



SUKKON GHAR

A 3-Day Wellness Retreat by Empathica

- Disconnect to reconnect
- Rest. Heal. Reset.
- A pause you didn't know you needed





Dates and Location

Date: 13-15 Feb 2026, **Check out on 16th**

Location: British kothi, Prayagraj

Nestled amidst nature, **Sukoon Ghar** is hosted at a peaceful retreat space that encourages deep rest, grounding, and reconnection with self.



Purpose of the Retreat

Disconnect to reconnect.

The purpose of **Sukoon Ghar** is to help individuals step away from daily overwhelm and reconnect with their inner calm through mindful practices, reflection, and rest.

Over three days, the retreat focuses on emotional wellbeing, nervous system regulation, and creating sustainable tools ✨ that participants can carry back into their everyday lives.





What's Included

- 3 Nights / 3 Days of twin-sharing accommodations (connect deeply with a fellow retreat-goer!)
- All immersive wellness sessions & workshops designed to recharge your mind, body, and spirit
- Healthy, nourishing vegetarian meals bursting with fresh, vibrant flavours.
- A mindful journey to Sangam for soul-stirring reflection and renewal



Schedule Day 1

As you come

12:00 PM

1:00 PM– 2:00 PM

3:00 PM–4:00 PM

5:30 PM –6:30 PM

7:00 PM– 8:00 PM

8:00 PM Onwards

Meet and greet with tea and breakfast

Check-in

Lunch & Chill

Workshop on Theory of Mind

Yoga and Meditation

Reflection and Expression Workshop

Dinner + Post Dinner story time



Schedule

Day 2

- 6:00 AM – 8:00 AM** Serene and peaceful Sangam visit
- 8:30 AM– 9:30 AM** Yoga and Meditation
- 9:30 AM–10:30 AM** Breakfast
- 11:30 AM–1:00 PM** Reconstruction of unhealthy beliefs (CBT)
- 1:00 PM – 2:00 PM** Lunch
- 5:00 PM– 6:00 PM** Painting expressions
- 6:30 PM– 7:30 Pm** Visualisation Meditation
- 8:00 PM onwards** Dinner + Post dinner games





Schedule Day 3

8:00 AM- 9:00 AM	Yoga and Meditation
9:30AM- 10:30 AM	Breakfast
11:00 AM-1:00 PM	Poetry and story therapy
1:00 PM- 2:00 PM	Lunch
5:00 PM- 6:00 PM	Expressions through theatre activities
7:00 PM- 8:00 PM	Visulisation meditation Part 2
8:00 PM onwards	Dinner + Karaoke

Day 4: Breakfast and checkout





Who Can Join Sukoon Ghar?

Sukoon Ghar is designed for individuals who are genuinely seeking rest, emotional wellbeing, and intentional self discovery.

To preserve the intimacy and depth of the experience, participation is **limited and curated**. This helps us ensure a safe, supportive, and aligned group environment for everyone.





What Makes Sukoon Ghar Different?

- Small, curated group for deeper connection
- All activities and workshops are totally optional. We have curated a holistic programme for you but we also suggest listening to your own body and mind
- Focus on emotional wellbeing, not just aesthetics
- Designed for making you feel safe—not “fixing” yourself
- You can request an inner-child hypnotherapy session with our lead therapist. (Not included in the package)



MEET OUR FACILITATORS



Aparna is a certified Hatha Yoga teacher and Heartfulness Meditation preceptor. Her sessions combine mindful movement, breath, and heart-centred meditation to help you slow down, calm the nervous system, and reconnect with inner clarity.



Parnika, founder of Empathica Therapy Services, is a psychotherapist with 9 years of experience in individual and group therapy. With a background in clinical psychology and hypnotherapy, she brings a holistic approach to mental health and is deeply committed to creating safe, supportive spaces for those who feel lost, stuck, or misunderstood.



Navendu, your guide with years of theatre triumphs, fest-hopping wins, a Bengaluru short film spotlight, and killer awards in Acting, Direction, and co-founding The Thespian Circle (The theatre society of IIIT). Now, he's channeling that passion into building mental wellness through theatre exercises and role-plays.



Book Your Spot

Early Bird Price: ₹14,999
(Limited spots available)

+91-9538552557

How to Book:

1. Reach out to us via DM / WhatsApp
2. We'll connect with you to understand your intent
3. Receive confirmation & payment details
4. Your spot is secured!