

Antaryag

28TH MARCH - 1ST APRIL 2026
MUKTESHWAR, UTTARAKHAND.



Antaryaag

THE YAJÑA THAT HAPPENS WITHIN.

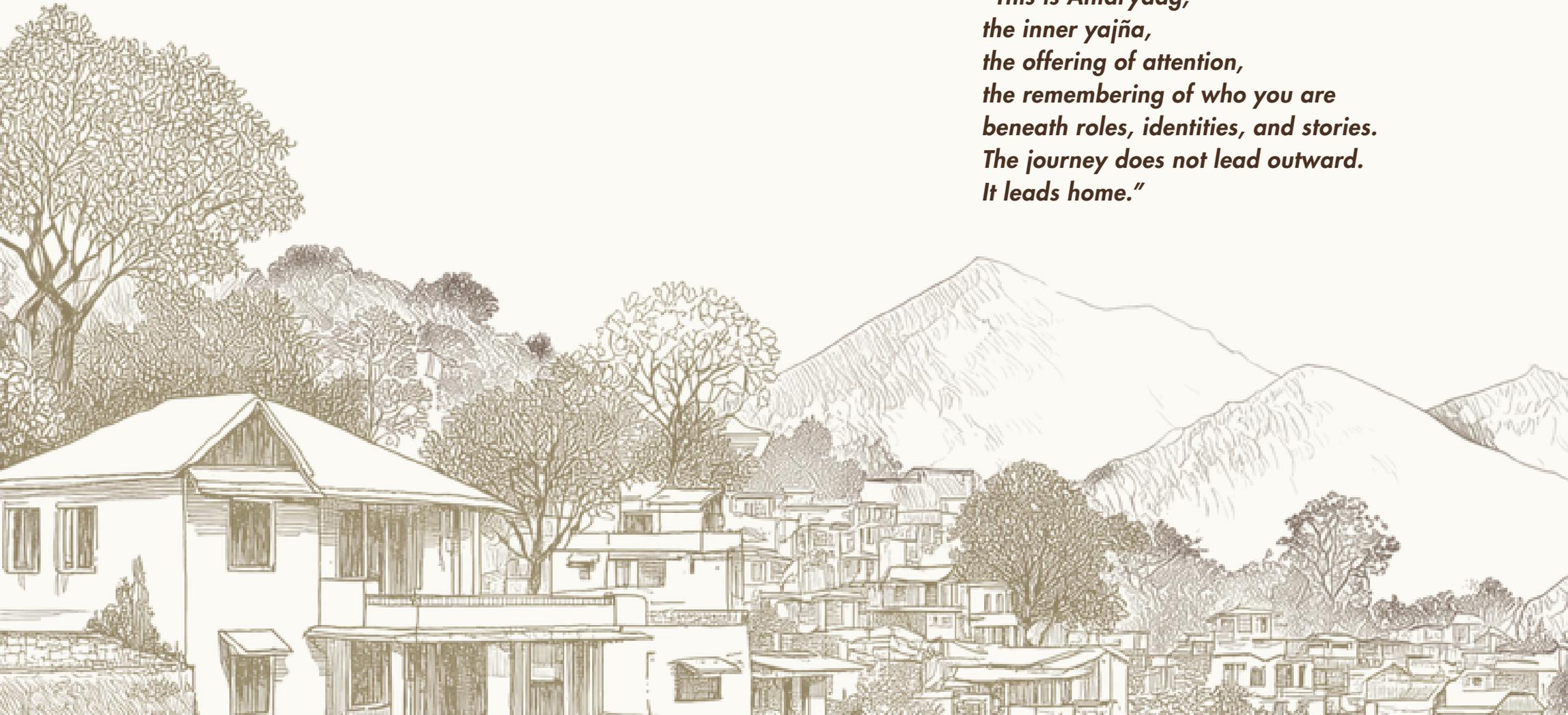
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The Inner Fire: Antaryaag means the yajña that happens within. Not a ritual performed outside, but an inner offering of attention, awareness, and presence. This retreat is not about becoming someone new. It is about returning to yourself.

