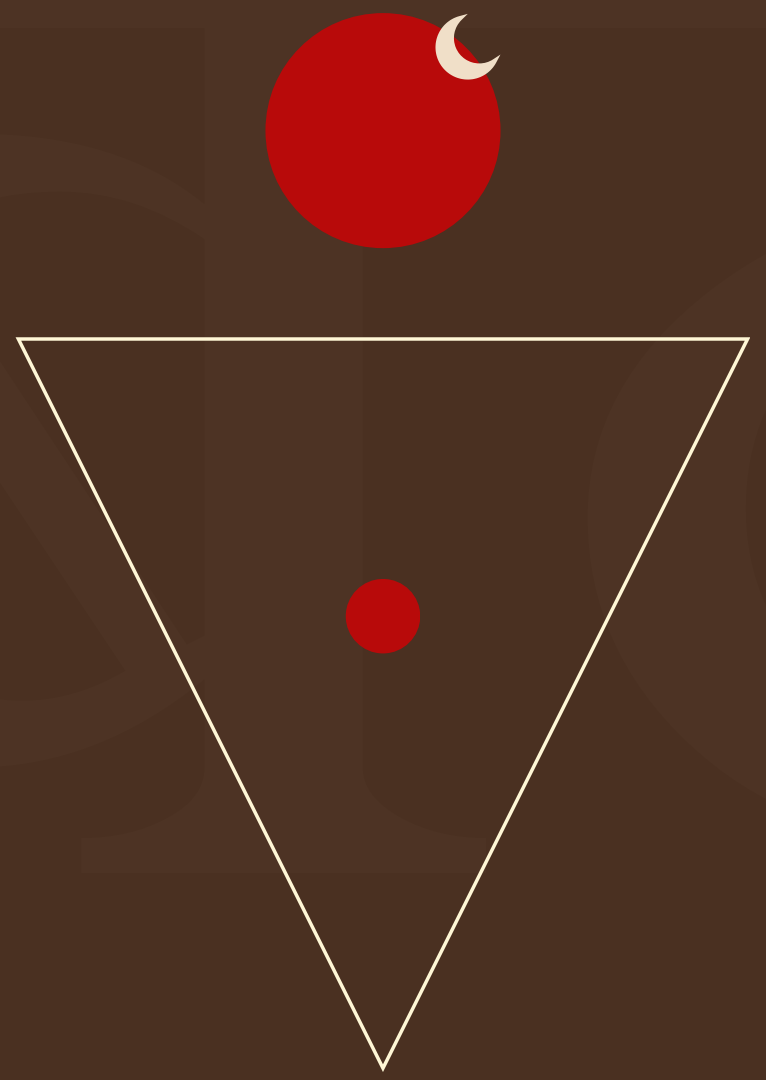
Bindu

THE SOURCE



22 - 26 JANUARY 2027
MUKTESHWAR,
UTTARAKHAND.

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MUKTESHWAR, UTTARAKHAND.

An exploration of consciousness, creation and our relationship with the divine.

"The source of existence, our place within it, and the possibility of recognising the divine within ourselves."

Before the universe came to be experienced as countless things, what was its underlying reality? And if everything that exists has emerged from one fundamental source, what is our relationship with it?

These questions have occupied the minds of rishis, philosophers and seekers for thousands of years.

The Upanishads inquire into that which exists before creation, that which remains through its manifestation, and that which is neither born nor destroyed. They speak of *Brahma*n, the limitless reality underlying existence, and *Ātman*, the innermost Self, whose essential nature is understood in *Advaita Vedānta* to be none other than Brahman.

Yet our ordinary experience tells us something quite different. We experience ourselves as individuals, distinct from the world around us. We identify with a body, a mind, a personal history, a collection of desires, memories and experiences. We become the jīva, the individual who navigates the world through the apparent limitations of identity.

How does the limitless come to be experienced as limited? How does the unmanifest become manifest? And how does one begin to recognise the source while living within the very creation that seems to conceal it?

Bindu: The Origin is an invitation to explore these questions.

