

# सहज

## *Inherent*

### [Residential Retreat]

*Connect to inner self with  
mindfulness | Blissful journey*



*Jan 28,29,30 | 2025*

*2 Night 3 Days*

*@ Madhubhan Resort, Anand Gujarat*

*Emotional & Physical Well-being is a personal choice*

# SAHAJ

# RETREAT VENUE

Arrival  
8 am  
Jan 28  
Tuesday

Departure  
5 pm  
Jan 30/31  
Thursday



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Dr Darshna Thakker #doconmission



Madhuban Resort  
& Spa  
Luxury soaked in tradition

Anand, Gujarat

# ABOUT RETREAT! HOW DO YOU LOOK AT IT?

PREVENTIVE HEALTH CARE PROGRAM

EMOTIONAL DETOX PROGRAM

WELLNESS VACATION

HAPPINESS RETREAT

EMOTIONAL RELEASE PROGRAM

KNOWING OWN SELF & OTHERS

HEALTH & WEALTH CREATION PLAN

RELATIONSHIPS HARMONIZING EVENT

IT IS MUCH MORE.....

*Blooming Happiness*

Bliss  
Peace

Happiness  
Health



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## *Magical Mornings*

*Mindfulness Rituals*

*Guided Meditation*

*Guided Imagery*

*Immersive nature walks*

*Relaxation*

*Learning from Nature*

*A THREE Day*

*Emersion*

|

*Serenity*

*Abundance*

*Awareness*

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# ELEVATING EVENINGS

MEDITATION & RELAXATION

AFFIRMATION BATH

CLOUDS TO TOUCH

EARTH TO FEEL

TREES TO TALK

AROMA TO BREATH

... BE YOU! JUST BE.

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‘૨૫’ સાથે  
બાલો અને બાલો

# Come and join us to say GOOD-BYE to;

- ♥ *Dis-ease Leading to low energy feeling, chronic fatigue*
- ♥ *Diseases - may it be High BP, Diabetes, Liver or Kidney problem, Anxiety/panic, Depression, Migraine, Chronic backache/headache/constipation / IBS*
- ♥ *Fear / Hurt / Anger / Guilt / Insecurity / Hatred / Grievances  
Pain & Suffering due to loss / Relationship issues*
- ♥ *Post cancer suffering  
Childhood / Generational Trauma, PTSD*
- ♥ *Self criticism / Self doubt / Self worth issues  
Scarcity thinking / Procrastination*

## SAHAJ

Residential Retreat 2N3D

Facilitator: Dr Darshna Thakker #doconmission

## Heal beyond pills

Start a NEW life. . .2025  
- Year for TransFORMATION





Louise Hay's Philosophy  
#healyourlife

*This retreat is designed for those who wish the journey inward and heal themselves on a profound level.*

*Drawing on an extraordinary blend of philosophies such as mindfulness*

- ↪ You Can Heal Your Life*
- ↪ Shirin Yoku*
- ↪ Wabi Sabi*
- ↪ Creative Visualization*
- ↪ Expression Through Art*
- ↪ Power of Sub-Concious Mind*

**holistic approach to self-healing**



*Learn to Process  
PAIN, GRIEF  
Loss & HURT*

*Be courageous to address  
Emotional TRAUMA,  
Adverse Childhood Experiences*



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# OVERCOME CHILDHOOD /GENERATIONAL TRAUMA

LET'S RE-PROGRAM  
YOUR MEMORY LANE  
AND MIND

UNLOCK your Potential! Not to be stuck there!

LEARN technique & tools  
to LET GO of the past



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ભૂતકાળની વાતો /ભૂલો કે  
બનાવો સતત પજવે છે?

*Struggling between HEART & MIND???*

*We offer nurturing environment  
for deep personal healing  
and transformation*



*Receive one-on-one guidance from the facilitator, tailored to your unique healing needs and goals.*

A portrait of Dr. Darshna Thakker, a woman with short dark hair and glasses, wearing a light-colored blazer over a dark top. She is resting her chin on her hand, which has a watch and a ring. The background is a soft, out-of-focus indoor setting.

Internationally Licenced Heal Your Life  
Teacher & Workshop Leader  
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

*KNOW your Retreat Facilitator*  
***Dr Darshna Thakker***

*Internationally Certified LIFE COACH*  
*#doconmission*

*Participants will engage in immersive practices that nurture the mind, body, and spirit, helping you reconnect with your inner self and embrace your unique path to wellness. Senior Medical Doctor & Internationally Licenced Heal Your Life Workshop Leader Dr Darshna Thakker is facilitating this retreat focusing on mind-body connection, emotional health and healing thorough self-discovery activities designed to foster deep inner connection and personal growth.*

[#doconmission](#)



A close-up photograph of a person's hands hugging a tree trunk. The tree bark is dark, textured, and deeply furrowed. The person's hands are positioned on either side of the trunk, with fingers spread against the bark. The person is wearing a white long-sleeved shirt. The background is a soft-focus green and yellow, suggesting a forest or park setting.