In Yogic and Vedantic traditions, *Antaryaag* is the act of witnessing, of offering the restless mind, the seeking intellect, and the fragmented sense of self back into stillness. Antaryaag is where the noise of the outer world quietens, and the inner fire of clarity begins to burn. This retreat is not about doing more, it is about seeing clearly.

Rooted in Sanātana Dharma as a lived philosophy, Antaryaag blends Vedānta, Upaniṣadic inquiry, breathwork, meditation, and subtle energy practices, to guide you toward inner stillness and self-recognition. Through guided contemplations, scriptural reflections, and experiential workshops, you will learn not how to control life, but how to understand it.

***“This is Antaryaag,
the inner yajña,
the offering of attention,
the remembering of who you are
beneath roles, identities, and stories.
The journey does not lead outward.
It leads home.”***



Vision

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

Life is not meant to be endured or managed, it is meant to be witnessed. And when lived in awareness, life itself becomes a sacred offering to the Self, to the world, and to the Divine intelligence that moves through all things. Antaryaag is rooted in this understanding.

We created Antaryaag with a simple intention, to hold a space where seekers can step out of constant movement, quiet the outer world, and turn inward without expectation or performance.

A space to listen.

To reflect.

To remember.

Antaryaag is not about reaching a higher state. It is about seeing what has always been present beneath distraction and noise.

Through stillness and breath, through inquiry and contemplation, through shared silence and honest conversation, the retreat invites you to meet yourself as you are.

We do not believe the return to the Self is a distant summit to climb. It is a quiet recognition, a soft remembering of what has never been lost.

Antaryaag is our way of guiding you back to that remembering. Our hope is that when you leave this retreat, you do not carry only the memory of time spent in the mountains, but the inner flame of clarity, a steadiness that stays with you long after you return.

Rooted. Aware. Aligned.

This is Antaryaag.
The journey home.

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 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 Om Sharma

Meditation and 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 entrepreneur, 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, You Are That.**

His mission is to help people realise that the Creator and the creation are not separate. Freedom, clarity, and joy are not found outside, but within your own being.

The yajña that happens within.

Antaryaag is a five-day immersive retreat that invites you to explore the Self not only through meditation and reflection, but through living together in presence.

Rooted in Vedānta and contemplative wisdom, the retreat weaves together breathwork, guided inquiry, and experiential practices such as art, cooking, movement, nature walks, music, and open dialogue. In an intimate setting, these shared rituals soften inner defenses and allow clarity to arise naturally, both through stillness and relationship.

At the heart of Antaryaag is the understanding of the inner fire. In the ancient vision, fire is not meant to destroy, but to purify. When restlessness, fear, and conditioning are brought into awareness, they are gently offered into this inner flame, where they are seen and transformed.

This retreat is designed as that inner yajña. Not a place where transformation is pursued, but where it is allowed. Not about becoming someone new, but about seeing yourself clearly, once the noise falls away.

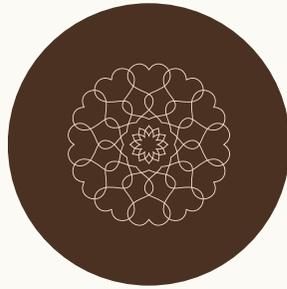
**The space is held.
The fire already lives within you.**

What to Expect

Across five days, Antaryaag unfolds through a rhythm of stillness, movement, inquiry, and shared living, allowing wisdom to be experienced, not just understood.



Daily meditation, breathwork, visualization, and gentle flow practices to ground the body and quiet the mind.



Exploring timeless vedantic wisdom through dialogue, reflection, and self-inquiry, making philosophy experiential.



Guided practices that regulate the nervous system, open awareness, and lead into deep inner stillness.



