

Rediscover NEW YOU

@Heal Your Life Wellness Retreat

“Every thought we think
is creating our future.
It’s only a thought,
and a thought can be changed”

- Louise Hay



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EMOTIONAL WELLNESS RETREAT

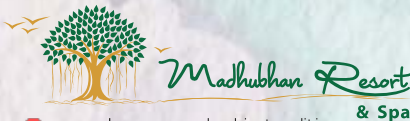


Based on Louise Hay's Philosophy

YOU CAN HEAL YOUR LIFE

June 26,27,28

[2 Night 3 Days] 3 Days for self love and
designing healthy future



Luxury soaked in tradition



Anand, Gujarat

send <HYL> to +91 94295 25189



BY
Dr Darshna Thakker

Internationally Licenced Life Coach & Heal Your Life Workshop Leader
Senior Gyn | Motivational Speaker #doconmission

Health | Happiness | Wellbeing





EMOTIONAL
WELLNESS
RETREAT

VENUE



*Madhubhan Resort
& Spa*

Luxury soaked in tradition



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Anand, Gujarat



2 Nights ~ 3 Days

*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 *Health*
Blooming Happiness



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Transformational Workshop



Heal Your Life

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.



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Peace in Rhythm

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

A THREE Day Emersion
Serenity | Abundance | Awareness

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Learn to Process
PAIN, GRIEF
Loss & HURT



OVERCOME
emotional TRAUMA,
Adverse Childhood Experiences

ACCEPT ~ FORGIVE ~ CONNECT ~ LEARN

Break the Barriers

*free yourself
from limiting belief system*



Self-Love is a miracle!

At retreat, learn the tools & techniques to enhance it

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



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Heal Your Life

Transformational Workshop



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Dr. Darshana Makker #doanmission

ભૂતકાળની વાતો /ભૂલો કે
બનાવો સતત પજવે છે?

UNLOCK your Potential! Not to be stuck there!

LEARN technique & tools
to **LET GO** of the past

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



PAUSE ~ REFLECT
INTROSPECT ~ REALIZE

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

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





Solutions for Psycho-somatic disorders & progressing illness



PREVENT ILLNESS



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Let's FIND
the root cause
of physical
discomfort/
dis-ease/disease

#healyourlife Sleep Disturbances Chronic Disease?
Headache Joint Pains
IBS Migraine Backache
Acidity Diabetes
Infertility **cancer** PCOS ANXIETY
Constipation Thyroid Dis
Sciatica Depression Any dis-ease. . .
Emotional crisis? Financial Crisis?

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

*Gift yourself a wellness vacation
for TransFORMATION*





Workshop Learning

- 💖 Mind-Body Connection ~ Healing
- 💖 Knowing about limiting belief, how to overcome?
- 💖 Let Go of Limiting Past Experiences
- 💖 No more negative thought cycle
- 💖 Overcoming Mental Fatigue
- 💖 Enhancing Self Love
- 💖 Hurt management & Forgiveness
- 💖 Emotional release
[Anger/fear/jealousy and many more]
- 💖 Relationships Harmony
- 💖 More wellness in the body, mind and spirit

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Glimpse of Retreat



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.

Participants said...

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.

Participants said...

“
I feel so
LIGHTER
and stronger...
I started loving
”

“
It was full of
immense learning,
every activity was
”

“
Very Rejuvenating
experiences at HYL
Workshop.
Understanding the
importance of Self-
”

“
The workshop helped
me to
look within and be
more aware of present
”

“
Thank you for
bringing new
consciousness in
my life. I see life
with new
perspective
”

“
3 days at the Retreat,
consists of Learning,
Un-
Learning and Re-
Learning several
aspects of life.
”



Retreat Schedule

- ♥ Reporting Time: 8AM June 26, 2026 at Madhubhan Resort, Anand
- ♥ Travel Arrangement - by participants
- ♥ Heal your Life Workshop [Day 1 & 2: 9:30am - 5:30pm]
Additional Retreat sessions - Beyond 2Day HYL module for all participants
- ♥ Amidst Nature Early Morning 6:15am [Optional]
Group Learning & Sharing
- ♥ How to get what we want in life [Day 3]
[**Affirmation Drafting** In the domain of Health, Wealth, Happiness, Success & Relationship]

Arrival
8 am
June 26
Friday

Departure
5 pm
June 28
Sunday



Retreat Over View

Re-define Health & Happiness

DAY 1

Travel to
Madhubhan Resort

8am - 9:15am
Breakfast

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
Buffet Breakfast
at Coffee Shop
24x7 Ground Floor

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

Travel within &
Group Sharing

5:00pm
High -Tea
Departure

Be Ready for many tiny surprises for BIG learning!



Self love has power to prevent illness,
cure disease by deeper healing.
Self love is the key
to happiness! It's important to enhance self love
& self acceptance. Louise Hay designed
this program and her book
You Can Heal Your Life (50 million copies sold!)
has helped millions of lives.



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www.doconmission.net

www.healthcafeamdad.com



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Dr. Darshna Thakker

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