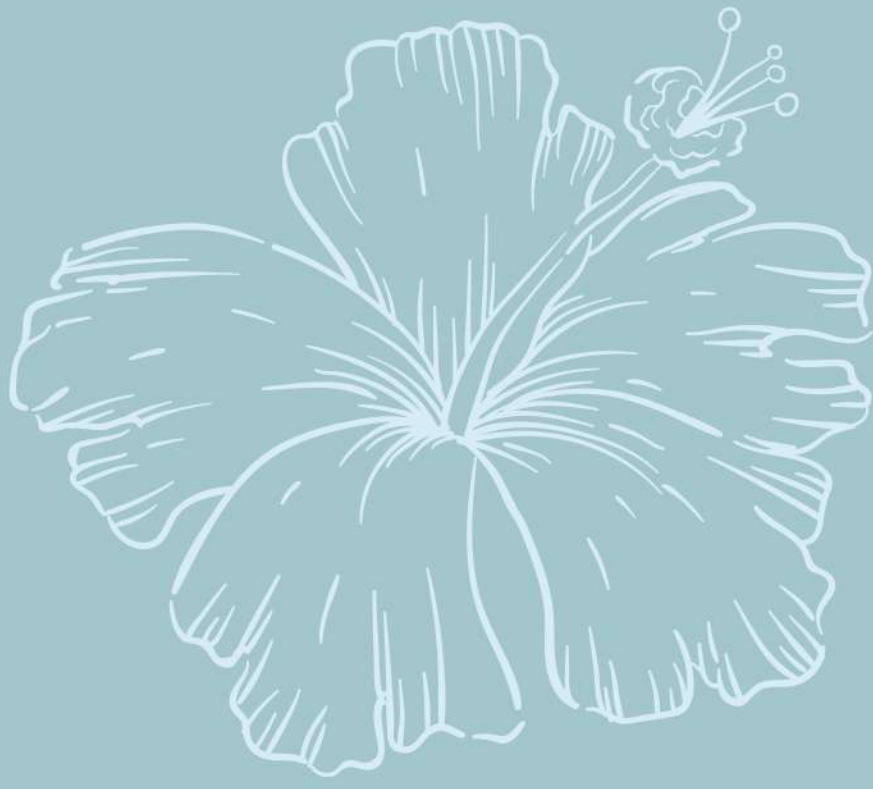


The  
new year  
detox  
yoga  
retreat

with

RUPAL & REILLY



Take  
a  
deep breath  
and  
start again.

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19th - 21st January 2024  
Vadgaon, Maharashtra

Rupal Sidhpura Faria or 'Muscles' as she is known fondly is a well-known celebrity Yoga Teacher who trains the who's who of Bollywood like Kareena Kapoor, Saif Ali Khan, Anurag Kashyap, Zoya Akhtar, Reema Kagti, Riteish Deshmukh, Genelia D'Souza, the Godrej family, Shweta Bachchan and a whole lot more.

Rupal believes that yoga is the secret ingredient to any fitness regimen, making it more intensive and yet relieving for people. Hence she chooses to combine it with calisthenics and functional training, she has learnt this blending from her mentor Jagdish Bramta. She believes that fitness is her fix of positivity and bliss.

She loves to see people cure themselves of chronic health ailments and is constantly inventing postures to serve medicinal purposes. Rupal believes that the main aim of fitness should be to empower people and change lives.

Rupal and her work have been spoken about in several publications like The Times of India, Hindustan Times, Indian Express, Grazia India, Femina, Mid-Day and Afternoon Dispatch & Courier just to name a few.

Rupal  
Sidhpura  
Faria



Reilly is a Yoga Teacher who believes in the age old notion that asanas without the right breathing technique is just a plain old exercise.

With this in mind, he works on routines that help people calm their mind while also increasing their inner strength and flexibility. The focus being on not just an asana but an asana that helps you with your mental health.

Reilly is also an avid half marathoner who uses pranayama as a way to run longer. His next goal is breaking the 42 kms distance.