Playful yet profound exercises designed to dissolve conditioning, soften identities, and reveal insight.



Art session that allows unconscious insights to surface beyond words.



Conscious cooking as a grounding, meditative practice, followed by shared meals.



Unstructured movement, music, and rhythm to release, express, and integrate.



Nature treks, and moments of meditation outdoors, where movement itself becomes contemplation.



Listening deeply, sharing honestly, and learning from each other's lived truths in a held community.



Birdwatching along with unstructured time to observe stillness, take in the landscape, journal, or simply be.

Together, these experiences create an integrated journey, from stillness to expression, from insight to embodiment, and from the individual to conscious community.

Location & Stay

MUKTESHWAR.

Uttarakhand is not just a destination.
It is a memory held by the land.

For centuries, this region has been the quiet witness to seekers who turned inward. Rishis who meditated in forests, sages who contemplated the Self, and pioneers of Vedānta who chose stillness over noise.

Swami Vivekananda, among many others, spent formative periods of his life in these hills, not to escape the world, but to understand it from within.

There is something unmistakable about this land. The air slows you down. The mountains hold you steady. Awareness feels natural here. If the practice is presence, there is no more fitting place. That is why Antaryaag could only happen here.



About Sitla Estate

Sitla Estate is spread across nearly 39 acres in the Kumaon hills, overlooking layered valleys, forests, and orchards that feel untouched by urgency.

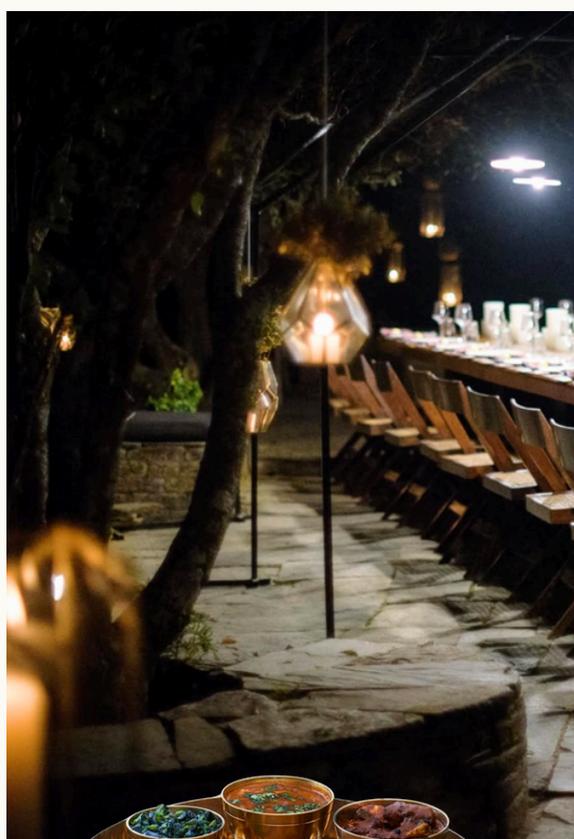
More than a property, Sitla Estate is a working landscape. Orchards, open meadows, forest edges, and walking trails weave through the land, creating a sense of quiet expansiveness. The estate invites long pauses, unstructured wandering, and an effortless return to rhythm. Jungle paths open into clearings, birdsong replaces background noise, and the pace of the day is guided by light rather than clocks.

For Antaryaag, the entire estate is held as a single, unified container. This is not a shared venue with parallel energies or external distractions. The land, the spaces, and the stillness are fully dedicated to the retreat, allowing the group to inhabit the environment together and let the wilderness itself become part of the practice.

**Here, nature does not sit in the background.
It actively supports inquiry, presence, and rest.**

Check out their instagram [here](#).





The Food

At Sitla Estate, food is not an add-on. It is a central philosophy.

