

The Spirit of the Wild conscious awakening retreat

OCTOBER- 15 TO 30 2024
ATTAPADI | KERALA | INDIA

In the heart of a conscious retreat lies the pursuit of a deeper connection. It's an odyssey that takes one through the realms of self-discovery and collective harmony. Unlike conventional festivals, where the focus might be on entertainment or cultural display, conscious festivals are designed with the intention of personal and communal growth.



W E L C O M E

Namaste,

This is your call to awakening—an invitation to step into a deeper connection with yourself and the universe, all while surrounded by the stillness of nature on a sacred, private hill. Here, in the heart of Mother Earth, we offer a space for you to disconnect from the distractions of modern life and reconnect with your truest essence. Over 15 transformational days, you will be guided through a journey of healing, creativity, and conscious leadership, designed to open your heart, expand your mind, and elevate your spirit.

This is not just a retreat—it is an awakening. An opportunity to reconnect with your inner wisdom and the boundless energy of nature. It is the merging of ancient spiritual practices with modern scientific tools, designed to catalyze personal and collective transformation.

*With Conscious love,
Shine Gopal,
Founder, Spirit of the Wild
IMark Valley*

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RETREAT

Highlights



@imark valley

Daily workshops
Daily Yoga & Meditation
Conscious Activities
Group Art Projects
Dance & music
Talk shows
Cultural Immersions

Welcome to a transformative journey where healing, creativity, and conscious leadership converge. This retreat offers a unique space to reconnect with your inner wisdom and harness your full potential, combining ancient healing practices with modern innovation. Set against a backdrop of serene natural beauty, you will immerse yourself in powerful modalities like sound healing, chakra meditation, and breathwork to restore balance and clarity.



Itinerary



DAY 1

Arambha

the beginning

Arrival at IMark Valley, Attapadi. Kerala

Registration

Opening Ceremony

Salutation to our Ancestors

Dinner

DAY 2

SWASTA

INTO THE BODY

Morning Sunrise Trek,

Yoga & Meditation

Sound Healing Session

Masterclass on Holistic Living

Evening Energy healing sessions

Meditation

Soul Circle - Gathering & experience sharing

Dinner

DAY 3

SHANTI

INTO THE MIND

Morning Yoga & Meditation

Mindfulness & Breath work

Workshop on Manifestation

Forest Bathing / Jungle Trek

Workshop on Balance

Soul Circle - Gathering & experience sharing

DAY 4

Morning Yoga & Meditation

Energy Healing Workshop

Sound Healing Meditation

Cocoa Ceremony

Meditation & REBIRTH

Gathering & fun activities



DAY 5

Morning Yoga & Meditation

Breath work

Workshop on Biohacking

Gathering and experience sharing

Session End.

DAY 6

CREATIVE

Creative Retreat where nature's beauty and innovative workshops converge to ignite your artistic spirit. Experience deep inspiration through immersive art therapies, collaborative projects, and mindful exploration, all while connecting with a community of fellow creators.

Morning Yoga & Meditation

Masterclass on awakening the creative expressions

Art Therapy 1

Practicing visualisation

Meditation

Soul Circle - Group gathering and experience sharing

DAY 7

Morning Yoga & Meditation

Nature Integration & Forest Photography

Art Therapy 2

Meditation

Soul Circle - Group gathering and discussion of the group art project - a short movie.

DAY 8

Morning Yoga & Meditation

Masterclass on Design Thinking

Art Therapy 3

Noon - Group Project

Evening Dinner & experience sharing session



DAY 9

Morning Yoga & Meditation

Breath work

Masterclass on Story Telling - Poetry & expressions

Group Art Project

Meditation & Manifestation

Connecting with primal self - tribal ecstatic dance.

DAY 10

Morning Yoga & Meditation

Breath work & creative visualisation

Workshop on Colors

Lunch

"Integration and Reflection Ceremony

Program End

Conscious Leadership and Entrepreneurship Retreat, where nature and innovation converge to inspire your leadership journey. Set against the serene backdrop of a private hill, this 5-day retreat offers a transformative experience that blends nature with cutting-edge leadership practices.

DAY 11

Morning Yoga & Meditation

Masterclass on Conscious Leadership

Self Assessment workshop

Group coaching sessions on leadership

Meditation & Manifestation

Soul Circle - Group gathering and experience sharing

DAY 12

Morning Yoga & Meditation

Masterclass on Entrepreneurship

Master Class Conscious Entrepreneurship

Skill workshop

Meditation & Manifestation

Soul Circle - Group gathering and experience sharing

DAY 13

Morning Yoga & Meditation

Workshop on Self-Leadership

Tribal Village visit and activities

Integrating with local community.

Evening meditation & manifestation

Soul Circle - Group Experience Sharing



DAY 14

Morning Yoga & Meditation
Leadership through Generative AI
Meditation & Manifestation
Social Impact Workshop
Fire Circle - discussions around the fire.

DAY 15

Morning Yoga & Meditation
Session on Sustainable Entreprises - business idea presentations and discussions.
Lunch
"Integration and Reflection and closing ceremony"

WHAT'S INCLUDED

Stay in Cottage / room on a twin sharing basis.
 3 Time vegetarian meals
 Group pickup and drop from airport / railway station
 All activities & master classes included

Total Cost ; 66700.00 Rs.





