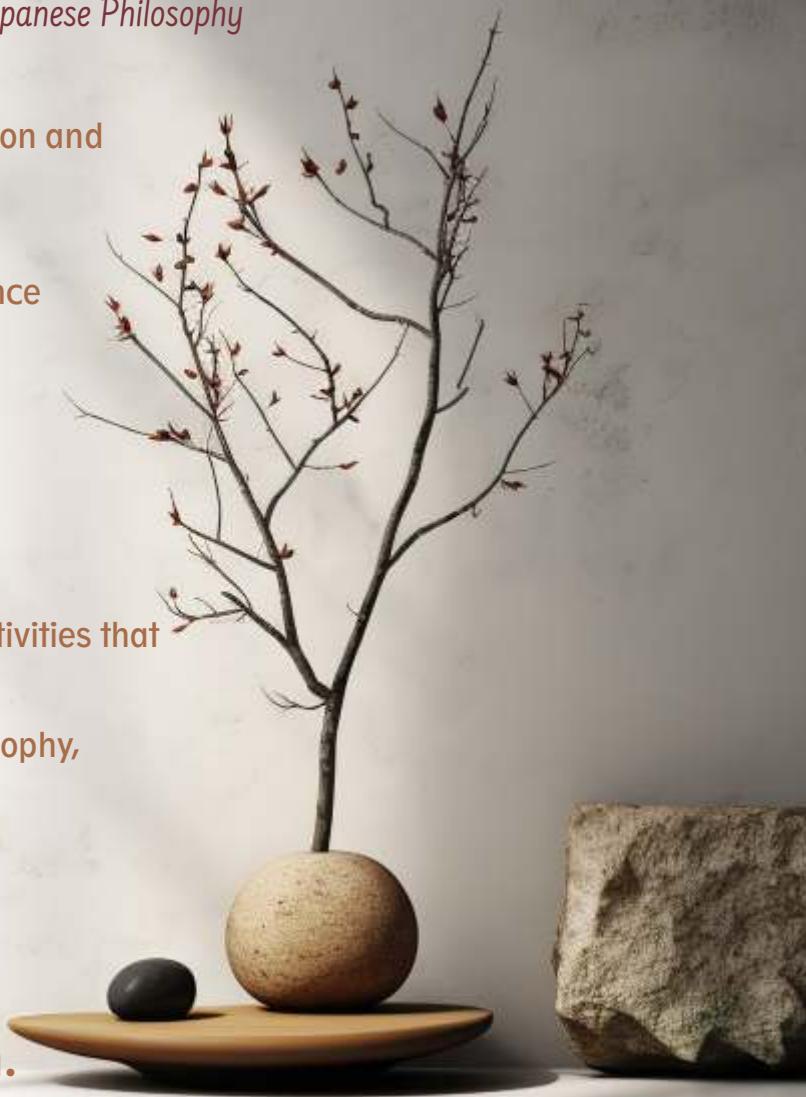
UNLOCK your Potential!
Not to be stuck there!

Wabi Sabi Japanese Philosophy

Embracing imperfection and finding beauty in the simplicity of life, encouraging acceptance and contentment.

