

aagman

The Inner Arrival Retreat

24TH - 26TH JAN 2026

Hide Out Farm, Palghar (Near Mumbai)



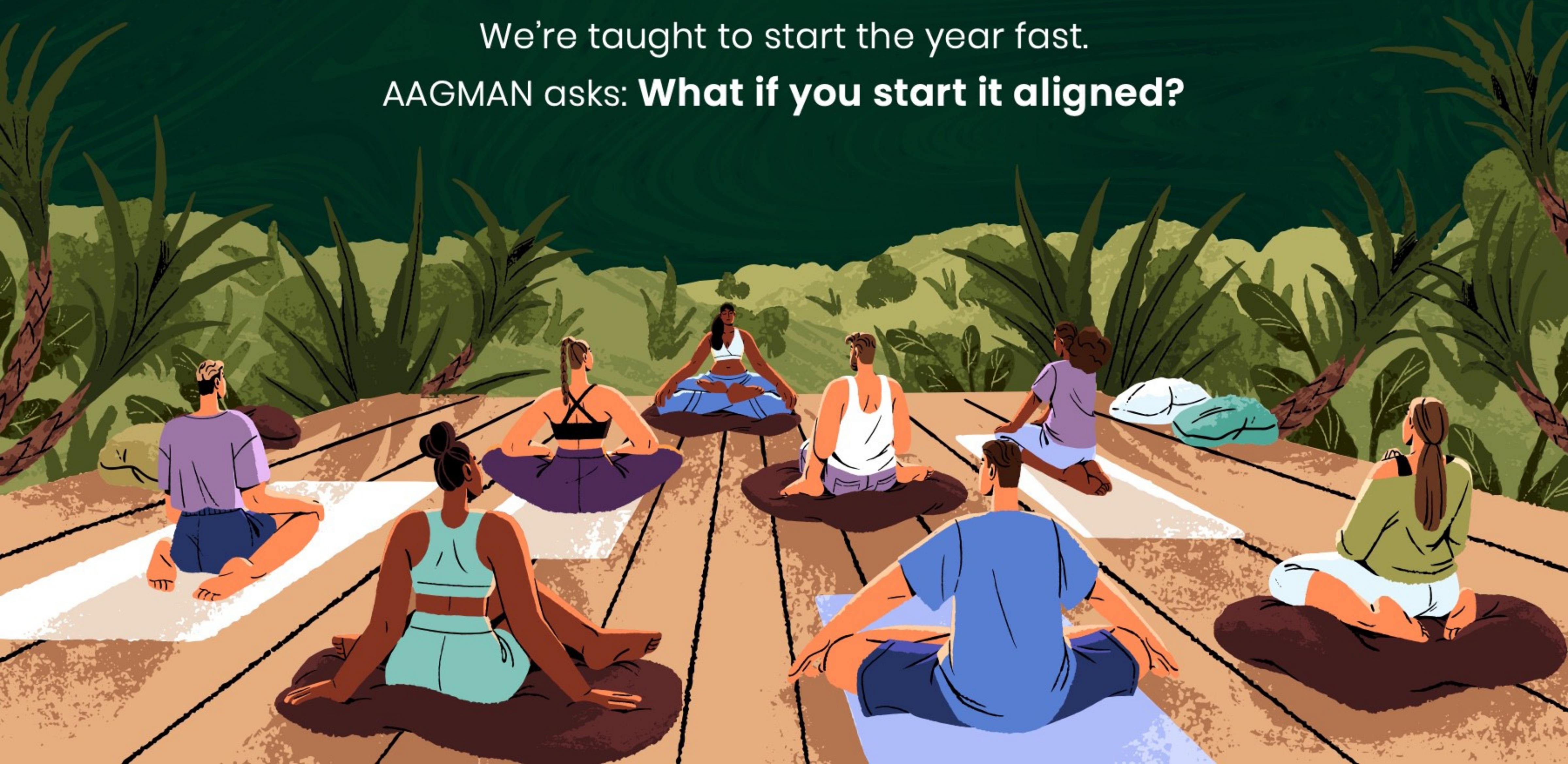
NEW YEAR. SAME WORLD. DIFFERENT WAY OF BEING.

