

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

A stack of three smooth, dark grey stones on a reflective surface. A small, multi-petaled flower with orange and red petals sits on top of the stack. The entire scene is reflected in the water below.

SAHAJ સહજ

Residential Retreat

Connect to inner self with
mindfulness | Blissful journey

2 Night 3 Days

@ Madhubhan Resort, Anand Gujarat

RETREAT VENUE

| | |
|-------------|-------------|
| Arrival | Departure |
| 8 am | 5 pm |
| September 5 | September 7 |
| Friday | Sunday |

Public Holiday in Gujarat

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

Dr Darshna Thakker #doconmission



Madhuban Resort
& Spa

Luxury soaked in tradition

Anand, Gujarat



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*

A photograph of green tree branches with leaves, positioned in the upper left corner of the slide.

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

It is much more....




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

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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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Heal beyond pills

Come and join us to say GOOD-BYE to;

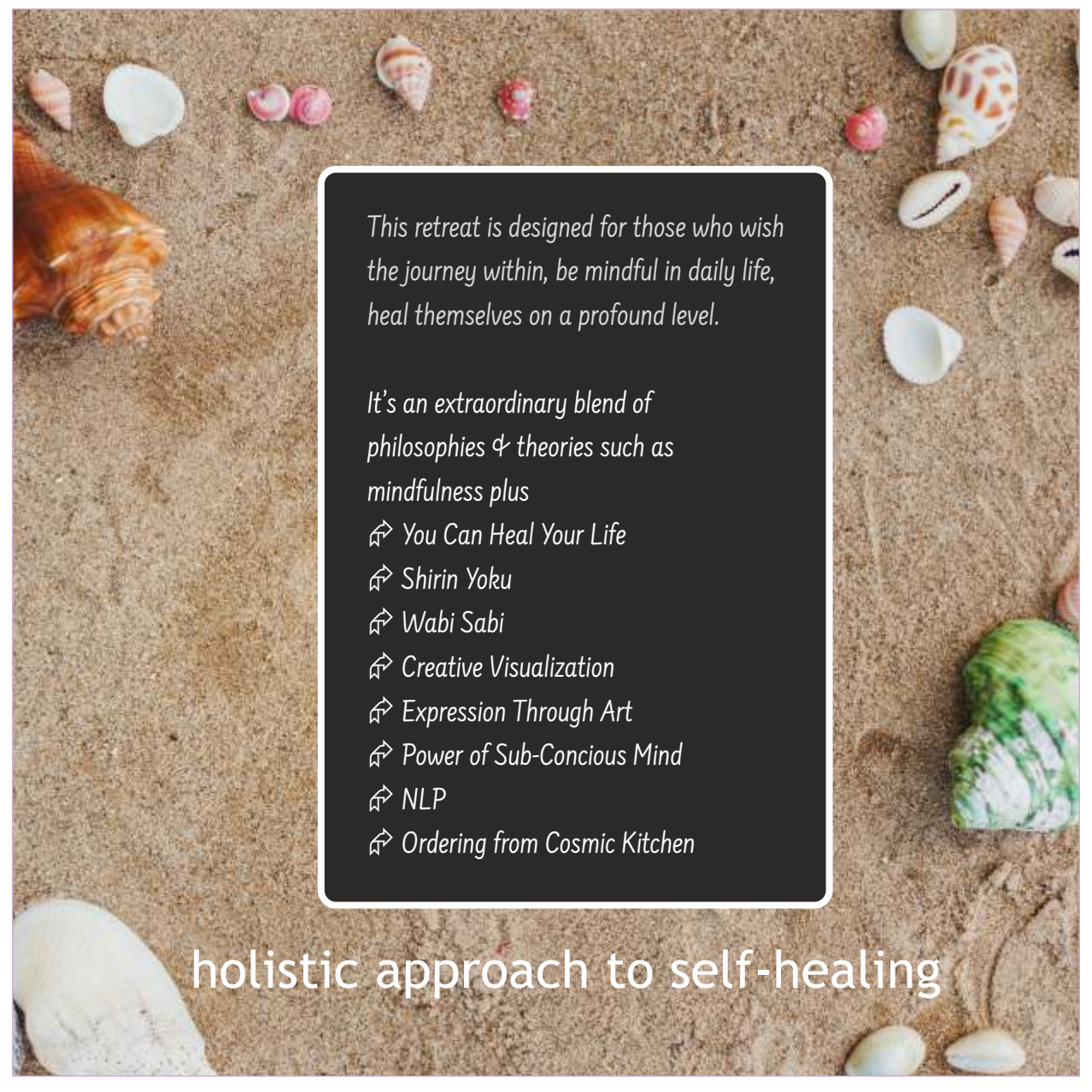
- ♥ *Dis-ease Leading to low energy feeling, chronic fatigue or any health issues*
- ♥ *Diseases - may it be High BP, Diabetes, Liver or Kidney problem, Anxiety/panic, Depression, Migraine, Chronic backache/headache/constipation / IBS*
- ♥ *Fear / Hurt / Anger / Guilt / Insecurity / Hatred / Grievances / Grief / 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



*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

Be courageous to address
Emotional TRAUMA,
Adverse Childhood Experiences

Meet the core &
Build your New Version

Learn to Process
PAIN, GRIEF
Loss & HURT





OVERCOME Childhood /Generational TRAUMA

Let's Re-Program
YOUR memory lane
and mind



ભૂતકાળની વાતો /ભૂલો કે
બનાવો સતત પજવે છે?



UNLOCK your Potential! Not to be stuck there!

Dr Darshna Thakker #doconmission

KNOW your Retreat Facilitator

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

#doconmission



Dr Darshna Thakker

Internationally Certified LIFE COACH

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

PAUSE
REFLECT
INTROSPECT
CONNECT

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

#healyourlife
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#shinrinyoku

Paint your life

Colours
of Emotions

CREATE
your
Dream Life

RELEASE
Limiting Belief System

Creative Meditation

*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.*



Wabi Sabi

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

Japanese Philosophy

Engage in creative activities that explore the

Wabi Sabi philosophy,

such as

mindful art-making

nature-based crafts

focusing on

finding beauty

in imperfection.



SAHAJ - Retreat Schedule

♥ Reporting Time: 8AM 5th September, 2025 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 ?



Participants said...

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

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

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

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

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

“
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 05/09/2025, સવારે ૮ વાગે મધુબન રિસોર્ટ આણંદ પહોંચવું
આવકાર અને ચા / કોફી / નાસ્તો [8:15am to 9:15am]

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

તા 6th Sept અને 7th Sept વહેલી સવારે કુદરતના સાંનિધ્યમાં મેડિટેશન અને
ક્રિએટિવ વિઝયુલાઈઝેશન

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

સમાપન: 5pm 07/09/2025 [For DEEPER journey, Come 1/2 days early at extra cost]

*3 days
as it unfolds!*



#healyourlife

www.doconmission.net

www.healthcafeamdad.com



to book your seat:
<https://wa.me/9824069989>



SARJAN
Health Cafe



#doconmission

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