

MOOL AADHAR

A JOURNEY TO THE ROOT OF BEING

Mool Aadhar 1.0:

A PROFOUND JOURNEY BACK TO YOUR ROOT

24-26TH OCTOBER
KARJAT, INDIA

An exploration of the self through the lens of Vedanta, the play of astrology, and the practice of presence.

In Yogic and Sri Vidya traditions, Mool Adhara - the root center is the foundation from which all life and consciousness rise. It is where stability begins, where the dormant Kundalini Shakti rests, and where nourishment for the entire being flows. When the base is stable and survival is secure, we can rise, expand, and truly experience life.

Mool Aadhar 1.0 is not a retreat for leisure — it is the starting point of a deeper journey. A journey of remembrance, to realize that you are the source, and that the Creator resides within you.

Drawing from Sanatana Dharma as a way of life, **the program blends Vedanta, Upanishadic wisdom, breathwork, and divine meditations / Quantum work.** With guided sessions in astrology, scriptural reflection, and energy work, you will learn to navigate life with clarity and depth. We explore how the microcosm reflects the macrocosm — the three worlds (*Bhur, Bhuvah, Swaha*), the three states of consciousness as revealed in the Lalita Sahasranama, and the eternal lessons of the Bhagavad Gita as tools for daily living.

"This is Mool Aadhar 1.0 — the root from which your path unfolds. The journey to Self starts here."



Our Vision

We walk the path of Dharma, holding close its most profound truth, that everything we seek already exists within us.

Life is not a weight to carry, but a sacred journey to experience, and when lived in awareness, it becomes an offering — **to oneself, to others, and to the Divine.**

Dharma (righteous living), Artha (prosperity), Kama (fulfillment), and Moksha (liberation) — not as separate pursuits, but as a harmonious way of being.

We created **Mool Aadhar 1.0** with a simple intention, to hold a space where seekers can pause the noise of life, return to their root, and meet themselves without masks.

Though our paths have been different, one through the timeless lens of Vedic astrology and Vedanta, the

other through Breathwork and Shakti Tradition they converge in the same truth: the journey inward is the most transformative journey you can take.

We believe the **return to the inner self** is not a distant peak to climb, but a quiet remembering of what has always been here. This retreat is our way of guiding you back to that remembrance — through stillness and breath, through wisdom and reflection, through honest inquiry into the nature of reality and the nature of the self.

Our hope is that when you leave Mool Aadhar 1.0, you do not simply carry the memory of a retreat, but the seed of a new way of being, rooted, clear, and unshakably aligned with who you truly are.

Your Hosts



HARSHNA CHANDOLIA

Vedic Astrologer • Vedanta Mentor • Author

Harshna's work rests on a single conviction — the cosmos is not outside of us, it is within. As a Vedic astrologer, Vedanta mentor, and author, she bridges the ancient wisdom of the rishis with the modern seeker's yearning for clarity and meaning. Her journey began not from blind faith, but from questions. A background in economics and entrepreneurship gave her a grounded view of the world, yet it was life's unpredictable turns that drew her toward the deeper architecture of existence — karma, time, and the Self beyond both. Over years of practice, she has guided hundreds through astrology not as fortune-telling, but as a mirror to see one's patterns, potential, and purpose.

Rooted in the Upanishadic truth अहं ब्रह्मास्मि (*Aham Brahmasmi* — I am Brahman), her work dissolves the boundary between destiny and free will, showing that every planetary alignment is an inner alignment first. Whether through one-on-one guidance, teaching, or her writings, Harshna's approach is simple — strip away the noise, meet yourself as you are, and live from that truth. Her mission is to help you remember that the greatest clarity comes not from controlling life's course, but from aligning with it — where peace, insight, and freedom are no longer things to seek, but your natural state.



