



Step into a soulful journey of self-discovery.

Guided by expert facilitators, this immersive retreat offers a series of thoughtfully curated experiences to awaken your inner wisdom, restore balance, and inspire deep harmony within.

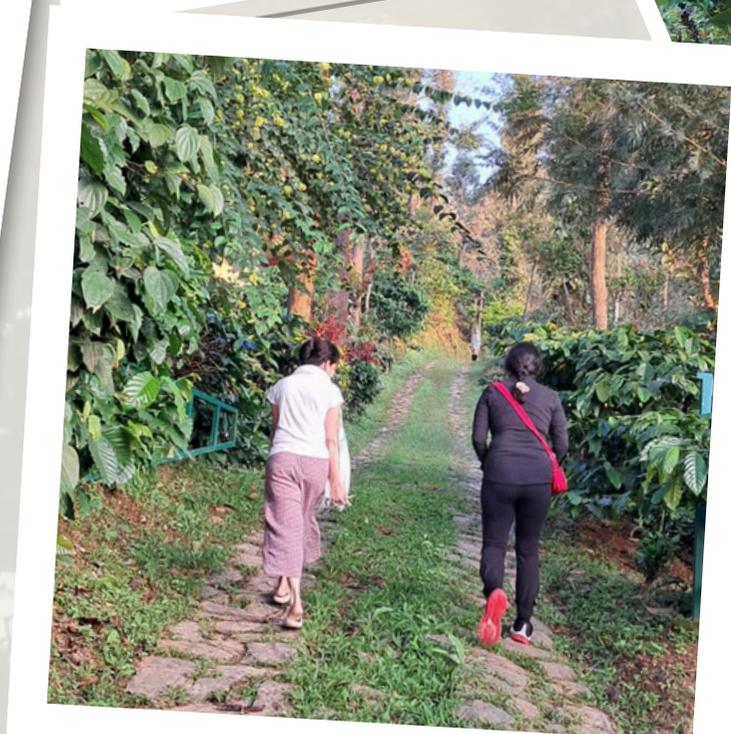


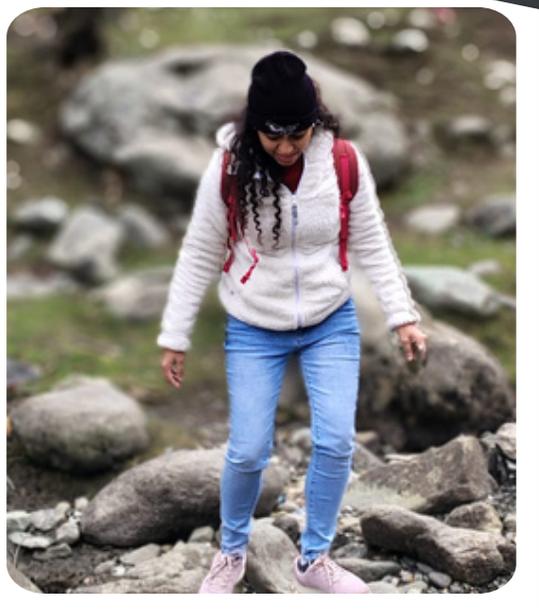
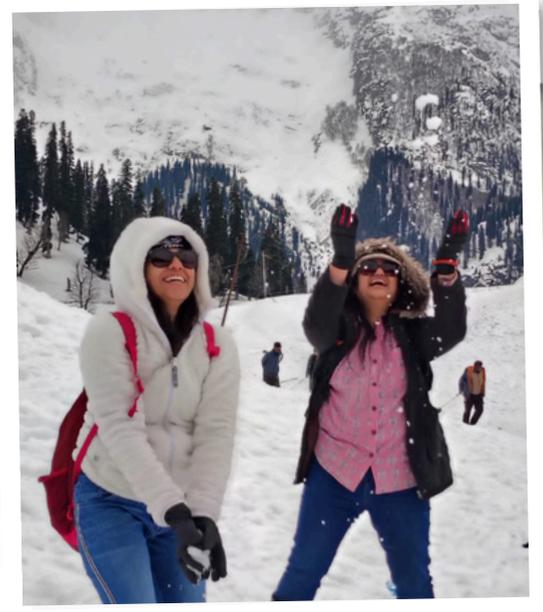
Embark on a profound and enriching journey spanning three nights and four days, where each moment is meticulously crafted to resonate with self-discovery and personal growth. Guided by seasoned experts, this immersive retreat promises an extraordinary experience that delves into the depths of your being. As the sun sets on each day, participants will find themselves embraced by an atmosphere of tranquility and self-reflection.

The expert facilitators will skillfully lead transformative sessions, encouraging individuals to tap into their inherent wisdom and unlock hidden potentials. Through a carefully curated sequence of experiences, including mindfulness practices, introspective and reflective workshops, and meaningful group activities, attendees will navigate a path towards holistic well-being.



This retreat is not merely a getaway; it's an opportunity to reconnect with oneself, foster a sense of inner balance, and emerge revitalized. Whether engaging in guided meditations under the stars or participating in group discussions, every aspect of this journey is designed to leave a lasting imprint, empowering participants to carry the newfound insights into their daily lives long after the retreat concludes.





Meet Your Facilitators



Ranjitha Raj

When you step into a session with **Ranjitha Raj**, you don't just meet a facilitator—you meet a guide, a storyteller, and a compassionate presence who believes in the transformative power of human connection. With a heart deeply rooted in mental health awareness and education, Ranjitha brings a unique blend of expertise, empathy, and experience to every space she holds.

