



SENSE22 YOGA
The Real Essence of Yoga



GOVARDHAN
ECOVILLAGE

Retreat

31ST OCT TO 2ND NOV '2025
'(FRI-SAT-SUN)-3D / 2 N

ISKCON GOVARDHAN ECOVILLAGE



31 OCT TO 2 NOV 2025- POST FESTIVE SPIRITUAL AWAKENING AND DETOX RETREAT

- New Beginnings: Reset and realign your energy as the year nears its close.
- Detox & Cleansing: Gentle Ayurveda-inspired practices to purify and nourish.
- Inner Strength & Devotion: Cultivate courage, discipline, and deeper faith.
- Balanced Living: Yoga, pranayama, and sattvic meals for harmony and health

**Govardhan Ecovillage, H.No. 586,
Galtare, P.O, Taluka, Hamarapur, Wada, Maharashtra 421303**



9324378213



www.sense22yoga.com

**RETREAT
THEME**

**HARVESTING
BLESSINGS:
CULTIVATING
INNER AND OUTER
HARMONY**





5th GEV EDITION

31st OCT-2ND NOV 2025 (Friday-Saturday-Sunday)
Yoga , Detox, Naturopathy & Spiritual RETREAT

From India's most Integrated Yoga Company- Sense 22 Yoga in
association with ISKCON GOVARDHAN ECO-VILLAGE

Step into the sacred energy of Chaitra month with a retreat designed to renew, strengthen, and awaken your inner self. Immerse in yoga, breathwork, and Ayurveda-inspired detox to align with nature's rhythm. Experience Hanuman's strength and devotion through dynamic asanas and soulful kirtans. Find clarity and balance with guided meditations in Govardhan's serene landscapes. Celebrate Chaitra Purnima with gratitude, embracing renewal and inner transformation.

Shailesh 9324378213

Narendra 9769338102



ABOUT THE UN AWARD WINNING ISKCON GOVARDHAN ECOVILLAGE



ISKCON WADA, Govardhan Eco Village, At - Galtare, Post -
Hamrapur,
Taluka - Wada, Dist - Palghar,
Maharashtra - 421303

Located just 1.5 hours from Mumbai Airport and an hour from Palghar station, Govardhan Eco Village spans 100 acres in the serene Sahyadri mountain range. This peaceful retreat offers a sattvic lifestyle rooted in Ayurveda, Yoga, and Meditation. Experience the spiritual essence of a reimagined Vrindavan with its temples and sacred sites.

Participate in wellness activities, explore organic farming, and embrace eco-friendly living. Govardhan Eco Village is the perfect escape for those seeking spiritual growth and sustainable living, close to Mumbai.

BOOK NOW

Shailesh 9324378213
Narendra 9769338102



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**ABOUT
SENSE 22
YOGA**

India's Most Integrated Yoga Company

Why Choose Us?

**Innovation and
Collaboration is our
Key strength.
Driven by a Team of
Yogis rooted in
Traditions yet
modern in outlook
and vision.**

Eco-Friendly Yoga Essentials

We offer India's largest range of eco-friendly Yoga Accessories.

Yoga Lyf EXPO

A platform for holistic and conscious living, connecting yoga, Ayurveda, and wellness communities.

Curated Yoga Retreats

Encompassing asanas, kriyas, philosophy, mantra chanting, and kirtans. We conduct India's finest Yoga Retreats

Serene Meditation Centre

Thane's finest Meditation Centre for that Peace and Serenity.

What to Expect at our Yoga, Naturopathy, Detox & Spiritual Retreat



Spirituality



Serenity



Divinity

Harvesting Blessings: Cultivating Inner and Outer Harmony

- Daily Yoga and Meditation, Tratak
- Sound Healing Sessions
- Spiritual Temple Visits
- Ayurveda-way of life
- Workshops on Life Management
- Yoga Nidra
- Basic Yoga Kriyas
- Spiritual Forest Walks
- Vegetarian Meals
- Wisdom Talks
- Journaling

**THE ISKCON GOVARDHAN ECOVILLAGE. Wada-Palghar ,
Thane, Maharashtra**

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Narendra 9769338102

31st OCT-2ND NOV 2025
**(Friday-Saturday-
Sunday)**

Retreat theme



Harvesting Blessings: Cultivating Inner and Outer Harmony

- Day 1: **Renewal – Cleansing & Fresh Beginnings**
- Gentle yoga and pranayama for seasonal detox
- Ayurvedic practices to cool and refresh the body
- Sankalpa setting and meditation for inner clarity.



Book your slot now

Day 2: Detox and Rejuvenation: Theme: “Cleansing the Path”

- Dynamic yoga and Hanuman-inspired asanas
- Kirtan and storytelling on strength and surrender
- Mindful nature walk in Govardhan’s sacred spaces.

Day 3: Awakening – Stillness & Gratitude

- Sunrise meditation and mantra chanting
- Yagnya rituals and reflective journaling
- Closing gratitude circle and energy alignment



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Escape to Serenity at The Govardhan EcoVillage

Twin Separate Beds, Balcony View, Mountain View, Living Room, Terrace, High Speed Wi-Fi, Air Conditioning, Small Room Heater, Private Bathroom, Electric Tea Kettle.



