

# EMOTIONAL WELLNESS RETREAT

Health | Happiness | Mindfulness 



Based on Louise Hay's Philosophy  
#healyourlife

*Rediscover NEW you*



2Night 3Day Residential Program

**21,22,23 March**  
**Fri-Sun | 2025**

TransFORMATIONAL Retreat  
3 Days for self love and  
designing healthy future



BY #DocOnMission

**Dr Darshna Thakker**

Internationally Licenced Heal Your Life Workshop Leader  
Senior Gyn | Motivational Speaker



EMOTIONAL  
WELLNESS  
RETREAT

VENUE



*Madhubhan Resort  
& Spa*

Luxury soaked in tradition.



#healyourlife

Dr Darshna Thakker #docommission

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....*

**Bliss**  
**Peace** *Blooming Happiness* **Health**



#healyourlife

Dr Darshna Thakker #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 LIFE COACH, 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.*



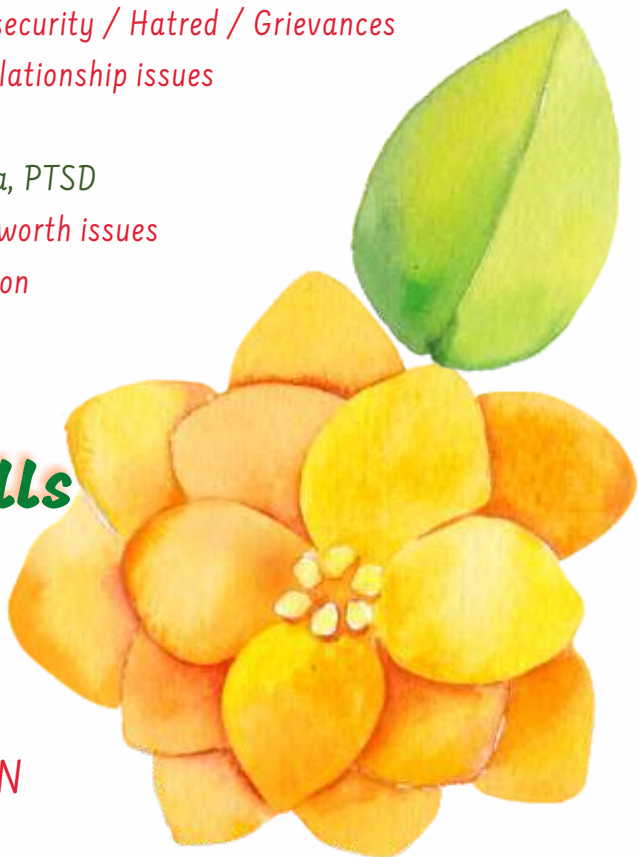
#doconmission

# 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*

**Heal beyond pills**

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



# WHO should attend? કોણે આ રિટ્રીટ માં જોડાવું જોઈએ ?

ANYONE Who is, [Age 15yr+]

- ♥ Willing to know OWN self & help others
- ♥ Ready to accept emotions & deal with it for inner peace
- ♥ Willing to take charge of life & be responsible to re-design happier future
- ♥ Ready to lead healthier life with minimum / no medicines!
- ♥ Willing to have HARMONY in relationships



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



#healyourlife

Dr Darshna Thakker #doconmission

# Peace in Rhythm

Re-Connect with your body,  
your breath,  
your being,  
your thoughts & emotions  
with NATURE

