

# ‘ATMA-UNNAT’

Ascend to New Heights of Wellbeing





# UPLIFE *nurturing your being*

UpLife is a dynamic mental health organization dedicated to making a transformative impact on people's lives. Our passionate team has gone above and beyond to offer an array of empowering experiences, including Sunday retreats, mental fitness boot camps, workshops, peer support groups, seminars, and webinars. Uplife nurtures a friendly and inclusive environment for you to connect with like-minded individuals who share your aspirations for personal growth. We are shaping the landscape of the mental health industry and making a meaningful difference in people's lives.





# DAY 1

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**Location: Haut Monde Hill Stream Resort and Spa, Dehradun**

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**S A T**

**24.08.2024**

● **Travel to Hotel from New Delhi Railway Station to Hotel | 7:00 A.M. TO 1: 30 P.M.**

We all will meet at the New Delhi railway station. It will be a 6-hour road journey via bus with stop to have lunch.

● **Arrival At Location: Haut Monde Hill Stream Resort and Spa, Dehradun | 2:00 P.M.**

● **Break Time | 2:00 P.M. TO 4:00 P.M.**

● **Orientation and High Tea | 4:00 P.M. TO 5:00 P.M.**

● **Rhythmic Release with UpLife | 5:00 P.M. TO 6:00 P.M.**

A therapeutic session of Dance Movement Therapy which focuses on flow of body.

● **Awaken Your Intuition | 6:00 P.M. TO 6:30 P.M.**

A 30 - mins guided meditation

● **Aadhyātmik चर्चा | 6:45 P.M. TO 8:00 P.M.**

We will discuss a topic which is most preferred by the audience followed by a dinner.

● **Dinner + Lights Off | 8:00 P.M. TO 9:00 P.M.**

From 8 p.m. to 9 p.m., dinner will be served.





# DAY 2

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**Location: Haut Monde Hill Stream Resort and Spa, Dehradun**

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## SUN

25.08.2024

● **From the Breath to the Earth | 5:30 A.M. TO 8:00 A.M.**

Performing breathwork , Yoga and Grounding in the early morning

● **अग्निhotra UpLife | 8:00 A.M. TO 9:15 A.M.**

Grounding will be followed by a session of Havan.

● **Sattvic Breakfast | 9:15 A.M. TO 10:30 A.M.**

● **Unleash Your Inner Jedi | 11:00 A.M. TO 1:00 P.M.**

A session solely dedicated to Neurological training for goal achievement.

● **Lunch + Break | 1:00 P.M. TO 3:00 P.M.**

● **Inner Neuro-Artist | 3:00 P.M. TO 4:30 P.M.**

Neurographic art will be facilitated by our mentors.

● **Vital Flow Somatics | 4:30 TO 5:30 P.M.**

● **The Aqua Anchor | 5:30 P.M. TO 7:00 P.M.**

Get to experience meditation and aqua sound bath therapy.

● **Milky Way & Glowing Embers | 7:00 P.M. TO 10:00 P.M.**

Have dinner under the sky with meaningful conversations.





# DAY 3

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**Location: Haut Monde Hill Stream Resort and Spa, Dehradun**

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## MON

26.08.2024

● **A Shirin-Yoku Exploration | 5:30 A.M. TO 8:00 A.M.**

Embrace the nature's whispers with a hike and experience an artistry morning .

● **Sattvic Breakfast | 8:15 A.M. TO 9:00 A.M.**

● **Symphony of the Spheres | 9:00 A.M. TO 10:00 A.M.**

A Sound Healing Experience for Deep Relaxation.

● **Farewell to the Mountains | 10:00 A.M. TO 11:00 A.M.**

Integrating Your Uplife Experience into your daily life and celebrate the change.

● **Checkout + Travel Back to Delhi | 12:00 Noon**



# Activities



## Neurographic Art

Imagine using squiggles, lines, and shapes to express your emotions, anxieties, and desires. Neurographic Art utilizes a specific set of techniques to guide you beyond the logical mind and tap into your subconscious. By creating these "neurographic lines," you're not just making art; you're rewiring neural pathways, transforming negative emotions into positive resources. It's a cathartic release, a visual representation of your inner world, and a powerful tool for personal transformation. So, ditch the self-doubt and unleash your creativity. Neurographic Art might just be the key to unlocking a happier, more empowered you.

## Dance Movement Therapy

Have you ever felt stuck in a rut, unable to express yourself fully, or yearning to connect with your body on a deeper level? Dance movement therapy might be the missing piece you never knew you needed. It's more than just learning fancy footwork; it's a powerful tool that uses movement as a language to explore emotions, release tension, and unlock hidden potential. Through guided exercises and free exploration, dance movement therapy allows you to bypass the limitations of words and tap into a deeper, more intuitive way of being. Whether you're a seasoned dancer or someone who's never stepped foot on a dance floor, this practice offers a unique opportunity to rediscover yourself, move with newfound freedom, and embark on a journey of self-discovery through the power of movement.