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



In Sanskrit, *bindu* means a point or a drop. Within several traditions of Indian philosophy and sacred symbolism, it represents far more. It is the point of potentiality, the symbolic seed of manifestation, the unity from which multiplicity emerges.

In the Śrī Yantra, the bindu occupies the centre, towards which the entire geometry converges. It invites us to contemplate the relationship between the One and the many, between the source and its countless expressions.

Over the four days, we will explore the map of consciousness through the wisdom of the Vedas, Upanishads and Vedānta. We will examine the relationship between Brahman, Ātman and jīva, the movement between the unmanifest and the manifest, and the ways in which the individual comes to experience separation from an existence of which it has never truly been independent.

But understanding the source intellectually is not the same as recognising its presence in our own lives.

The question then becomes more intimate.

How do we relate to the divine? How do we recognise something that is said to be present everywhere, yet often seems so distant from our everyday experience?

How do we cultivate a relationship with the sacred that extends beyond occasional prayer, ritual or moments of stillness?

This is where knowledge begins to meet practice.

Bindu,
The Source

Bindu is a five-day immersive retreat, a journey not towards becoming something more, but towards understanding that from which everything comes."

Bindu will be an exploration of why sound is considered sacred, the significance of mantra, and therelationship between sound, attention and consciousness.

More importantly, mantra will not remain a subject of intellectual discussion alone. It will be woven into the retreat through guided practice, listening, recitation and contemplation, allowing participants to experience how sustained engagement with sacred sound can become a means of turning inward and deepening devotion.

Alongside mantra, we will return repeatedly to vichara, the discipline of inquiry. Through philosophical dialogue, meditation, contemplation and silence, we will examine how knowledge gradually changes the way we understand ourselves and the world.

To recognise how our perception of separateness shapes the way we live. To understand what the scriptures mean when they speak of the divine as both immanent and transcendent.

And to explore how a relationship with the sacred can be cultivated through *knowledge, devotion, attention and sustained practice.*

The *Vishnu Sahasranāma* begins by describing Vishnu as *Viśvam*, the universe itself, and Viṣhnu, the all-pervading.

It opens a profound inquiry: Is the divine contained within the universe, or is the entire universe an expression of the divine?

Perhaps the deeper question is why we perceive a separation between the two in the first place.

Bindu is an exploration of that apparent distance, between the individual and the infinite, the seen and the unseen, the manifest and the unmanifest.

An opportunity to return to the most fundamental questions of existence, and through knowledge and practice, begin cultivating a conscious relationship with the source from which all things arise.

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

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.**

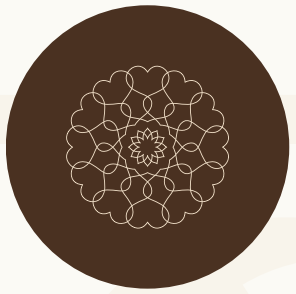
His mission is to help people realise that the Creator and the creation are not separate. Freedom, clarity, and joy are not found outside, but within your own being.

What to Expect

Across five days, Bindu unfolds through a rhythm of manras, 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.



Yoga Flow



Understanding sound as creation and beyond.



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.



How to tap into the energy of mantras and practices to uplift your journey.

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.

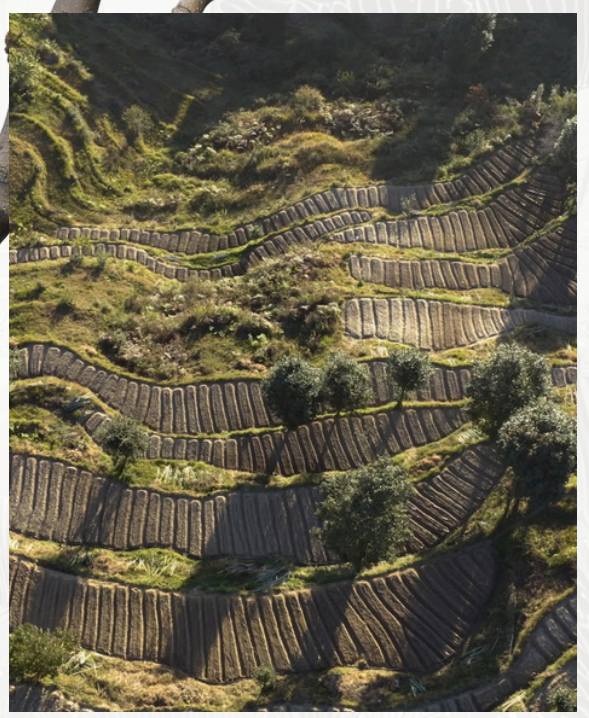
Swami Vivekananda, among many others, spent formative periods of his life in these hills, not to escape the world, but to understand it from within.