*In the  
chaos  
lies  
THE  
COSMOS!*



#healyourlife  
Dr Darshna Thakker #docommission

*De-Clutter!*





# Magical Mornings

Mindfulness Practices

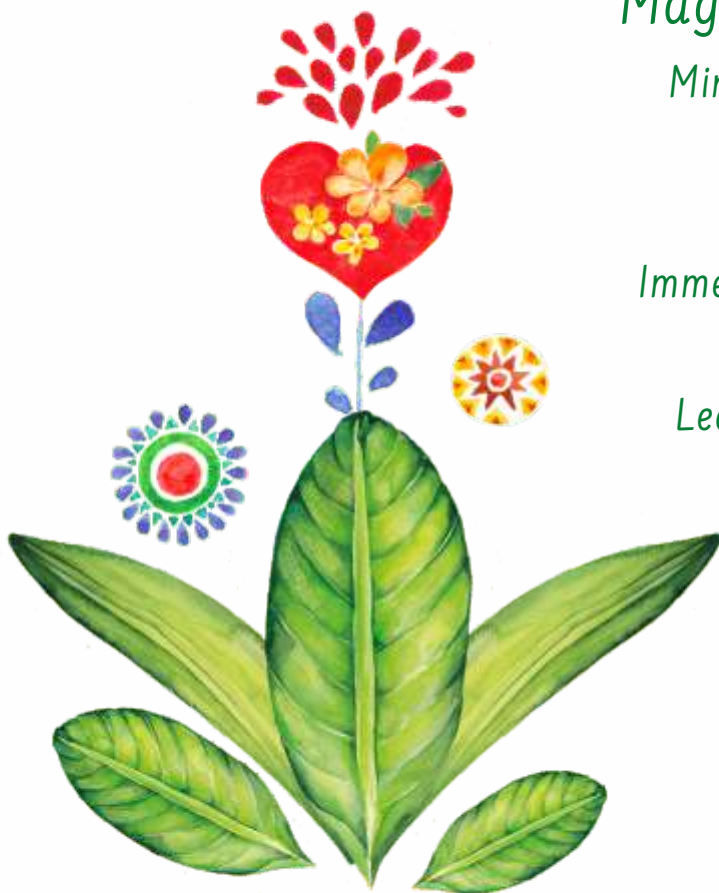
Guided Meditation

Guided Imagery

Immersive nature walks

Relaxation

Learning from Nature



A THREE Day

Emersion

|

Serenity

Abundance

Awareness

Shinrin Yoku



#healyourlife

Dr Darshna Thakker #doconmission



PAUSE ~ REFLECT  
INTROSPECT ~ REALIZE

connecting with NATURE  
through our senses of  
sight, hearing, taste,  
smell and touch

#healyourlife  
Dr. Darshna Thakker #doconmission

# Emotional Baggage >> EMPTY the storage

OVERCOME  
CHILDHOOD / GENERATIONAL  
TRAUMA



LEARN TO PROCESS  
PAIN, GRIEF  
Loss & HURT



OVERCOME  
emotional TRAUMA,  
Adverse Childhood Experiences



#healyourlife  
Dr Darshna Thakker #doconmission

ભૂતકાળની વાતો /ભૂલો કે  
બનાવો સતત પજવે છે?

Hurt  
Rejection  
Mis-Trust  
Loss

UNLOCK your Potential! Not to be stuck there!

LEARN techniques & tools  
to LET GO of the past

LET's Re-Design Memory lane, Let's Re-Program it



ADDRESSING  
CONFLICTS  
WITHIN & AROUND

HARMONY  
IN  
RELATIONSHIPS



#healyourlife  
Dr Darshna Thakker #docommission

# *Creative Meditation Session*

## *Expressive Art Therapy!*

*Colours  
of Emotions  
Mandala Magic*

**CREATE**  
*your  
Dream Life*

**RELEASE**  
*Limiting Belief System*



#healyourlife  
Dr Darshna Thakker #doconmission





Relax  
Rejuvenate  
Re-Discover

Struggling between  
HEART & MIND???

Engage in creative activities that  
explore the

*Wabi Sabi* philosophy,

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

finding beauty  
in imperfection.



Internationally Licenced Heal Your Life  
LIFE COACH

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 & Happiness Navigator*

**Dr Darshna Thakker**

**#doconmission #lifecoach**





Glimpse of previous retreat



# Participants said...

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

**Very Energizing and  
Rejuvenating.  
Understanding the  
importance of Self-  
Love. Blissful**

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

The retreat helped me to  
revisit my inner self and be  
more aware of my present  
actions

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

Thank you for  
bringing new  
consciousness in my  
life. I see life

# Participants said...

I never knew I had so much of emotional baggage within me! HYL helped me find inner peace.

I wanted to give the best gift to myself and joining the retreat was the best gift.

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

The journey of HYL is very big turning point of my life. Feel very light and safe.



# Retreat Schedule

- ♥ Reporting Time: 8AM March 21, 2025 at Madhubhan Resort, Anand
- ♥ Travel Arrangement - by participants
- ♥ Heal your Life Workshop @ MAGNOLIA Hall  
[Day 1 & 2: 9:30am - 6:30pm]
- ♥ Additional Retreat Sessions - Beyond 2Day HYL module for all participants  
Amidst Nature Early Morning 6:15am [Optional]
- ♥ Group Learning & Sharing Post Dinner [OPTIONAL]

Arrival  
8 am  
March 21  
Friday

Departure  
5 pm  
March 23  
Sunday



# Retreat Over View

## *Re-define Health & Happiness*

### DAY 1

Travel to  
Madhubhan Resort

8am - 9:15am  
Buffet Breakfast  
at Coffee Shop  
24x7 Ground Floor

---

9:30 - 12:30  
HYL philosophy  
Mind Body Connection

---

1 Hour Lunch Break

---

2:30pm - 6:30pm  
Look Within  
KNOW yourself

### DAY 2

6:30 - 8am  
Life Cycle  
Magical Morning

8am - 9:15am  
Buffet Breakfast  
at Coffee Shop  
24x7 Ground Floor

---

9:30 - 12:30  
Know Your Emotions  
Acknowledge &  
Transform

---

1 Hour Lunch Break

---

2:30pm - 6:30pm  
Manage Your Emotions  
Be YOU

### DAY 3

6:30 - 8am  
Learning from Nature  
Mindful Morning

8am - 9:15am  
Breakfast

---

9:30 - 12:30  
Fun Filled Morning  
Take Home Learning  
1pm:Room check out

---

Travel within &  
Group Sharing

---

4:30pm  
High -Tea  
Departure

*Be Ready for many tiny surprises for BIG leaning!*



#healyourlife

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

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



#doconmission

## Dr. Darshna Thakker

MD (Ob Gyn), DHA, MBA Obstetrician & Gynecologist  
Internationally Licenced HYL - Heal Your Life Teacher &  
Workshop Leader

+91 98240 69989

1021, 10th Floor, Avenue One Building,  
Behind Shreyas Foundation, Near Manekbaug Cross Roads,  
Ahmedabad - 380 015 Gujarat [info@sarjanhealthcare.com](mailto:info@sarjanhealthcare.com)