Hello and know *Our Team members*

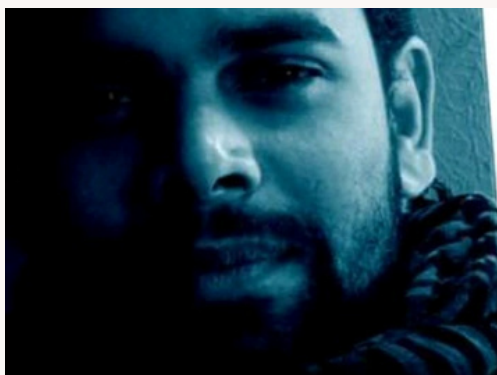
Shine Gopal – Founder of IMark Valley and Spirit of the Wild Community & Conscious Entrepreneur.

Guiding You on the Journey

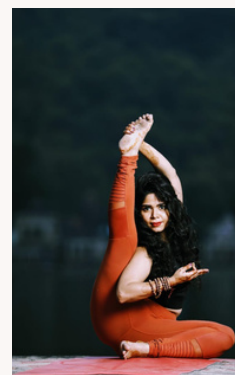
"Our team is made up of visionary leaders, creative minds, and healers, each dedicated to guiding you on your journey of transformation, growth, and conscious leadership."



Vinitha Joseph (ICF Certified)
Life & leadership Coach



Shine Krishna
Creative Director, Film Maker



Geet
Yoga & Wellness Coach



Sreeju
Meditation &
Sound Healer



Krishna Kumar
Generative AI Specialist



Subhangi Tewari
Artist & healer



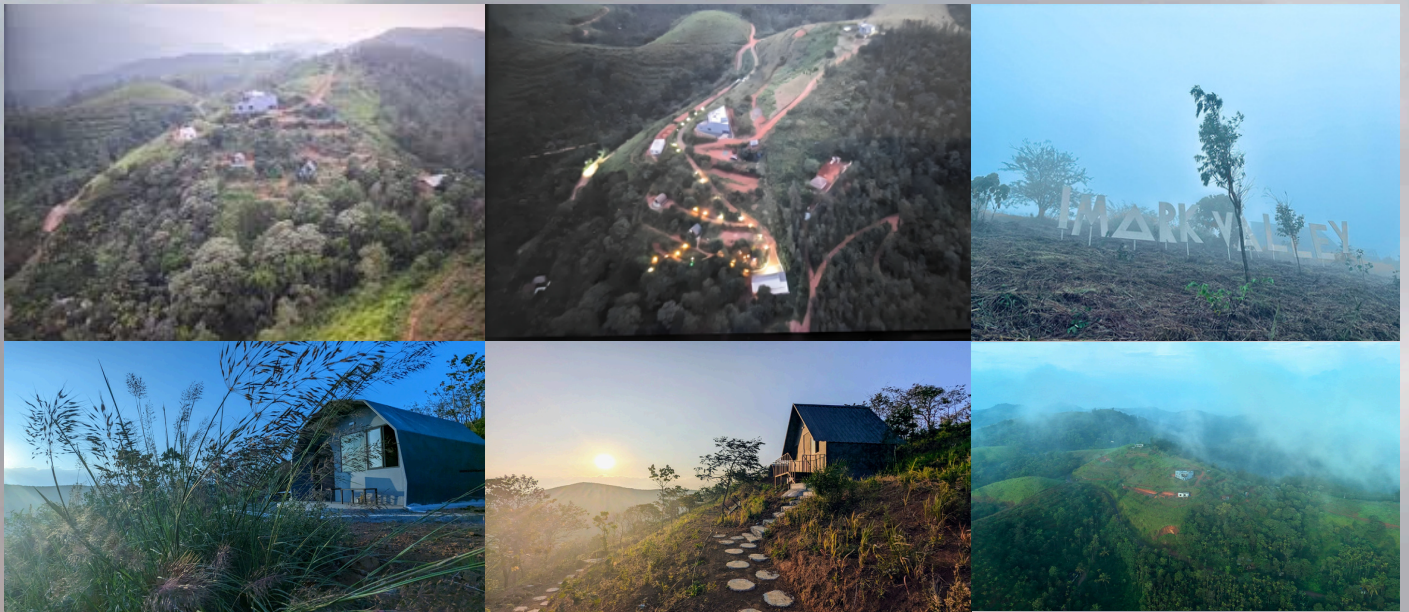
Other activities & collaborations

Discover meaningful collaboration opportunities at the Conscious Festival! Engage in group art projects, showcase your services or products at dedicated kiosks, or volunteer in various areas to showcase your commitment to sustainability and social impact. Join us in creating a transformative experience for attendees while making a positive difference in the world. Contact us to learn more about how you can get involved.

- Group art projects
- Collaborative murals
- Product stalls
- Setup Food stalls
- Private Session on healing
- Volunteering opportunities

Sponsorships: *By becoming a sponsor, your company will have the opportunity to align its brand with the values of sustainability, social responsibility, and innovation. Your support will not only showcase your commitment to environmental and social causes but also provide valuable exposure to a targeted audience of conscious consumers, thought leaders, and changemakers.*

VENUE



The Spirit of the Wild Awakening Retreat in Kerala takes place amidst the serene beauty of a rural forest & mountain village, perched on a private hill at IMark Valley within the Western Ghats. This festival is a celebration of mindfulness, sustainability, and community, set against the backdrop of one of the most biodiverse regions in the world.

The venue itself is a testament to the festival's ethos, offering a tranquil escape from the hustle and bustle of city life. The Western Ghats, a UNESCO World Heritage site, provide a lush, green canvas for the festival's activities. Attendees can immerse themselves in nature, partake in workshops and discussions, and connect with like-minded individuals who share a passion for conscious living.



SPIRIT OF THE WILD

Awakening Retreat

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