The estate functions as a culinary oasis, with a farm-to-table approach rooted in produce sourced from surrounding orchards, estate acreage, and nearby farms. Meals are designed to be deeply nourishing, seasonal, and intuitive, supporting both the body and the inner work of the retreat.

Each day unfolds through thoughtfully curated dining experiences: breakfasts under the plum tree, long green lunches in the orchard, picnic-style meals in nature, and elegant multi-course seated dinners in the evenings.

All meals are personally curated and prepared by the estate's owner and chef, *Vikram Maira*, whose cooking blends technique, creativity, and reverence for ingredients. The cuisine is wholesome yet refined, grounding yet celebratory, allowing nourishment to become a sensory and communal experience.

**Eating at Sitla is slow, intentional, and shared.
A continuation of the retreat, not a pause from it.**

Travel & Arrival

Sitla Estate is located near Mukteshwar in Uttarakhand.

Participants are encouraged to arrive in Delhi the night prior to the retreat. From there, the group may choose to travel together to the estate, allowing the transition into the retreat to feel calm and collective.

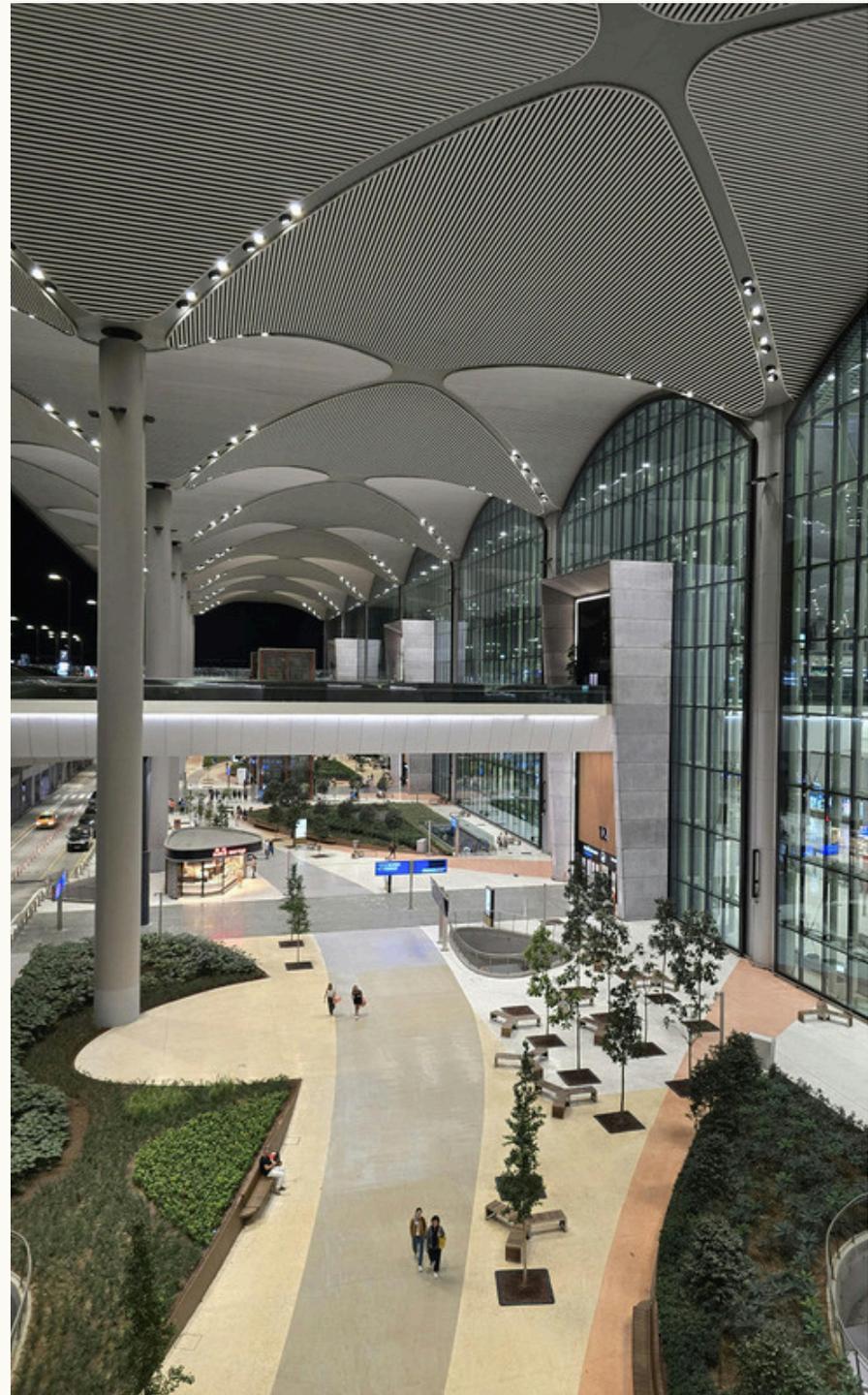
While travel and accommodation in Delhi are not included in the retreat cost, we are happy to assist with:

- Hotel recommendations or bookings in Delhi
- Coordinating shared road transfers to Sitla Estate
- Travel guidance and on-ground logistics

For those who prefer to travel directly to the retreat, you may fly into Pantnagar Airport. Transfers from Pantnagar Airport to Sitla Estate can be arranged by us, making this a smooth and convenient option.

For the return journey, participants may fly out from Pantnagar Airport, located a few hours from the retreat, with convenient connections to major cities.

All transfers and travel arrangements can be managed by us on request, and will be charged separately, ensuring clarity and transparency.



The Invitation

Antaryaag is intentionally intimate.

It is offered as a carefully held retreat rather than a large gathering, allowing depth, presence, and genuine connection to unfold naturally.

The entire Sitla Estate is reserved exclusively for Antaryaag. This ensures that the land, the spaces, and the energy of the retreat remain unified, without external distractions or scattered activity.

If the retreat resonates with you, we invite you to reach out and express your interest. Availability is confirmed on a first-come basis, while keeping the group thoughtfully curated.

Accommodation & Group Size

**Limited to approximately 15 participants.
10 rooms.**

Antaryaag is designed as a deeply intimate retreat, intentionally limited in size to preserve presence, connection, and a sense of shared living.

The retreat offers options for single and double occupancy.

The entire estate is reserved exclusively for the group, allowing everyone to inhabit the same space, rhythm, and environment throughout the retreat.

This scale is deliberate. It allows conversations to deepen, relationships to form organically, and the retreat to feel less like an event and more like a temporary way of life.

With the land, the home, and the community held as one, Antaryaag offers an experience of togetherness, immersion, and genuine presence, without the fragmentation that often comes with larger retreats.