# Activities



## Shirin-yoku (Forest Healing)

Imagine yourself surrounded by towering trees, inhaling the crisp, pine-scented air. As you wander along a quiet path, sunlight filters through the leaves, dappling the forest floor. Shirin-yoku encourages you to slow down, engage all your senses, and truly be present in the moment. Studies suggest that this practice can reduce stress hormones, boost your immune system, and even improve creativity. It's a chance to reconnect with the earth, listen to the whispers of the forest, and rediscover the simple joy of being present in nature. So, ditch the screens, step into the woods, and embark on a journey of rejuvenation with Shirin-yoku.

## Sound Healing and Aqua Meditation

Sound healing utilizes specific frequencies and instruments to harmonize your energy centers and promote emotional well-being. In the serene environment of water, these vibrations become even more potent, washing away tension and promoting deep relaxation. Aqua meditation, meanwhile, allows you to connect with the flow of water, your breath, and the present moment. The feeling of weightlessness fosters a sense of letting go, making it easier to reach a meditative state.

This unique combination offers a gateway to profound relaxation, emotional release, and a deeper connection to yourself. So, close your eyes, immerse yourself in the experience, and discover the transformative power of sound healing and aqua meditation.





# WHO should join our retreat

If you are someone who wants to -

- Acquire valuable tools and techniques from experienced mentors.
- Reconnect with the natural world amidst the forests of the Himalayas.
- Tap into your creativity and unleash your potential.
- Seek meaningful connections and a supportive community.
- Break free from unhealthy patterns and start a journey of self-discovery.
- Enjoy a short weekend break filled with growth.
- Join others on a journey of self-growth and awareness.
- Take a break from the mundane schedule.
- or someone who is already on a journey of self-growth and awareness.



# WHY *join our retreat*



Between the forests of  
Uttarakhand



A community like  
no other



A combination of Mental  
Wellness, Spirituality,  
Yoga



Different activities  
under one roof



# IMPORTANT *things*

- The program dates are from 24th August 2024 to 26th August 2024.
- The program is available for all age groups.
- The program includes pickup from and drop-off from Delhi.
- The location for the program is Haut Monde Hill Stream Resort and Spa, Dehradun.
- All meals, accommodations, and full program activities are included.
- The fees for the program are as follows:

The early bird rate for double sharing is INR 20,000 with 21 available slots. After the early bird period, the rate will be INR 21,500.





# STAY at haut monde, dehradun



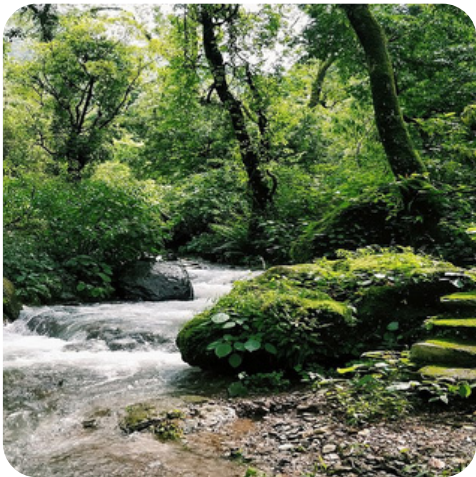
Pool with an infinity view of ranges



Rooms with picturesque view



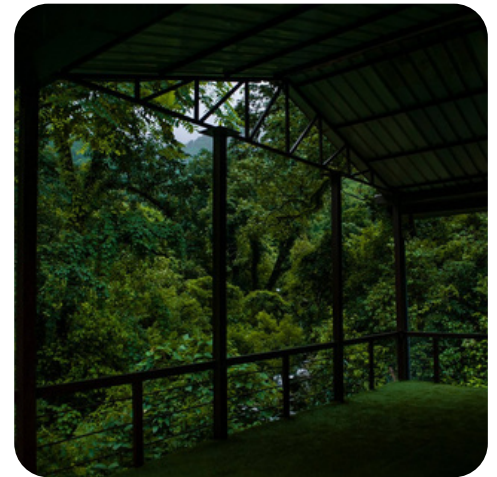
Dine with the resort's stunning natural surroundings.



Connect with the natural beauty - Shirin Yoku with a hike.



Stargaze and enjoy a bonfire in a unique spot.



Find solace within the foothills of Dehradun.



# AVAILABILITY of rooms



- ***DOUBLE SHARING***
- Early bird - INR 20,000
- After Early bird - INR 21,500.






# TO KNOW MORE

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