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 Bindu 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.

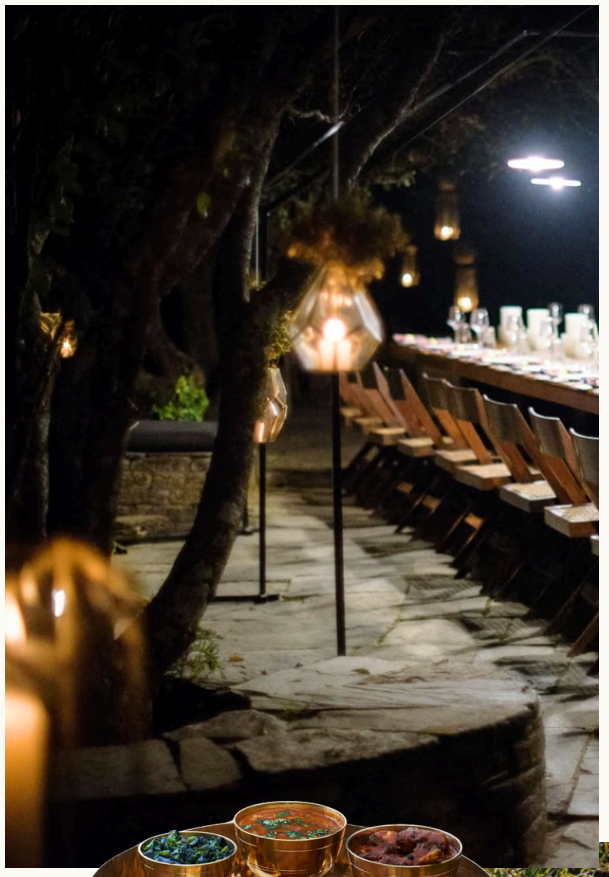
More than a property, Sitla Estate is a working landscape. Orchards, open meadows, forest edges, and walking trails weave through the land, creating a sense of quiet expansiveness. The estate invites long pauses, unstructured wandering, and an effortless return to rhythm. Jungle paths open into clearings,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

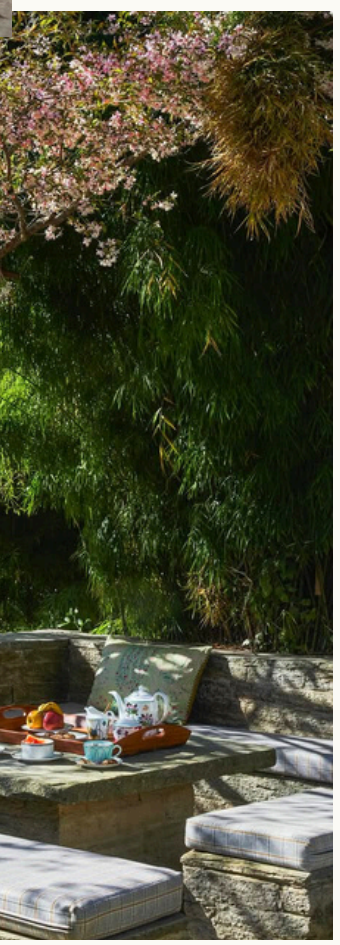
For Bindu, the entire estate is held as a single, unified container. This is not a shared venue with parallel energies or external distractions. The land, the spaces, and the stillness are fully dedicated to the retreat, allowing the group to inhabit the environment together and let the wilderness itself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

Bindu 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 Bindu. 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.
11 rooms.