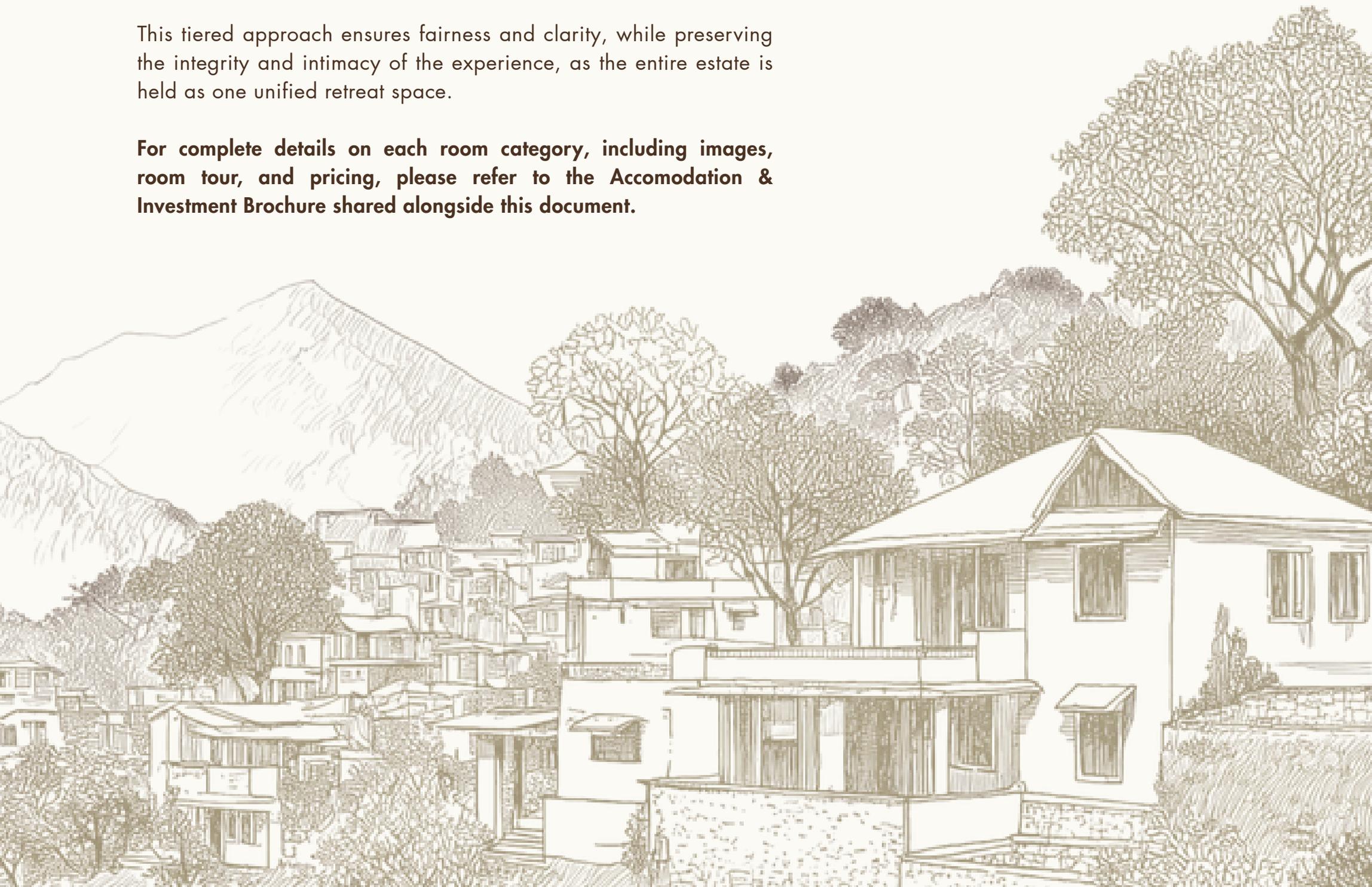
The Investment

The investment for Antaryaag varies across **five thoughtfully curated room categories**, ranging from heritage rooms to the Estate Suites. This structure reflects the nature of the property itself, which offers a mix of intimate rooms and larger suites, each with its own character, layout, and relationship to the land.

Within each category, **options for single and double occupancy** are available, allowing participants to choose what feels most aligned with their comfort and way of experiencing the retreat.

This tiered approach ensures fairness and clarity, while preserving the integrity and intimacy of the experience, as the entire estate is held as one unified retreat space.

For complete details on each room category, including images, room tour, and pricing, please refer to the Accommodation & Investment Brochure shared alongside this document.



How to Join?

Antaryaag is offered on an **invitation-only** basis, in keeping with the intimacy and care with which the retreat is held.

If this experience resonates with you, we invite you to reach out and express your interest. Simply share your name and contact details with us, and we will connect with you to discuss availability and next steps.

Participation is confirmed subject to availability, ensuring that the group remains small, aligned, and thoughtfully curated.



RETURN TO INNER SELF



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