

Samartha Retreat Dharamshala



CA Guide to Wellness

ABOUT SAMARTHA





Samartha the word itself means "Capable"

Samartha was formed in 2016 and Registered as a Startup in 2020.

At Samartha, we believe that every person is creative, resourceful and whole by nature. We consciously collaborate with our clients to explore new opportunities and take laserfocused action.

WHAT DO WE DO?

- Lifestyle coaching
- Yoga Events
- Corporate wellness training
- 5 day Retreats



ABOUT HARSHA



Harsha Banthia

Yoga Expert, Life Coach & Running Coach

As a co-creator of Samartha A Better You, I am now leading Samartha -Conscious Living, a Yoga and Wellness startup that focuses on holistic health and wellbeing. With a passion for addressing all aspects of health, I have organized Yoga and wellness retreats across the country, designed running and recovery programs for injury prevention, and conduct regular group Yoga sessions for corporations, schools, and institutions. I also offer a special program for women, with a focus on women's health, including prenatal, postnatal, and PCOS/PCOD support.

MY LEARNING JOURNEY

- MSc Yoga Therapy
- ACSM Approved Marathon trainer
- K-11 Personal training
- Level 3 Sound Healer
- EKFA Kettle Bell L1 certified
- Pranic healer



Samartha Retreat

A 5 Days of Breakthrough program in a Paradise location. Learning and exploring with a strong community.



Your life's greatest breakthroughs and friendships can be found here.

Enrich your personal and professional life over the course of five days by learning about new concepts and research that can be applied to your own personal and professional development.

Highlights



Yoga & Workout



Dance & Movement



Silent morning trek



Emotional Therapy



Sound healing

Media coverage

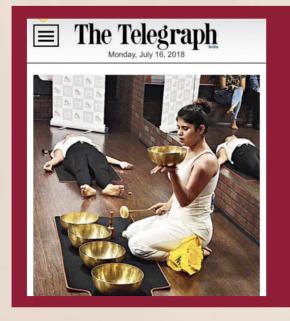
<mark>योगाथन</mark> कार्यक्रम के जरिए योग की सार्थकता का संदेश

कोलकाता, 20 जून (नि.प्र.)। अंतराष्ट्रीय योग दिवस के अवसर पर समर्थ कॉन्शियस लिविंग द्वारा योगाथन कार्यक्रम का आयोजन किया गया। यह आयोजन पिछले 4 वर्षी से किया जा रहा है, इस बार इसका आयोजन एत्मिन टर्फ में रखा गया जहां महिला एवं पुरुषों ने बढ़-चढ़कर हिस्सा लिया। 8वें योगा दिवस का उत्सव मनाते हुए 108/150 सूर्य नमस्कार का लक्ष्य रखा गया. जिसे अधिकतम प्रतिभागियों ने पूरा किया। भाग लेने वाले सभी प्रतिभागियों को सामर्थ की तरफ से प्रमाणपत्र भी प्रदान किया गया। गौरतलब है कि 10 वर्ष पुरानी इस संस्था की संस्थिपका हर्षा पांडेय बांठिया हैं और वे सूर्य नमस्कार को आसन, प्राणायाम, मन्त्र, चक्र, अभ्यर्पण की सहायता से शांति के











LOCATION & STAY

Dharamshala translates to Spiritual dwelling or a sanctuary.

Camp Dharamshala is the perfect place for a peaceful getaway. It is one of those places which are picture-perfect, and straight out of a movie scene. In Kangra, Dharamshala is the best place to learn and practice spirituality It is a hilly city overflowing with mainly Deodar Cedar trees. It is why the best site for Camping is Dharamshala.





4 Nights | 5 Days

Single occupancy	Double occupancy
INR 35,000	INR 45,000
\$ 427	\$ 549

Included Not included

- 1. Stay
- 2.3 course meal
- 3. Yoga claa, Sound healing, tarot reading, trek
- 1. Flight
- 2. Local transport
- 3. Any meal or services not mentioned in list.



3 Reasons People always want to come back

- A place to find life long friendships and grow together.
- Discover the best version of you -Reboot your physical and mental stress and get you ready for future challenges by using ancient tools of tibetan singing bowl, mind detox techniques.
- Unleash the creative side of you