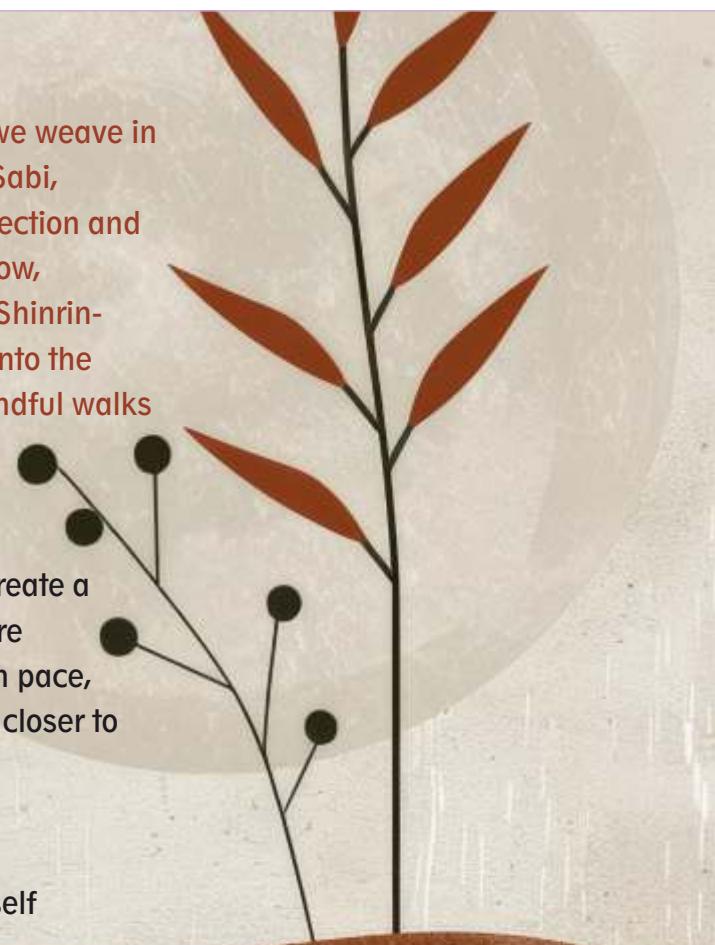
Engage in creative activities that explore the

Wabi Sabi philosophy, such as mindful art-making nature-based crafts focusing on finding beauty in imperfection.



To deepen this experience, we weave in the quiet elegance of Wabi-Sabi, helping you embrace imperfection and see beauty in life's natural flow, and the calming practice of Shinrin-Yoku, inviting you to soften into the present moment through mindful walks in nature.

Together, these influences create a warm, nurturing retreat where healing happens at your own pace, and every breath brings you closer to feeling lighter, more balanced, and deeply connected with yourself and your surroundings.



KNOW your Retreat Facilitator

Internationally Licensed Heal Your Life

Teacher & Workshop Leader

#doconmission

Senior Gynecologist & Obstetrician

Emotional Health Management Consultant

Motivational Speaker

FOUNDER: Sarjan's Health Café

Co Founder: NAARI

Trustee: Sparsh Foundation

Author

Photographer

Seeker

Passionate & Creative Human Being

Dr Darshna Thakker

Internationally Certified LIFE COACH



કુદરત અને રંગો | સહજતા અને સાહસિકતા

Paint your life

Colours
of Emotions

CREATE
your
Dream Life

RELEASE
Limiting Belief System

Creative Meditation

Participants said...

“ I am more relaxed
MORE happy
and know
myself better ”

“ This is a life time
experience. I highly
recommend to
everyone. Just do it. ”

“ Very powerful activities and
Rejuvenating experiences!
will come again. Highly
recommended for everyone ”

“ This experience
has changed my life,
relationships
in a big way. The best gift I
gave to ME! ”

“ I wish to do this
every year as
reminder to
myself. Nature teaches
us so much. ”

“ 3 days at the Retreat,
wow!!! can not get over
with it ... and it's leaning.
Gifting it
to my children soon ”

Participants said...

I never knew I had so much of emotional baggage within me! deep gratitude for helping me find inner peace.

Now I see birth and death with different perspective.

I understand the fragility and impermanence.

So happy to see my fears dissolving!
Loving my version 2.0

SAHAJ has changed my life in many ways!
sending my Mom next time!



Overview of schedule

તા 24/01/2026, સવારે ૮ વાગે મધુબન રિસોર્ટ આણંદ પહોંચવું

3 days

આવકાર અને ચા / કોફી / નાસ્તો [8:15am to 9:15am]

3 days - as it flows, we flow, we experience ~ We reflect

as it unfolds!

તા 25/1/2026 અને 26/01/2026 વહેલી સવારે કુદરતના સાંનિધ્યમાં મેડિટેશન અને

કિએટિવ વિઝ્યુલાઈજેશન

રાત્રિ ભોજન બાદ 60 મિનિટ ડો દર્શના સાથે સમૂહમાં સંવાદ [સ્વૈચ્છિક]

સમાપ્તન: 6pm 26/01/2025 [For DEEPER journey, Come 1/2 days early at extra cost]



#healyourlife

www.doconmission.net

www.healthcafeamdavad.com



SARJAN
Health Cafe

#doconmission

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Internationally Licenced HYL -

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