

A peaceful day to
slow down, breathe,
and nourish your
inner world.

1 DAY HEALING RETREAT

RECONNECT & REALIGN

WHAT'S INCLUDED

MEALS : BRUNCH & DINNER

ACCOMODATION

SESSIONS :

1. YOGA NIDRA
2. TIBETIAN SINGING BOWL THERAPY
3. CHAKRA DHYANA KRIYA
4. KIRTAN MUSIC
5. AYURVEDIC SALT HEALING THERAPY

Informations & reservation :

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PROGRAM

What's included :

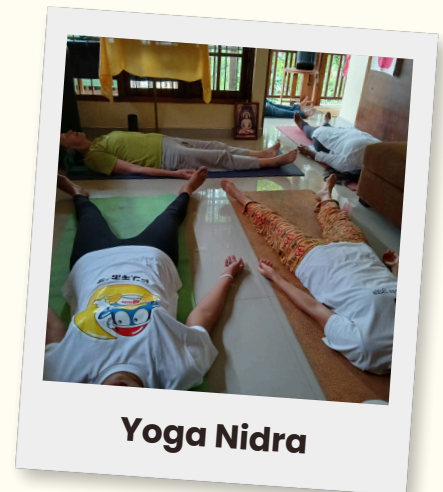
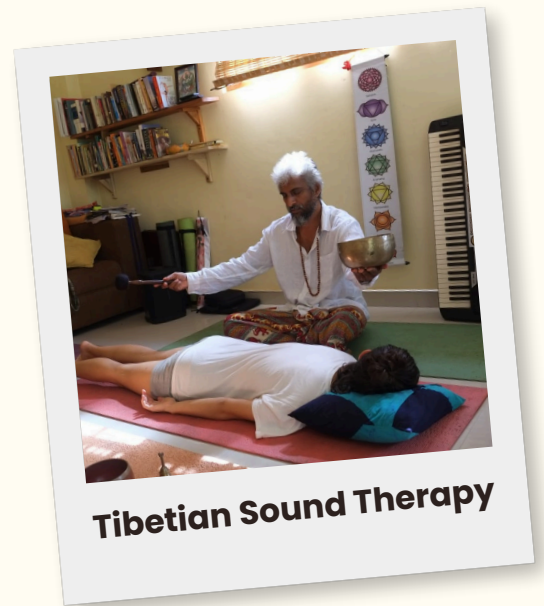
- **6.30am to 7.30am** : consultation
- **8am to 9am** : Tibetan singing bowl healing therapy
- **10.30am** : brunch
- **1.30 to 2.30** : Chakra Dhyana Kriya
- **4pm to 5.15pm** : Yoga Nidra
- **6.30pm** : Diner
- **7.30** : Musical therapy (Kirtan with classical guitar)
- **9pm to 9.30** : Ayurvedic salt healing feet therapy with guided meditation & music
- **Sleep**

Price all included : 150 \$

About the ashram

Namaste! I'm Tharaka, a local born yoga and Bhuddist meditation teacher. After living an ascetic life for more than 12 years, in Sri Lanka in upper Himalayan region and Tibet travelling from mountain to mountain and between forests like a wandering Sanysi, I have created my own yoga ashram called **Om Shambhala**.

On divine guidance, I am here to share the light of Dhamma (Buddha's teachings) with all those who seek a more peaceful and meaningful life. I look forward to sharing this experience with you.



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A healing retreat

This structured and immersive retreat is designed to support physical, emotional, and spiritual healing. It offers a chance to disconnect from daily stress and focus on personal growth.

The retreat helps release negative emotions, stress, and past traumas, bringing clarity and balance to the mind. Personal consultations guide participants to open up to deeper healing.

Key practices include:

- Tibetan sound healing: clears energy pathways (nadis and chakras)
- Yoga Nidra: channels pranic energy into these pathways
- Chakra Dhyana: activates the chakras
- Kirtan: connects to divine love and compassion
- Ayurvedic salt therapy & guided meditation: detoxifies the body and promotes restful sleep



Tibetan Sound Healing

Tibetan Sound Healing is a holistic healing practice that uses sound vibrations—often from instruments like Tibetan singing bowls, gongs, tingshas, and chanting—to promote physical, emotional, and spiritual well-being. Rooted in ancient Tibetan traditions and Buddhist practices, this form of sound therapy is believed to align and balance the body's energy centers (chakras), clear blockages, and induce deep meditative states.

