

ESL: RETREAT · MMXXVI

Naz Chougley

21 — 23 AUGUST 2026 · MULSHI

The Awakening *Retreat*

A three-day journey back to yourself.

● LIMITED PARTICIPANTS · A DEEP & PERSONAL EXPERIENCE

GUIDED BY NAZ CHOUGLEY

|



There comes a moment when life asks us to pause.

IS THIS RETREAT CALLING YOU?

A few quiet questions, for the heart to answer.

- 01 Have you been feeling emotionally overwhelmed?
- 02 Do you find yourself reacting to situations more than responding?
- 03 Are you seeking deeper peace beyond temporary happiness?
- 04 Do you wish to understand yourself more deeply?
- 05 Do you long for meaningful stillness in an increasingly noisy world?

If these questions resonate, perhaps this retreat has already begun calling you.

YOUR TRANSFORMATION

Three movements, *one becoming.*



I Healing

- Understand your emotions.
- Heal old wounds.
- Reconnect with your inner child.
- Recognize unconscious patterns.
- Discover emotional freedom.



II Awakening

- Practice self-enquiry.
- Experience silence.
- Move beyond limiting identities.
- Open yourself to deeper awareness.
- Realize the stillness that has always existed within.



III Integration

- Bring your insights into daily life.
- Develop sustainable mindfulness practices.
- Leave feeling lighter, clearer and deeply connected.

THE PRACTICES

Days shaped by *gentle intention.*

Every session invites you inward — slowly, safely, and with grace.

01

Guided Emotional Healing

Gently uncovering what has long asked to be seen.

02

Meditation & Self-Enquiry

Turning attention inward, beyond the noise of thought.

03

Yoga & Pranayama

Movement and breath as doorways to presence.

04

Sacred Silence

The profound teacher that speaks without words.

05

Nature Immersion

Letting the earth restore what the world has taken.

06

Journaling & Reflection

Meeting yourself on the page, without judgement.

07

Personal Guidance

Intimate one-on-one moments with Naz.

08

Sattvic Meals

Wholesome nourishment prepared with quiet care.

*This retreat is not about becoming someone new. It is
about remembering who you have always been.*



V · THE SPACE

A space designed for *inner transformation.*

01 *Nature*

Allow the stillness of nature to support your inner journey.

02 *Silence*

Experience the profound healing that emerges when the mind becomes quiet.

03 *Nourishment*

Enjoy freshly prepared sattvic vegetarian meals that support body and mind.

04 *Community*

Share this experience with a small circle of like-minded seekers.

05 *Accommodation*

Simple, peaceful shared spaces for rest, reflection and renewal.



MEET YOUR GUIDE

Naz Chougley

Life Coach · Holistic Healer · Emotional Wellness Facilitator

For over two decades, Naz has gently guided individuals toward emotional freedom, self-awareness and inner transformation. Her approach combines compassion, deep listening and practical wisdom to create a space where profound personal breakthroughs naturally unfold.

20+

YEARS OF EXPERIENCE

∞

EMOTIONAL HEALING

○

MEDITATION & MINDFULNESS

“Everything you seek already exists within you. Sometimes, all you need is the space to rediscover it.”

— NAZ CHOUGLEY



THE VENUE

Ananda Kriya Yogashram

Village Watunde · Mulshi · Pune

- Surrounded by nature.
- Peaceful shared accommodation.
- Dedicated meditation spaces.
- Wholesome vegetarian meals.

RETREAT INVESTMENT

₹24,900 *per participant*

INCLUDES

- Two nights shared accommodation
- All sattvic meals
- Complete retreat sessions
- Yoga & Pranayama
- Guided meditation
- Personal guidance
- Taxes

RETREAT TIMING

21 August *to* 23 August
12:00 PM 12:00 PM

Your journey *begins here.*

Perhaps this is the pause you've been waiting for.

A chance to slow down.

To listen deeply.

To heal gently.

To awaken to the quiet wisdom already within you.

If your heart says yes, trust it.

REGISTER TODAY

— Reserve your place

CONTACT

Naz Chougley

+91 81087 79944

Manish Dhawan

+91 90040 84205

aspirise.services@gmail.com