HIMANSHU SHARMA

Meditation Guide • Breathwork Coach • Shakti Practitioner

Himanshu brings years of experience as a Breathwork Coach, blending it with divine meditations and the timeless wisdom of Sri Vidya, Tantra, and Shakta traditions. Walking the path of Shakti, he holds a simple yet profound belief — you are always one piece of knowledge away from ending your suffering.

A podcast host and business owner, Himanshu's spiritual journey began over a decade ago when his father passed away. Standing before the pyre, one question echoed within him — Is this it? That moment sparked a deep inquiry into life's purpose, beyond its fleeting highs and lows.

Guided by the Upanishadic truth तत्त्वमसि (*Tat Tvam Asi*) — The essence is you — his work helps people realise that the Creator and the creation are not separate. Through breathwork, ancient wisdom, and inner reflection, he distills simple yet transformative values that reveal the subtler truths of life. His mission is to help you remember that freedom, clarity, and joy are not found outside, but within your own being.



What to Expect

ACROSS THESE DAYS, WE'LL MOVE THROUGH A RHYTHM OF LEARNING, PRACTICE, AND REFLECTION — EACH MOMENT DESIGNED TO BRING YOU CLOSER TO YOUR ROOT. TOGETHER, WE WILL:



Open with a **musical evening** to set the tone and connect as a circle.



Begin with a **purification ritual**, leaving behind what no longer serves us.



Enter **Vedanta sessions**, exploring timeless wisdom and its relevance to our lives.



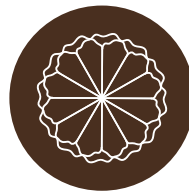
Experience **breathwork** journeys, leading us into stillness and presence.



Engage in **self-inquiry** practices, to meet ourselves beyond roles and stories.



Explore **astrology** as a map of the *jiva's* karmic journey.



Share in **reflection circles**, listening and learning from each other's truths.



Receive **one-on-one sessions** with the hosts, for personal guidance and integration.

Together, these experiences create a complete journey — moving from wisdom to practice, from stillness to expression, and from the individual to the collective.

A Profound Journey Back to Your Root.

3-day immersive retreat
inspired by Vedanta, Tantra,
Astrology, and Breathwork —
guiding you to return to your
true foundation, dissolve
inner barriers, and awaken
the source within.

The retreat will be hosted by **Harshna Chandolia** and **Himanshu Om Sharma**. Harshna will lead the **Vedanta** and **Astrology** sessions, drawing from ancient wisdom to reveal the deeper truths of the Self and the karmic blueprint of life.

Himanshu will guide the **breathwork** and **meditative practices**, creating powerful spaces for inner stillness, release, and transformation.

Together, they bring the balance of wisdom and practice — philosophy and experience — holding space for you to **reconnect with your root**.

DAY 1

Arrival & Grounding

Your journey begins with stillness and connection.

CHECK-IN & WELCOME RITUAL

Arrive, settle into the space, and open the retreat with a grounding ritual to mark the beginning of your inward journey.

SELF-ENQUIRY INTRODUCTIONS

Meet yourself and meet each other through guided prompts, opening a safe circle of trust and exploration.

GUIDED MEDITATION

A centering practice to anchor awareness in the present moment.

WORKBOOK DISTRIBUTION

Receive your retreat workbook, a companion for notes, reflections, and insights that will carry you beyond these three days.

PURIFICATION: AGNI

An elemental fire ritual to release what no longer serves you, clearing the path for new awareness.

EVENING MUSIC: SITAR RAAGAS

Let the resonance of live classical music quiet the mind and open the heart to inner stillness.

DAY 2

Awakening the Inner Witness

A day of deep practice
and inner discovery.

DAY 3

Embodying the Divine

The final day is about
integration and
celebration.

QUANTUM SHIFT BREATHWORK

A powerful breathwork journey to
dissolve resistance and awaken
clarity.

WHO AM I? – A VEDANTIC EXPLORATION

Exploring timeless truths, overcoming
fear, and awakening the witness within.

