

SANJEEVANI VICHAAR RETREAT

An immersive 3 days to harness
the power of your thoughts and emotions,
followed by 3 months of online support



A personalised, transformative experience with
Garima accomplished changemaker, life coach.

It's time to step into your power to change your
patterns with courage, compassion, gratitude

[APPLY HERE](#)



SWASTH YOG
INSTITUTE

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WHAT:

- Simple and powerful tools to decode your inner landscape
- Guided self-reflections to unveil your unhelpful, compulsive patterns
- Process to re-set your patterns with courage, compassion, gratitude

FOR WHOM:

A personalized experience for participants with a strong desire to break out of their mental and emotional patterns. Eligibility: Age 18 onwards, physically and mentally fit to self-manage their stay.

WHERE: Various locations, within the city or 1-4 hour drive from it

- India (Delhi/NCR, Bengaluru, Chennai, Mumbai, Pune)
- US (West Coast, East Coast)

WHEN: Calendar to be announced (fill “Apply Now” form to stay posted)

- Friday morning to Sunday early evening
- Followed by 2.5 months of online support (5 group fortnightly sessions)
- A personalized 1-1 with Garima in the 3-month period post Retreat

BY WHOM:

Garima, Co-founder of Swasth, International Coaching Federation certified PCC coach, Somatic Psychology practitioner, MSc Yoga

FEE:

- Includes residential and online sessions, coaching, shared accommodation, meals.
- INR 22,000 for early birds, INR 25,000 thereafter. US Fee to be announced
- Scholarships available for deserving candidates

Small Batch Size for a Personalized Experience

Apply [HERE](#)

Whatsapp Sujata at +91 93244 85887 to start talking...

SANJEEVANI VICHAAR RETREAT

Who is holding space for your gentle transformation?

An accomplished social changemaker, coach and leader, Garima Gupta Kapila masterfully **integrates ancient wisdom and modern sciences** to empower busy professionals and householders to cultivate harmony in the body, mind and spirit. Her transformational workshops and personalised coaching unleash the power of **yoga, psychology, nutrition and nature connection** to take participants towards their full potential by being their full, authentic self.



During 15 years at prestigious institutions such as **IIT, McKinsey & Co., Teach For India and Swasth Foundation**, Garima experienced how outer success without inner fulfilment can lead to feeling lost, ill-health, depletion, overwhelm and relationship conflicts. Her quest for inner joy led her to study, contemplation, training and practice of multiple disciplines, which cumulatively transformed her inner and outer life.

In 2017, to enable health and joy for the world at large, she founded Swasth Yog Institute (SYI) which, till date, has delivered **75,000 person-hours** of well-being services and training to people across continents, income segments and languages, with a service quality of **4.8 stars** (out of 5). Participants have reversed chronic diseases, gained mental peace and found harmony in relationships. SYI is affiliated to the **Indian Yoga Association** and **VYASA University**. Its learnings have been documented into 5 books, shared at forums such as **Association of Coach Training Organizations**, researched with the support of the **Harvard School of Public Health** and adopted by **Swasth India Medical Centers**, India's largest NGO-run network of primary health clinics serving low-income households.

[Apply NOW](#)

To step out of the tyranny of a limiting paradigm of life, re-wire your patterns, and come closer to your true nature

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What experiencers of Garima's offerings are saying

"Garima is an ocean of wisdom and intuition! She is so patient, understanding, so loving, and so keen to make a difference... She does not hurry you up... each session with her has been a blessing to me and I am so grateful that I have someone who I can reach out to! I am certain I will be doing more courses with Swasth to gain from Garima's knowledge and experience. I am her fan "

"I must say this is the best course I have attended because it's well planned and laid out and explained in a simple manner. [...] Garima explains everything in detail and makes it easy to understand. Everyone whom I have encountered is very helpful and encouraging. I have become more knowledgeable and aware of important topics related to health and body. Thanks to all "

"Garima is very grounded and knows the subject really well. She is mindful about sharing enough information and letting participants choose their journey. She appreciates small wins and encourages others to do so for themselves."

"I love the care, love, and devotion around making it a truly one-of-a-kind experience - the gentle pace, the insights it brought about, the way the space was held for us, and just the group field... this can be a very long list."

"I liked how Garima brought in lightness in the content, held the space for open sharing by all participants, encouraged self-sufficiency in learning, supported each one in their individual journeys."

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Answers to common questions

[I am suffering from some health conditions. Can I attend?](#)

This program assumes participants are able to manage their body, energy, mind and emotions to be functional, without requiring support. In a semi-urban homestay setting, it assumes the ability to climb flights of stairs through the day, endure diverse climates (hot, rainy, cool), and participate in sessions from 6:30am to 8pm with breaks. If your physical or mental health requires medical or therapeutic or personal attention, we recommend setting up a consult with us to explore our other offerings or other Institutions that can help you at this stage. (<https://www.swasth.org/consult>)

[I would like a private room / I have some special needs.](#)

[Can they be taken care of?](#)

This program requires stepping out of my routine comforts to embrace a simple homestay experience. Being a shared setup, each participant is responsible towards the hosts and other participants. Instead of catering to all my needs and constant connectivity with life back home, its primary focus will be on inner transformation. We encourage you to discuss your special needs with us, and if this program isn't appropriate, we'll work with to suggest online offerings that you can do from the comfort and privacy of your home. (www.swasth.org/workshops)

[How is this different from Swasth's online version of Sanjeevani Vichaar?](#)

The content of the online and residential versions of both are the same. While the online version has transformed many lives, this residential version was created with the specific purpose of creating an immersive experience, away from the pressures of daily life. We believe this allows a reset of knowledge, skills and mindsets and deeper experience of the alignment of body & energy, mind & emotions, intuition & spirit.

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What is your refund policy?

This offering has been crafted as a personalised experience for small groups and requires much logistical planning.

There are no refunds.

I'm not able to afford your program fees. How can I access this?

At Swasth, we believe in spreading health and joy to all, without finances coming in the way. This is an exclusive, personalised offering, priced to enable us to recover our organizational costs, so that we can continue on our mission of serving all segments of society. If you are not able to afford this offering, don't worry! We have a scholarship option in the application process – apply and we'll collectively figure out how we can support you.

How can I reach the venue?

We'll be at accesible venues either within the city, or reachable in a 1 to 4 hour drive. This will enable you to drive in on Day 1 and Drive out on Day 3.

Post registration, we will also add you on a Whatsapp group where you can co-ordinate carpooling and other options with other participants.

Can I get accomodation support for early arrival / late departure?

Yes, we may be able to support you with accomodation and meals for upto 1 day before and 1 day after. Since this this subject to rooms being available, we recommend contacting us immediately, to discuss your needs and the charges.

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[I'm all set to apply. Where do I make the payment?](#)

Great! Fee payment is part of the registration process.

For participants from India

Below are the bank and UPI details. You will be asked to upload a unique photo ID and proof of payment as part of registration. We recommend completing pre-work as needed (e.g. setting up a beneficiary for bank transfer) before you begin the application.

Name - Swasth India Foundation

Bank Name- State Bank Of India

Branch- Gokuldharm (Goregoan- E)

Branch Code- 6055

Account No: 42529704517

IFSC- SBIN0006055

UPI ID: SWASTHINST.836@SBI

For participants outside India

Please remit payment at <https://www.paypal.com/paypalme/SwasthInc>

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