

September 9th - 14<sup>th</sup>, 2025

# Mindful Motion Retreat

Movement + Yoga + Inversions

**MOVEMENT SHALA & YOGALAB**

Nurture your body, center your mind

Mirage Andretta, Himachal Pradesh

# A transformative 6 day mindful retreat in the Mountains

- Daily Yoga and Movement training
- Pranayama and meditation
- Hikes and nature walks
- Customized sessions based on individual strength and flexibility
- Nourishing and delicious health focused meals
- Comfortable shared rooms for all participants

## **ABOUT SHRADHA**

Shradha holds Level 3 authorization in Ashtanga and Hatha Yoga. She is a certified specialist in prenatal and postnatal yoga. She incorporates various styles of breath control and Pranayama in her classes.

Her classes create a fun community of like-minded individuals who support and encourage each other in their wellness goals.

## **ABOUT SUNPREET**

Sunpreet is a self taught movement coach. His main areas of coaching are full body awareness, mobility, active flexibility, handstands and soft acrobatics.

Sunpreet incorporates fun games and strength exercises to his inversion classes.







## About the location

A boutique heritage homestay nestled in a lush, quiet setting offering stunning views.

Set in the idyllic Andretta artist's village, it is the perfect space to relax and rejuvenate.



## **Retreat Cost:**

**5 nights**

**9<sup>th</sup> September to 14<sup>th</sup> September ₹80,000 (Shared Room)**

### **Your retreat experience includes:**

- **Daily 4-6 hours of yoga, movement and inversions**
- **Group airport transfers from Dharamshala (DHM)**
- **Shared room and all inclusive meals**
- **Private yoga and movement consult**
- **Guided nature hikes**

**Reach out to book your spot now!**

**Whatsapp on +91 9958737949/ 9717665603  
or DM on @yogalabshradha or @sunpreet\_sing**

**Non Refundable after 9<sup>th</sup> August**