DIVINE FEMININE INVOCATION

An invocation of Shakti, awakening
inner strength, compassion, and
creativity.

BOOK LAUNCH CELEBRATION

Close the retreat with live music,
blessings, and the celebration of
Unveiling the Cosmic Blueprint —
carrying forward the spirit of the
retreat into the world.

SOUND HEALING

Immerse in vibrations that balance
energy and restore harmony within.

EVENING REFLECTION CIRCLE

A guided circle of sharing and silence,
where the group integrates the day's
experiences together.

ASTROLOGY DEEP DIVE

An exploration of the cosmic blueprint
of the soul, revealing how planetary
alignments mirror inner alignments.

Location & Stay

OLEANDER FARMS, KARJAT

Set amidst 180 acres of lush greenery in the Sahyadri hills, Oleander Farms in Karjat is a space designed to bring you closer to stillness. Surrounded by lakes, gardens, and open skies, it offers the perfect atmosphere for deep reflection and inner work.

This grounding energy is why we chose it as the home for Mool Aadhar 1.0 — a place where nature itself becomes a quiet teacher.



ROOMS & FACILITIES



Accommodation: Spacious, thoughtfully designed rooms with peaceful nature views. Each room is equipped with modern comforts — air-conditioning, private bathrooms, Wi-Fi, and cozy seating areas — so you can feel completely at ease.



Facilities: An outdoor pool, walking paths, and serene landscaped spaces create the backdrop for relaxation and breathwork. Common areas are designed to foster quiet community, while rooms offer the privacy to retreat into stillness when needed.



Meals: All meals will be wholesome, vegetarian, and largely plant-based. Prepared with care, they are meant to nourish both body and mind, keeping you light, grounded, and energized throughout the retreat.

TRAVEL INFORMATION

Nearest Airport: Chhatrapati Shivaji Maharaj International Airport, Mumbai (approx. 2 hours by road).

Pick-up Service: We can arrange group or individual transfers from the airport or from Karjat railway station to the retreat location for your convenience.



Who It's For

MOOL AADHAR 1.0 IS FOR SEEKERS WHO:

Feel called to look deeper into life beyond the surface.

Sense that much of life is not random, but are searching for meaning in its patterns.

Want to experience themselves through the wisdom of Vedanta, the map of astrology, and the practice of breathwork.

Are ready to root themselves in stability, release fear, and awaken clarity within.

Whether you are new to this path or already walking it, this retreat offers a space to pause, remember, and reconnect with your root, the ground of your being.

WHY INTIMATE

We've limited Mool Aadhar 1.0 to 25 participants. This is intentional.

A smaller circle allows us to curate the energy in the room — bringing together people who are aligned in their search, ready to go deeper, and open to holding space for each other. It ensures that every voice is heard, every question given space, and every participant truly supported.

In this intimacy, trust deepens, silence expands, and the journey becomes not just individual, but collective.

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INVESTMENT

Your participation in *Mool Aadhar 1.0* is an investment in your own inner journey.

Single Participant: INR 88,000 **plus taxes**
Couple (shared room): INR 1,45,000 **plus taxes**
This includes your stay, all vegetarian meals, and the full retreat experience.

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REQUEST AN INVITATION

This retreat is a space held with intention, which is why participation is by request and invitation only.

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HOW IT WORKS

Submit your request by filling out the form.
Basis a conversation with us, shortlisted participants will be invited for a short call to connect and understand your intentions. **Confirmation & Contribution,** once aligned, we'll share the details for your confirmation and payment.

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WHY BY INVITATION?

Mool Aadhar 1.0 is limited to 25 participants so that the energy of the group can be curated with care. By inviting those whose intentions align with the retreat's vision, we ensure that the circle formed is one of trust, openness, and depth, creating the right space for everyone's journey inward.

scan to request
an invite form





www.returntoinnerself.com

email: journey@returntoinnerself.com

phone: +91-7042608277