Everyone talks about goals in January. Very few talk about the state from which those goals will be pursued.

AAGMAN is an invitation to begin the year regulated, grounded, and clear, so you don't burn out chasing the same resolutions again.

We're taught to start the year fast.

AAGMAN asks: **What if you start it aligned?**



**This retreat is for a limited number of participants
8 (Eight) on a first come first book basis**

WHAT AWAITS YOU:

- Breathwork with Sound Healing
 - Acupuncture sessions
- Yoga for nervous system regulation
 - Conscious rest & integration
 - Farm-to-table meals
- Retreat kit (journal + oil samples)
- Mud bath, nature walks & journaling

INCLUSIONS:

- Triple-sharing accommodation
- All meals (Satvic / Vegetarian)

WHAT YOU SHOULD GET ALONG:

- Water bottle
- Yoga mat
- Warm, comfortable clothing (mornings and nights can be cold)
 - Insect repellent
 - Towels
- Change of clothes after the mud bath

(Activewear or Quick-dry clothes are recommended)



ABOUT HIDE OUT FARMS:

Set within a sacred fruit forest, Hideout Farm is a quiet, nurturing space designed to help the body slow down and settle. The farm offers sustainably built home stays open to the natural energy of the land, inviting rest, clarity, and regulation.

More than a farmhouse or weekend escape, this is a lived-in wellness sanctuary and family home, shared with care and intention. Guests are encouraged to stay long enough to truly unwind, detox, and renew naturally, in harmony with nature.

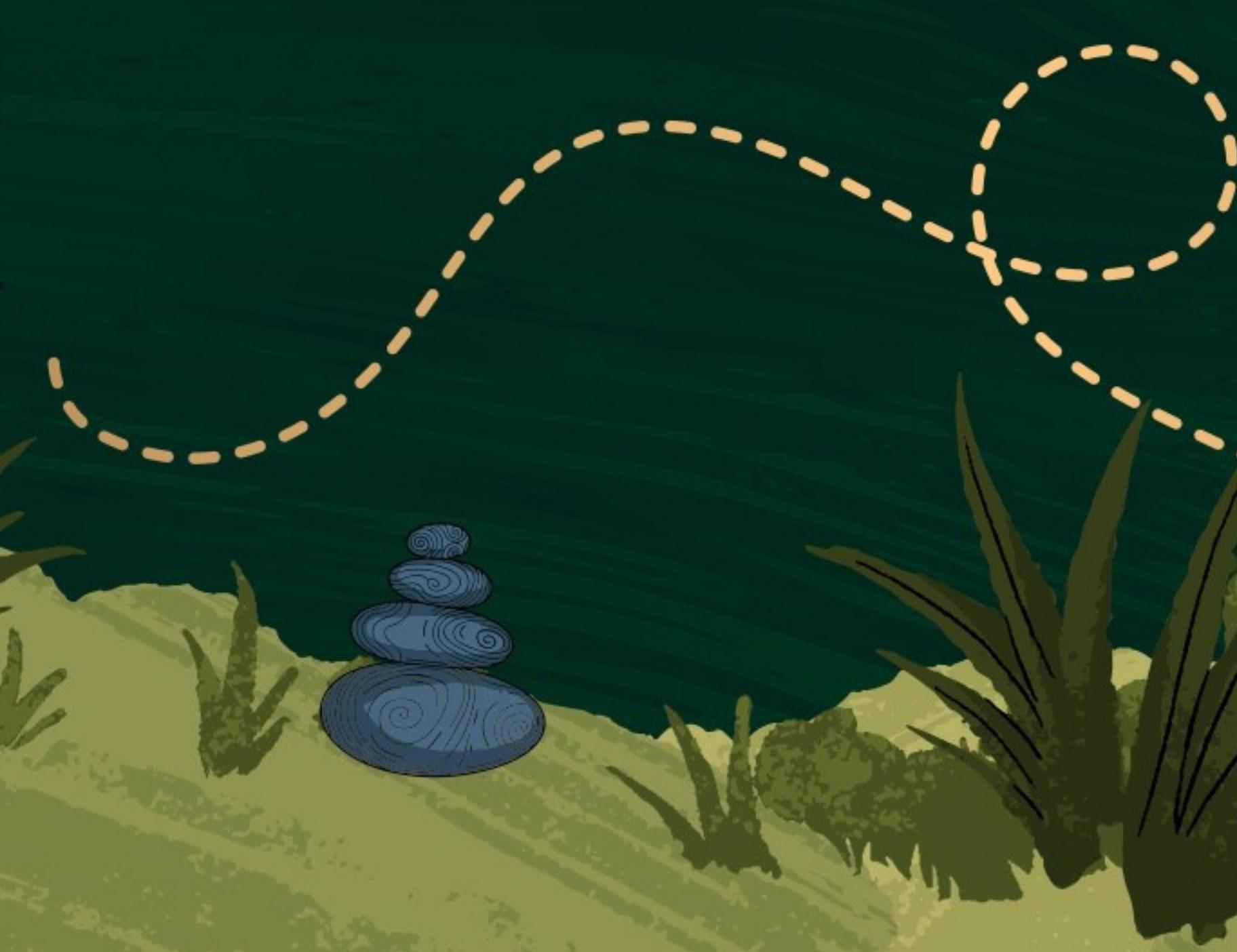
HOW TO GET THERE:

<https://maps.app.goo.gl/iLzXQwYpjCpWN9PH9>

Drive down on the Mumbai-Ahmedabad highway.

OR

Take a train to Palghar station, Hide Out Farms can send an Auto Rickshaw to pick you from the station on a chargeable basis. The ride will take approximately 1 hour.



ABOUT THE FACILITATOR

Nandini Shastri

Weaves ancient wisdom with intuitive healing through multiple modalities.

With a deeply nurturing and grounded presence, her work integrates:

- Shamanic Breathwork
- Sound Healing & Sound Baths Yoga
- Pranayama & Meditation
- Pranic Healing
- Ritual & Energy Work

Her sessions gently support emotional release, nervous system regulation, and soul-level connection, creating a safe and sacred container for deep inner work.

Prateek

A 2nd generation Chinese Medicine expert. His work blends traditional diagnosis with acupuncture and restorative therapies, supporting high performing individuals to slow down, release tension, and recalibrate from within.



RETREAT FEE

Retreat is for 8 (Eights) participants

EARLY BIRD

First 5 Participants

₹22,999/- (Including GST)

Valid till 12 January 2026 only

REGULAR PRICE

₹27,999/-

(Including GST)

ROOM DETAILS

- Inter-connected rooms on triple sharing basis.
- These rooms have one private bedroom, and common area with twin beds.
- Private bedroom will be allotted on first-come, first-served basis.

OPTIONAL ADD-ONS (ON-SITE)

1:1 Acupuncture Session – ₹2,000/-
with PRATEEK

PAYMENT STRUCTURE

OPTION 1:

- Full Payment
(Recommended)

Secures your spot immediately

OPTION 2:

- ₹10,000/- to book
Balance payable 15 days
before the retreat



PAYMENT DETAILS:

Name: **Mrs. Nandini N Shastri**

UPI: **nandinishastri@okhdfcbank**

Phone No: **+91 98199 07339**

Scan Here to pay



TERMS AND CONDITIONS:

- 100% payment to be made in advance to secure your spot.
 - No refunds or carry forwards available.
 - In case you can't make it to the retreat, you can transfer the seat to a friend/family member.

nandini
Breath & Beyond

hagman
The Inner Arrival Retreat