PAUSE  
REFLECT  
INTROSPECT  
REALIZE

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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#shinringyoku



# Creative Meditation

A session by Ami Patel  
[Renowned Visual Artist from Mumbai]

COLOURS  
OF EMOTIONS  
MANDALA MAGIC

CREATE  
YOUR  
DREAM LIFE

RELEASE  
LIMITING BELIEF SYSTEM

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

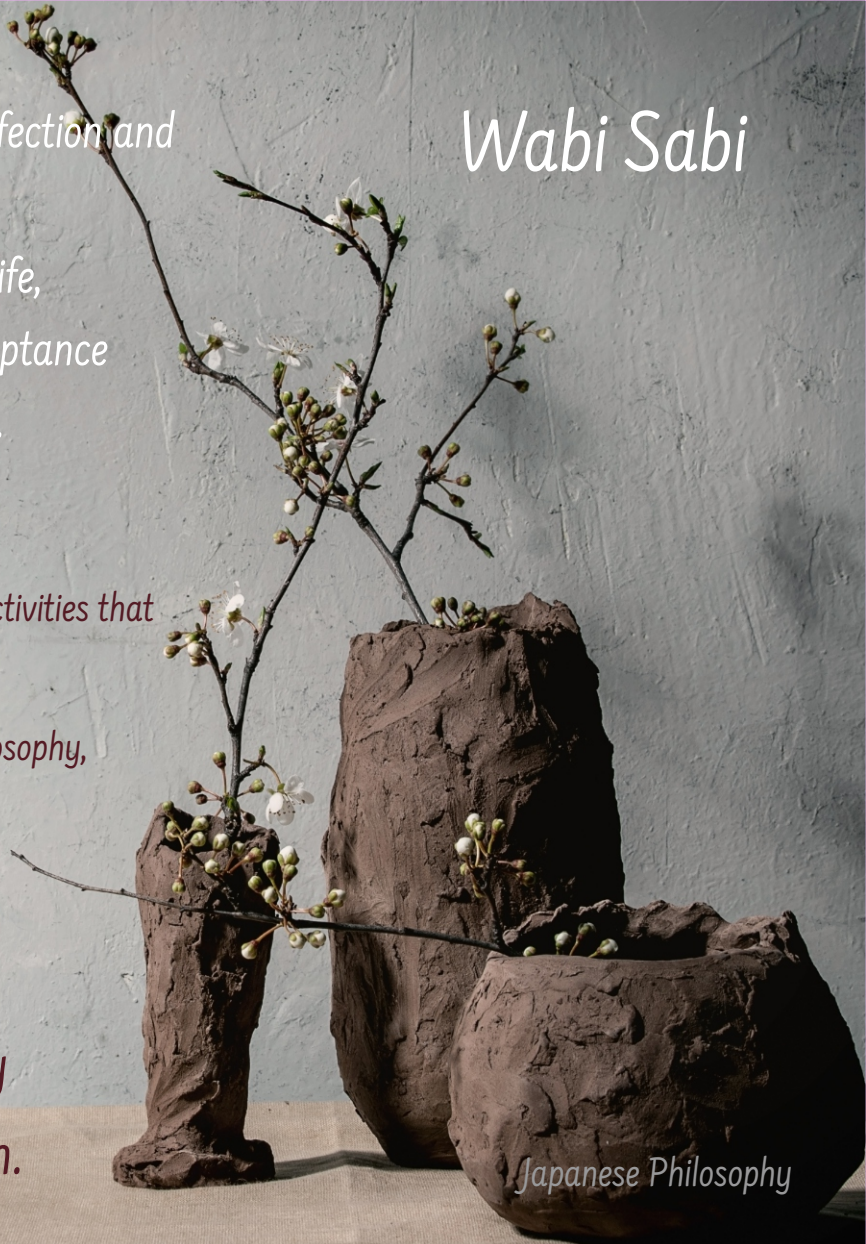
# Wabi Sabi

*Engage in creative activities that explore the*

*Wabi Sabi philosophy,*

*such as mindful art-making nature-based crafts focusing on*

*finding beauty in imperfection.*



*Japanese Philosophy*

# SAHAJ - Retreat Schedule

♥ Reporting Time: 8AM 28th Jan 2025 Tuesday at Madhubhan Resort, Anand

♥ Travel Arrangement - by participant

## 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 ♥



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
- ♥ વગર દવાએ અથવા ઓછામાં ઓછી દવાએ સ્વસ્થ રહેવા માંગે છે
- ♥ સંબંધોમાં સુમેળ ઈચ્છે છે

**WHO should attend?**

**કોણે આ રિટ્રીટ માં જોડાવું જોઈએ ?**



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# Participants said...

“  
I feel so **LIGHTER**  
and happier...  
I started loving  
myself  
”

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

“  
Thank you for  
bringing new  
Harmony in our  
relationship. I see life  
differently **NOW**  
”

“  
It was full of immense  
learning, every activity  
was unfolding  
something within! This  
”

“  
I could connect my inner  
child and heal the trauma  
of early age. I could forgive  
my parents and now love  
them more  
”

“  
3 days at the Retreat,  
consists of Learning, Un-  
Learning and Re-Learning  
several aspects of life.  
Best Gift I ever received  
from my spouse.  
”

## Participants said...

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

I could look within and conquer fears. Thanks for bringing out untapped potential.

I could sail through loss of my loved one with better acceptance and higher understanding. Grief release was so essential

The journey of HYL is very big turning point of my life. I was stuck! **NOW I FLOW...** loving my life!

## Overview of schedule

તા 28/01/2025, સવારે ૮ વાગે મધુબન રિસોર્ટ આણંદ પહોંચવું  
આવકાર અને ચા / કોફી / નાસ્તો [8:15am to 9:15am]

સવારે 9:30 થી ૯:૧૫ દરમિયાન બુકે બ્રેકફાસ્ટ

તા 29th Jan અને 30th Jan વહેલી સવારે કુદરતના સાંનિધ્યમાં મેડિટેશન અને  
ક્રિએટિવ વિઝ્યુલાઇઝેશન

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

સમાપન: 5pm 30/01/2025 [For DEEPER journey, Stay for 1 more day at extra cost]

*3 days  
as it unfolds!*



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[www.doconmission.net](http://www.doconmission.net)

[www.healthcafeamdad.com](http://www.healthcafeamdad.com)



**SARJAN**  
Health Cafe



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**Dr. Darshna Thakker**

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