As the **founder** of **Mental Health Academy India (MHAI)**, she has dedicated herself to making mental health knowledge accessible, integrating diverse therapeutic modalities such as Mindfulness-Based **Ecotherapy**, expressive arts, bibliotherapy, and music therapy. She is also the **author** of two books, where she beautifully captures emotions, resilience, and the essence of human experiences.

Ranjitha firmly believes that therapy need not happen within four walls. Healing is found in the rustling of leaves, the rhythm of waves, and the quiet wisdom of the mountains. This belief led her to curate unique experiential retreats such as **Harmony** Retreat and **Kaadu Harate**, a soulful integration of nature, music, and healing. She also facilitates **Mann-Thann**, a reflective self-care experience designed to help individuals pause, reconnect, and rejuvenate through mindful practices and nature-based activities.

She also incorporates **Shinrin-Yoku**, the Japanese practice of forest bathing, an immersive experience in the wild that allows individuals to disconnect from everyday chaos and reconnect with the calming, restorative power of nature.

Her facilitation style is deeply personal, drawing from her love for nature, poetry, and storytelling. Whether she's guiding participants through self-reflective exercises, holding space for meaningful conversations, or helping them discover inner clarity, her sessions always leave an imprint.

What makes her approach truly unique? It's the way she listens—not just to words, but to the unspoken emotions behind them. She creates a space where vulnerability is not a weakness but a strength, where learning feels like an organic process rather than a structured curriculum.

Through her years of work, from rural mental health initiatives to corporate wellness programs, Ranjitha has touched numerous lives. And if there's one thing she hopes for every participant to take away, it's this: You are seen. You are heard. And you have the power to rewrite your own narrative.

As John Muir beautifully said:

"And into the forest I go, to lose my mind and find my soul."

Join her, and experience facilitation that goes beyond knowledge—it transforms.

Panini Deraje is a talented **musician, drama artist, counselor, music therapist, and music educator**. As a multi-instrumentalist, he is well-versed in a wide range of musical instruments—from the xylophone to the saxophone—and has collaborated with numerous artists to create music that is both soulful and deeply moving.

Panini's passion for music is evident in his work, which is characterized by a unique blend of traditional and contemporary styles. He has a natural flair for composing music that resonates with people of all ages, localities, backgrounds, and needs.

He is also the **founder** of **M-You-Seekh Academy**, a space where he teaches music and facilitates healing through creative expression, combining the arts with therapeutic practices to support growth and well-being.

Panini's contribution to the world of music is not limited to his compositions and performances alone. He has also been a music teacher for over 20 years, and has helped hundreds of students to discover their musical talents and fulfill their potential.

Panini is known for his exceptional ability to understand the **mind-body** connection through music. With his extensive experiments and experience as a music composer, singer, **multi-instrumentalist**, music teacher, and theatre artist he has helped individuals select music that not only suits their mood but also helps them get into the right emotional state.

Panini is also a seasoned theatre practitioner, known for designing immersive experiences that combine drama, music, and movement. His theatre-based activities create a safe and expressive space for self-reflection, communication, and healing—whether in workshops, wellness retreats, or community settings.

Panini's deep understanding of the therapeutic properties of music has led him to collaborate with healthcare professionals and wellness practitioners, creating customized healing workshops for individuals and groups.

Panini's work gently reminds us that through the rhythms of music and the expressions of theatre, we can reconnect with ourselves, heal what's hidden, and rediscover the joy of simply being.



Panini Deraje



Pramod Shenthar

Pramod Shenthar describes himself as an imperfectionist—a **seeker** who embraces flaws while continually striving toward growth and self-realization. His journey is one of evolving awareness, grounded in the belief that healing is both a personal and collective endeavor.

A **multi-faceted facilitator**, Pramod is a certified leader in Heal Your Life Workshops, inspired by Louise Hay's transformative work, *You Can Heal Your Life*. He also brings a range of mind-body modalities into his sessions, including Tai Chi Easy Practice, Silva Ultramind ESP Training, Mirror Work, and Hypnotherapy. His approach bridges ancient wisdom and modern psychological practices to create deeply reflective and empowering experiences.

Over the past five years, Pramod has facilitated more than 40 workshops, guiding individuals toward healing, clarity, and conscious living. His sessions often focus on exploring the inner child, breaking limiting beliefs, and strengthening the mind-body connection.

Beyond his wellness practice, Pramod holds a significant leadership role as the **Chief Operating Officer** at CipherACE Technologies Private Limited. He is also a Distinguished Toastmaster under Toastmasters International, reflecting his exceptional communication and leadership abilities.

Fuelled by a profound interest in human behavior and emotional wellness, Pramod pursued a master's degree in **psychology**—an academic step that complements his experiential and intuitive understanding of the human psyche.

Whether he's leading a corporate boardroom or a healing circle, Pramod brings presence, empathy, and purpose. His work is a gentle reminder that we are all works in progress—and that every step inward is a step forward.

Harmony – The Journey Within

Harmony is a **3-night, 4-day immersive retreat** crafted to help you pause, reconnect, and heal.

Nestled in a serene natural setting, this experience weaves together the power of creative expression, mindful reflection, and community connection.

All essentials—accommodation, meals, and activities—are thoughtfully taken care of, allowing you to simply be.

We organize Harmony retreats across India and internationally, creating safe, nourishing spaces wherever we go.

We also offer Harmony in flexible formats tailored for individuals, families, groups, or organizations—seamlessly integrating nature therapy, sound, music, and healing practices.

Want to Customise Your Harmony Experience?

No two journeys are the same—because no two people or communities are alike. Whether you're an individual, family, group, or organization, let's co-create a Harmony experience that aligns with your intentions and goals.

 Email: info@mhαι.in

 Call/WhatsApp: 9880651010