Bindu 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, Bindu offers an experience of togetherness, immersion, and genuine presence, without the fragmentation that often comes with larger retreats.

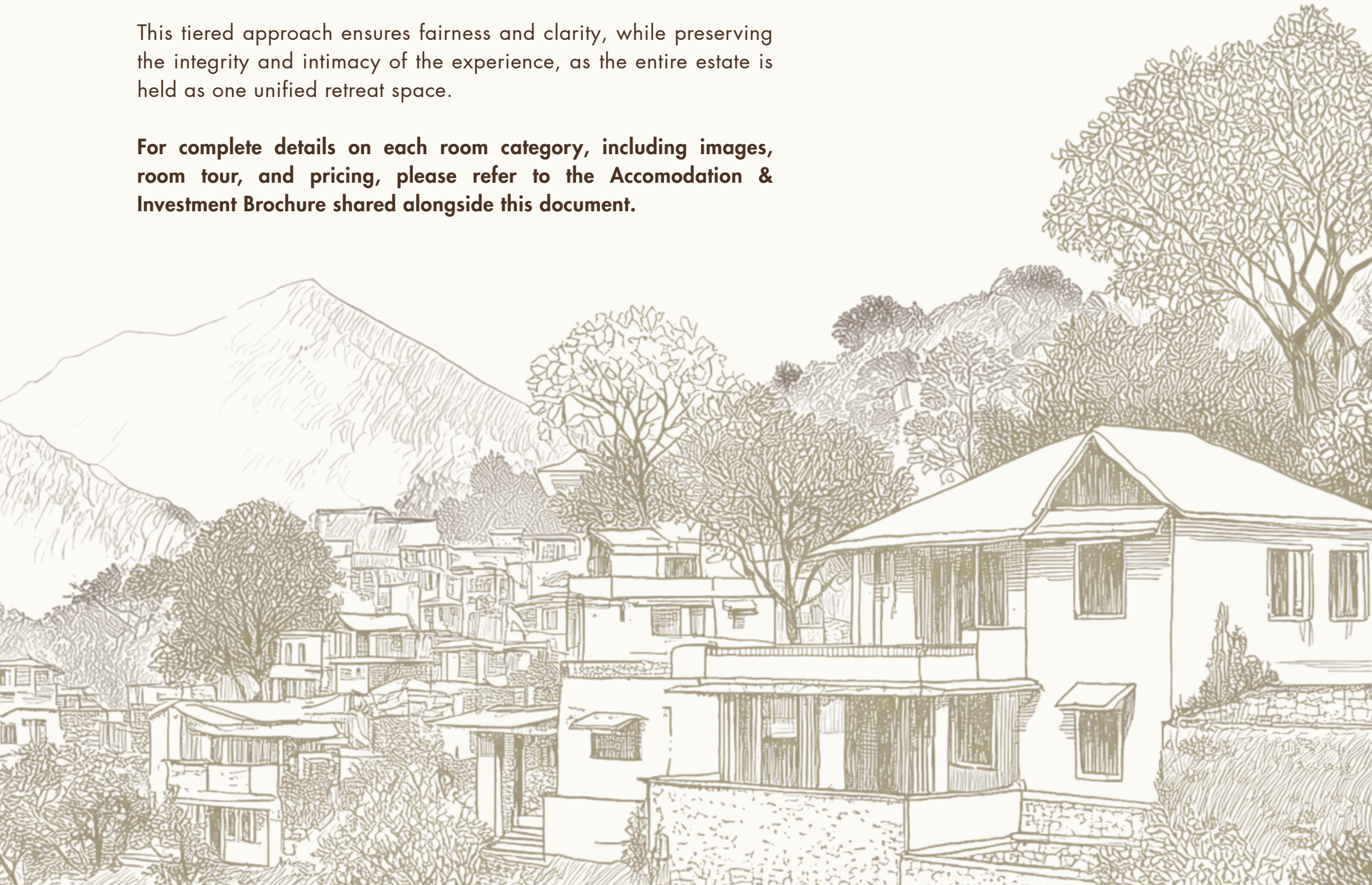
The Investment

The investment for Bindu 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 Accomodation & Investment Brochure shared alongside this document.