Benefits of Tibetan Sound Healing

1. Physical

- Reduces stress and tension
- Improves sleep quality
- Lowers blood pressure and heart rate
- Supports pain relief and circulation

2. Emotional & Mental

- Soothes anxiety and depression
- Boosts focus and clarity
- Stabilizes mood swings



3. Energetic & Spiritual

- Balances chakras and energy flow
- Deepens meditation and mindfulness
- Promotes inner peace and emotional release
- Enhances spiritual awareness

YOGA NIDRA

Yoga Nidra, often termed "yogic sleep," is an ancient meditation practice that induces deep relaxation while maintaining conscious awareness. Unlike traditional meditation, Yoga Nidra is typically practiced lying down in a comfortable position, such as the corpse pose (shavasana), and involves a guided journey through various stages of relaxation.

Benefits of Yoga Nidra

Deep Rest and Relaxation: Yoga Nidra offers profound relaxation, with some studies suggesting that 20 minutes of the practice can be as restorative as several hours of sleep .

- Yoga nidra practised by ancient masters to manifest one's own wishes into the material world
- Reduces stress: Calms the nervous system and lowers cortisol levels



- Improves sleep: Helps fall asleep faster and enhances sleep quality
- Emotional healing: Supports trauma release and emotional balance
- Mental clarity: Promotes focus and a calm, clear mind

Chakra Dhyana Kriya

Chakra Dhyana Kriya is an advanced yogic meditation technique focused on activating and harmonizing the seven primary energy centers, or chakras, within the body. This practice, rooted in ancient Hindu traditions, aims to awaken the dormant spiritual energy known as Kundalini, facilitating a journey toward higher consciousness and inner transformation.

Benefits of Chakra Dhyana Kriya

- Enhanced Energy Flow
- Balancing the chakras promotes the free circulation of energy, boosting vitality and overall life force.
- Emotional Healing
- Addressing energetic imbalances helps release suppressed emotions and encourages emotional well-being.



- Spiritual Growth
- Activating the chakras supports spiritual awakening and deepens the connection to your inner self.
- Improves physical health
- Harmonized chakras align the body's energy systems, contributing to better physical health and balance.

Kirtan

Kirtan is a devotional chanting practice from Indian spiritual traditions, performed in a call-and-response style using sacred mantras or names of deities. It's often accompanied by instruments like harmonium, tabla, and cymbals. The focus is on connecting with the divine through sound and rhythm, creating a deep sense of peace, devotion, and unity. Whether in temples, group gatherings, or private settings, Kirtan is known for its transformative power—calming the mind and uplifting the spirit.

Benefits of Kirtan

- Spiritual Connection – Deepens the bond with the divine.
- Mental Calm – Quiets the mind and reduces stress.
- Emotional Release – Supports healing through expression.
- Stress Relief – Lowers anxiety via rhythm and breath.
- Focus – Enhances attention and clarity.



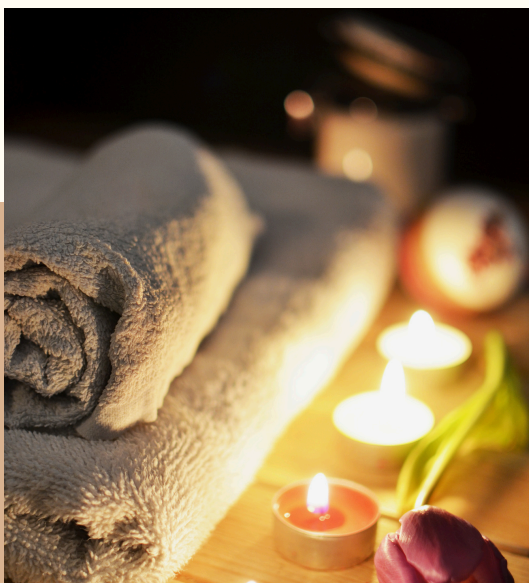
- Physical Boost – Improves breathing and heart health.
- Community – Fosters connection and shared energy.
- Positive Vibes – Uplifts mood and space.
- Self-Awareness – Encourages inner growth.
- Joy – Brings peace and happiness.

Soak salt therapy

Soaking your feet in warm salt water is a simple yet effective home remedy with a range of physical and mental health benefits. This practice is especially popular in holistic wellness traditions like Ayurveda and is widely used in Sri Lanka and South Asia.

Ayurvédic benefits

- **Detoxification:** Salt is believed to draw out toxins through the skin, promoting overall cleansing.
- **Improved Circulation:** The warmth stimulates blood flow, aiding relaxation and healing.
- **Stress Relief:** Calms the nervous system and reduces anxiety, supporting Vata balance.



- **Foot Health:** Soothes sore, tired feet, and may help with cracked heels and fungal infections.
- **Grounding Effect:** Helps center the mind and body, especially useful for those feeling scattered or anxious.