2 Nights / 3 Days : Mahavan Villa

Single Rs.12500/-

Group and Family Discounts Available

All age groups are welcome

Included: All meals, Stay, all activities as per agenda, GST/Taxes

Not Included / Excluded: Travel to GEV & Back, any meals apart from Group meals, Ayurvedic Massages

sense22yoga.india@gmail.com

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31st OCT-2ND NOV 2025
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RETREAT FACULTIES



Shailesh PATIL, Founder & CEO of Sense 22 Yoga. He is a Certified Yoga Teacher, trained under Hathayogi Nikam Guruji -SAYK. Authored 2 Books, and has conducted multiple retreats, developed innovative Yoga products and owns the YOGA LYF EXPO brand. His holistic approach integrates ancient wisdom with modern techniques, inspiring individuals to embrace balanced and mindful living.



APARNA MORE : With over a decade of experience in Yoga and wellness, she holds a Diploma in Yoga Education from India University and is a certified 200-hour Yoga Alliance Teacher, trained at Santacruz Yoga Institute, Mumbai. She is also a certified Aerial Fitness Teacher (World Yoga Alliance) and a recognized Chakra Healer, specializing in stress management through Chakra meditation and Yoga Nidra. Her qualifications include courses in Vedas, Upanishads, Ayurveda, and Naturopathy (certified in 2020). A Certified Reiki Trainer and Brand Ambassador for Kids Yoga (US), she was awarded the Indian Icon Women Personality Award in June 2019 for her significant contributions to Yoga.



Dr.Sanjay Kumar Choudhary, a Doctorate in Yoga, serves as a Teacher of Indian Culture (Yoga Master) with the Indian Council for Cultural Relations. With 12 years of experience, he has led International Yoga Day events in Thailand and Indonesia and authored Blissful Yoga. A certified Yoga Master by the Ministry of AYUSH, he is a Lead Yoga Examiner and UGC-NET qualified in Yoga. Passionate about holistic wellness, he upholds the values of Vasudhaiva Kutumbakam and Ahimsa, inspiring global well-being.

Note: Faculty members featured in this brochure are part of our expert panel. Their participation in each retreat may vary based on availability and program structure.

RETREAT FACULTIES

Narendra Dhairyawan is a certified personal trainer from Tyche MMA Matrix LLP, specializing in strength training, functional fitness, and mixed martial arts. With extensive experience in personal coaching, he focuses on holistic fitness, endurance, and injury prevention. Passionate about transforming lives, he tailors customized training programs to enhance overall well-being and performance.



Dr. Pallavi Kavhane (PhD), Director of Maharashtra Mandal's Yoga & Ayurved Prabodhini and Vishwananda Kendra, is a 3-time World Yogasana Champion and award-winning yoga educator with over two decades of experience.

With a PhD and Master's in Yoga and Physical Education, she has conducted 3000+ sessions worldwide, trained national teams including Ranji Cricketers and NDA Cadets, and received honours such as the Yoga Ratna, Yoga Bhushan, and a Gold Medal from B.K.S. Iyengar.

Passionate about making yoga accessible, she has dedicated her life to teaching, research, and social service, believing that "Yoga is the essence of my life."



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Join
Now

YOGA, DETOX & SPIRITUAL Retreat

Harvesting Blessings: Cultivating Inner and Outer Harmony

31st OCT-2ND NOV 2025 (Friday-Saturday-Sunday)

Retreat time: 12 noon Day 1 to 3 pm Day 2 -Check out 10.30 am

All Payments should be made to:

Account Holder Name:

Mumukshu Healthcare Private Limited

Bank Name: ICICI BANK

Account Number: A/C: 088405000269

IFSC CODE: ICIC0000884

Bank Branch: ICICI Bank Soham Plaza, Manpada,
GB Road, Thane 400607, Maharashtra, India

UPI: 8169728447@okbizaxis



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+91 81697 28447



8169728447@okbizaxis



Sense 22 Yoga

(A Division of Mumukshu
Healthcare Private Ltd)

<https://www.sense22yoga.com>

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Narendra 9769338102



Join Our Yoga, Detox &
Spiritual Retreat

31st OCT-2ND NOV 2025
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Harvesting Blessings: Cultivating Inner and Outer Harmony

Reserve your spot now

Sense 22 Yoga New Year 2025
Yoga, Detox & Spirituality Retreat Govardhan Ecovillage

Terms & Conditions:

Full Payment Requirement

Bookings are only accepted with full payment. We do not offer installment plans or discounts for this retreat.

Booking Transfers

Retreat bookings are non-transferable unless explicitly approved in advance by the Sense 22 Yoga team. Any requests for transfer must be communicated and confirmed by us.

Substance-Free Environment

For the safety and well-being of all participants, no alcohol, drugs, or narcotics are permitted on the premises. Any violation will result in immediate dismissal from the retreat without a refund.

No Refunds Policy

Once payment is made, no refunds will be provided. However, 50% of the payment can be converted to products from Sense 22 Yoga if requested, and the remaining 50% may be credited toward our next scheduled retreat.

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