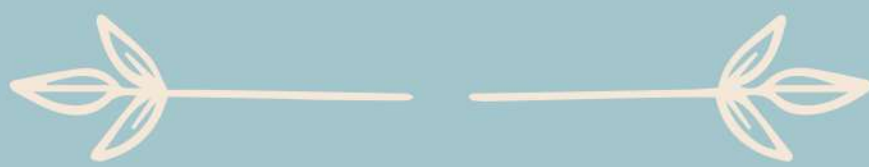
Apart from yoga and running, Reilly is also a public speaker whose last talk on 'The importance of yoga for mental health in corporate life' got a rousing applause at the prestigious 'LetsTalk' event in Moscow, Russia.

He also is the host of 'The Happiness Leap' Podcast on mental health, on Spotify & Amazon Music.

Reilly  
Rebello



# About The Retreat



Join us on a transformative journey to shed the burdens of the past year and embrace a refreshed version of yourself.

Engage in revitalizing yoga sessions specifically crafted to cleanse, energize, and strengthen. Dive into moments of deep relaxation and meditation, allowing yourself the space to release tension and restore inner peace.

Delve into nourishing, wholesome meals that complement your detox journey and invigorate your body from within. Immerse yourself in the serene surroundings, take nature walks and connect with a community of individuals seeking similar rejuvenation.

The New Year Detox Retreat offers more than a wellness getaway; it's an opportunity to embark on a path of self-discovery and renewal. Start your new year with a clear mind, an open heart, and a revitalized spirit in the tranquil embrace of this scenic retreat, just a breath away from the vibrant pulse of Mumbai.

# Retreat Highlights



- 3D/2N stay at Fazlani Nature's Nest - a luxury wellness retreat
- 3 morning yoga sessions (including aqua yoga)
- 2 evening calming yoga sessions
- 2 night meditation sessions
- Interaction session with horses
- Daily nature trails around a beautiful lake
- A flora tour
- An agro tour
- A bird park visit
- Specially curated vegetarian meals with local ingredients
- Nightly bonfires
- Bond with like-minded people

# Our home by the lake



FAZLANI NATURE'S NEST  
A LUXURY WELLNESS RETREAT

# 3 days of pure unadulterated calm



Fazlani Nature's Nest is a luxury wellness retreat, nestled at the foothills of the mighty Sahyadri mountain range.

Escape to tranquility on the banks of a serene lake with just the sounds of birds for company. This sanctuary offers a peaceful escape from the chaos of everyday life.



# Pricing



## EARLY BIRD PRICE

Rs. 27,500 per person  
(Double Occupancy)  
Rs. 40,000 per person  
(Single Occupancy)



## REGULAR PRICE

Rs. 30,000 per person  
(Double Occupancy)  
Rs. 45,000 per person  
(Single Occupancy)

## INCLUSIONS

- 3D/2N stay at Fazlani Nature's Nest - a luxury wellness retreat
- 3 morning yoga sessions (including aqua yoga)
- 2 evening calming yoga sessions
- 2 night meditation sessions
- Daily nature walks
- Specially curated vegetarian meals with local ingredients
- Nightly bonfires
- Bond with like-minded people

## SPECIAL ADDED EXTRAS (NO EXTRA COST)

- Interaction session with horses
- Daily nature trails around a beautiful lake
- A flora tour
- An agro tour
- A bird park visit

*\*Flights & travel to the location are not included*

# Travel Information

## OPTION 1

Flight to Mumbai. Take a taxi from airport to Vadgaon. (3 hour 10 mins)

## OPTION 2

Flight to Pune. Take a taxi from airport to Vadgaon (1 hour 30 mins)

# Testimonials

I really don't think a thank you will make any justice to what we feel right now. The peace and positivity that we have got back with us on so many things. I'm really hoping to push myself even more this year.

**Rochelle**



Had so much fun and it was totally refreshing. Thank you Rupal & Reilly for the enriching sessions and some helpful tips and suggestions for health and yoga.

**Pranjal**



Thank you Rupal & Reilly, we truly had a wonderful experience. This retreat will definitely be a highlight of my year.

**Kashvi**



Thank you Rupal & Reilly, couldn't be more grateful for the amazing time at the retreat. Absolutely loved the experience & the warmth & being the candid self that you are! And more putting up with my comebacks so positively.

**Trishee**



Thank you Rupal & Reilly! An amazing way to bring my birthday in. I think I'm going to do this for every birthday from here on. Thank you both for an incredible experience and for being accommodating teachers. Especially to a backbencher like me.

**Clyde**



If you need  
some more  
information

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