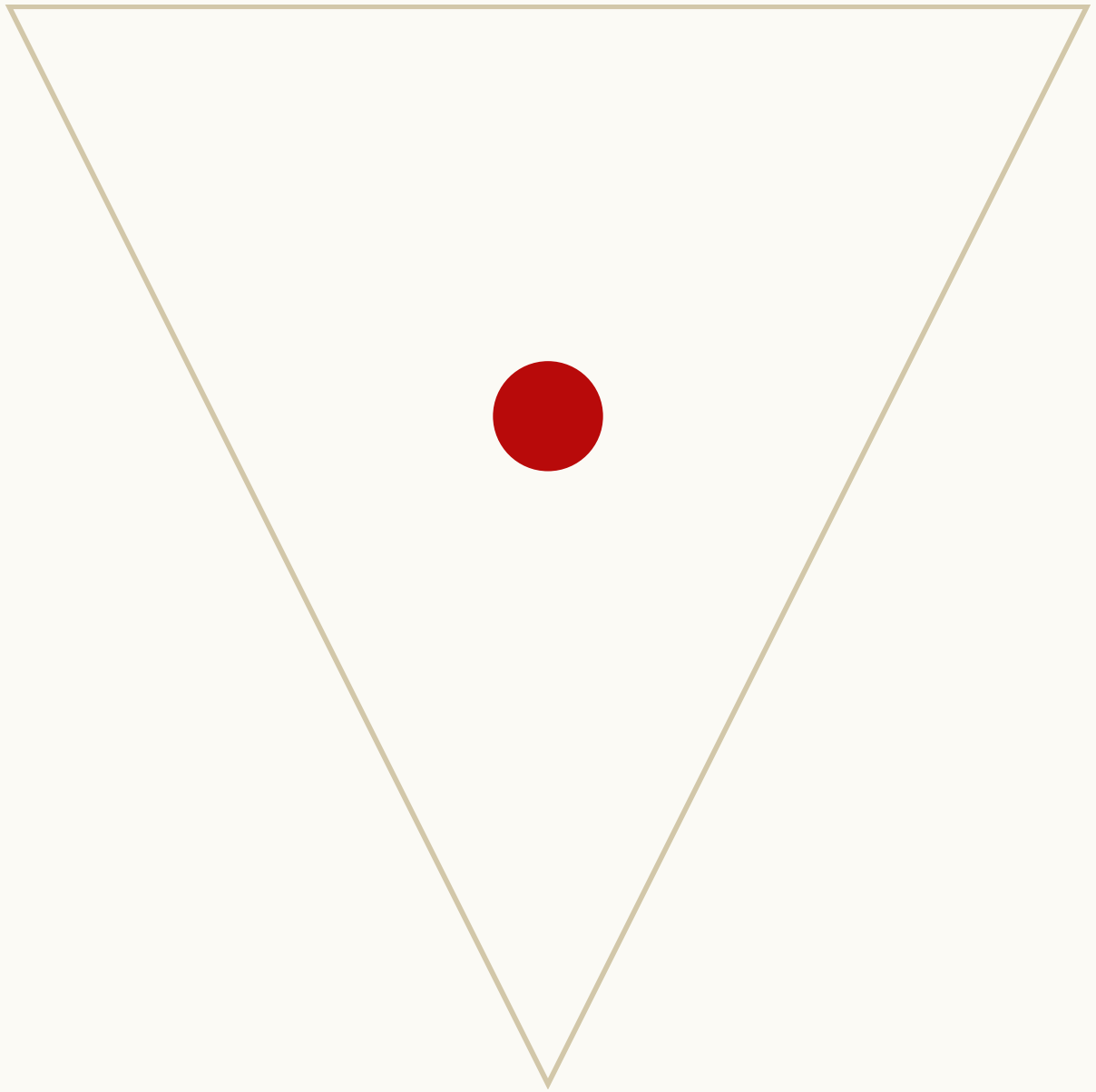


How to Join?

Bindu 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.



A glimpse of past

Here's how our last offering 'Antaryaag' looked like.





















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