



SAMARTHA[®]
— CONSCIOUS LIVING —

Samartha Retreat

Dharamshala



A Guide to Wellness

WWW.SAMARTHACONSCIOUSLIVING.COM

ABOUT SAMARTHA



SAMARTHA[®]
— CONSCIOUS LIVING —

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 laser-focused 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 Samarth 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



Silent morning trek



Yoga & Workout



Emotional Therapy

Dance & Movement



Sound healing

Media coverage

योगाथन कार्यक्रम के जरिए योग की सार्थकता का संदेश

कोलकाता, 20 जून (नि.प्र.)। अंतराष्ट्रीय योग दिवस के अवसर पर समर्पण कॉन्सिचस लिमिटेड द्वारा योगाथन कार्यक्रम का आयोजन किया गया। यह आयोजन पिछले 4 वर्षों से किया जा रहा है, इस बार इसका आयोजन एलिमिन टर्फ में रखा गया जहां महिला एवं पुरुषों ने बड़-बड़कर शिर्षा 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 सम्पन्न की तरफ से प्रमाणपत्र भी प्रदान किया गया। गौरतलब है कि 10 वर्ष पुरानी इस संस्था की संस्थापिका हर्षा पांडेय बांदिवा हैं और वे सूर्य नमस्कार को आसन, प्राणायाम, मन्त्र, चक्र, अम्बरपण की सहायता से शान्ति के



YOGA BY THE POOL AT THE GATEWAY HOTEL

In a heroic attempt to turn over new leaves, yoga aficionados at The Gateway Hotel turned up at the poolside for an early morning session on International Yoga Day. Harsha Banthia, a certified yoga instructor and sound therapist, took her class through sun salutations and the basic asanas before encouraging them to attempt the more complicated postures.

"Yoga is not just about asanas or pranayam; it's a lifestyle. Yoga not just improves your fitness and flexibility but also prepares you to accept life's challenges with an open mind," said Harsha. t2 takes a gander at what it's like to embrace a new life.



"Sound medicine is based on over 5,000 years of Indian medicine. Divine vibrations of the singing bowls enables the patient to go into a deeply altered state in which healing is stimulated," said Harsha Banthia.



Harsha demonstrates the Parivrtta Janu Shirshasana. This stretches the hamstring and spine and improves digestion.



Surya namaskar by the poolside at The Gateway Hotel.



The morning yoga was followed by Gateway's Active Breakfast spread — flavoured yogurt and active juices (orange, beetroot, bittergourd and flavoured water)

"Yoga is a discipline that promotes wellness of the mind and the body. We are happy to be a part of this global initiative to promote better living," said Manu Sharma, general manager of The Gateway Hotel, who was all game for early morning asanas himself.

Prithwish Chakraborty is eight years old and quite the yoga enthusiast already. His father says he can't be still unless he heads to yoga class every evening. Under Harsha's guidance he performed his first Shirshasana, or headstand, on Sunday morning.

Meghna Nayak and Maya McManus both prefer yoga to working out in the gym. "Harsha really knows how to get you to push your body. Even the slightest alteration to an asana makes a noticeable difference," said Maya.

Dr Bakshi and Dr Mukherjee are gynaecologists who believe that modern lifestyle has led to a host of unnecessary complications and recommend yoga as "it is effective".



The Telegraph

calcutta, india

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AQUA MOVES @CSC



The Telegraph

Monday, July 16, 2018



INDIAN EXPRESS

INDULGE

CULTURE ENTERTAINMENT SOCIETY FASHION FOOD TRAVEL LIFESTYLE GADGETS CAR & BIKE

Samartha Conscious Living is all prepped to celebrate International Yoga Day

Surya Namaskar cleanses, detoxifies and gets you more in touch with your inner self

Raima Ganguly | Published: 17th June 2022 12:00 AM





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.





PRICING

4 Nights | 5 Days

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





THANK YOU

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

