

deorhi  
ROOTS

# The wisdom residency

Nashik  
31 July – 03 August 2026

Journeys & Experiences  
by THE TIMES OF INDIA

# seekers scholars & stories

## **Embark**

The first slowing down.

**Day 1**

## **Immersion**

Ancient wisdom.  
Restless questions.

**Day 2**

## **Liberation**

Silence, sound, and self-inquiry.

**Day 3**

## **Return**

Leaving differently than how  
you arrived.

**Day 4**

This is Deorhi Reflections  
The inward path

# Rigour & Range

## The Teachers

### Yog Guru Surakshit Goswami

**Yogacharya**  
**Scholar of Sanatan Dharm**

He leads the philosophical core of the residency, drawing from the Bhagavad Gita, the Patanjali Yog Sutras, Samkhya philosophy and the Upanishads: taught not as texts to memorise, but as something to think with.



### Raman Iyer

**Storyteller**  
**Comparative philosopher**

He brings narrative: comparative philosophy, the stories of the Samkhyas and the Upanishads, and a musical play inspired by the Gita that opens the residency.

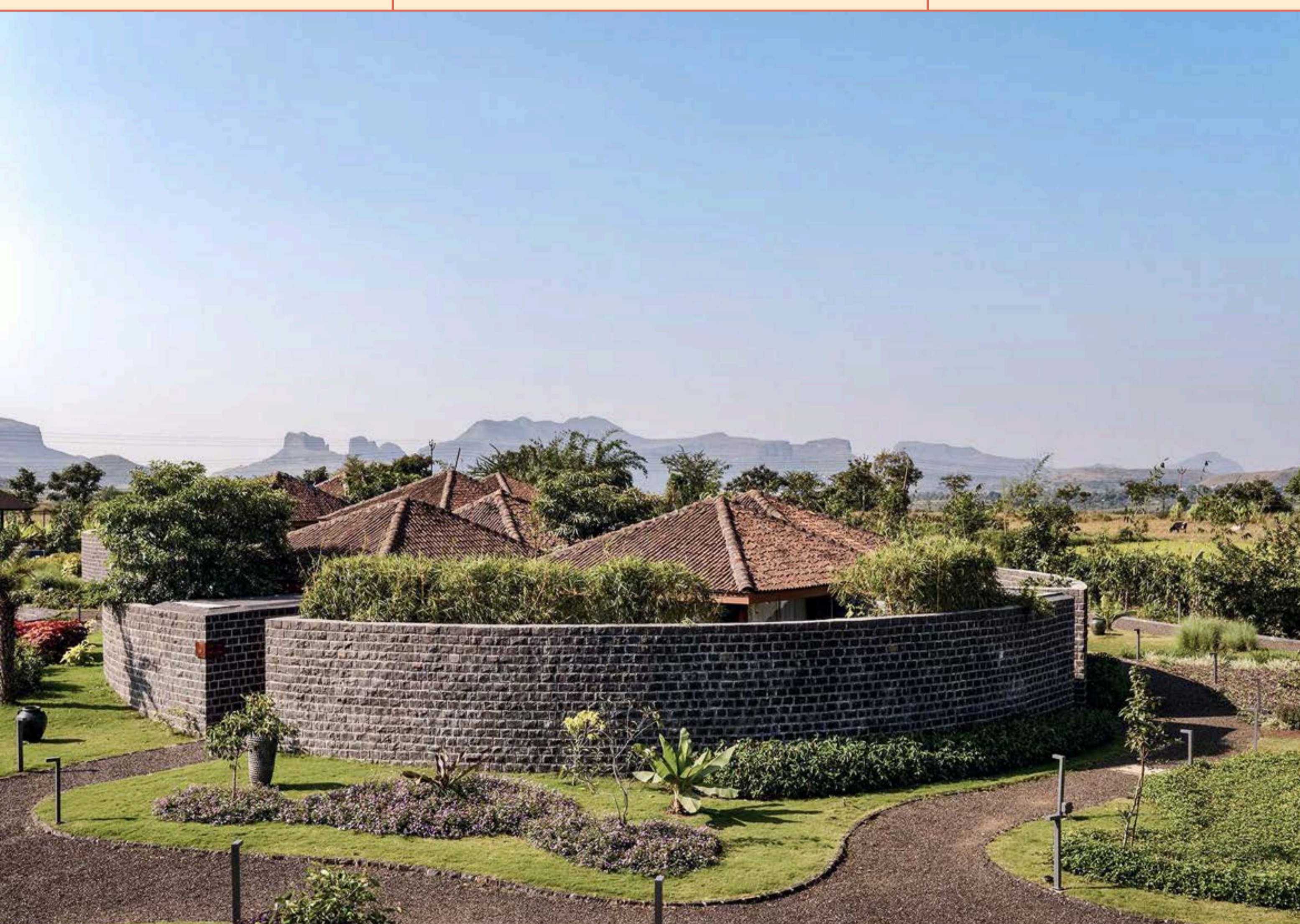


# Embark

## Arrival in Nashik

The residency begins by doing less. Arrive through the afternoon, find your room, walk the grounds. Tea at half past four, refreshments, first hellos, no agenda.

As dusk falls, the residency opens with theatre setting the tone for everything that follows.



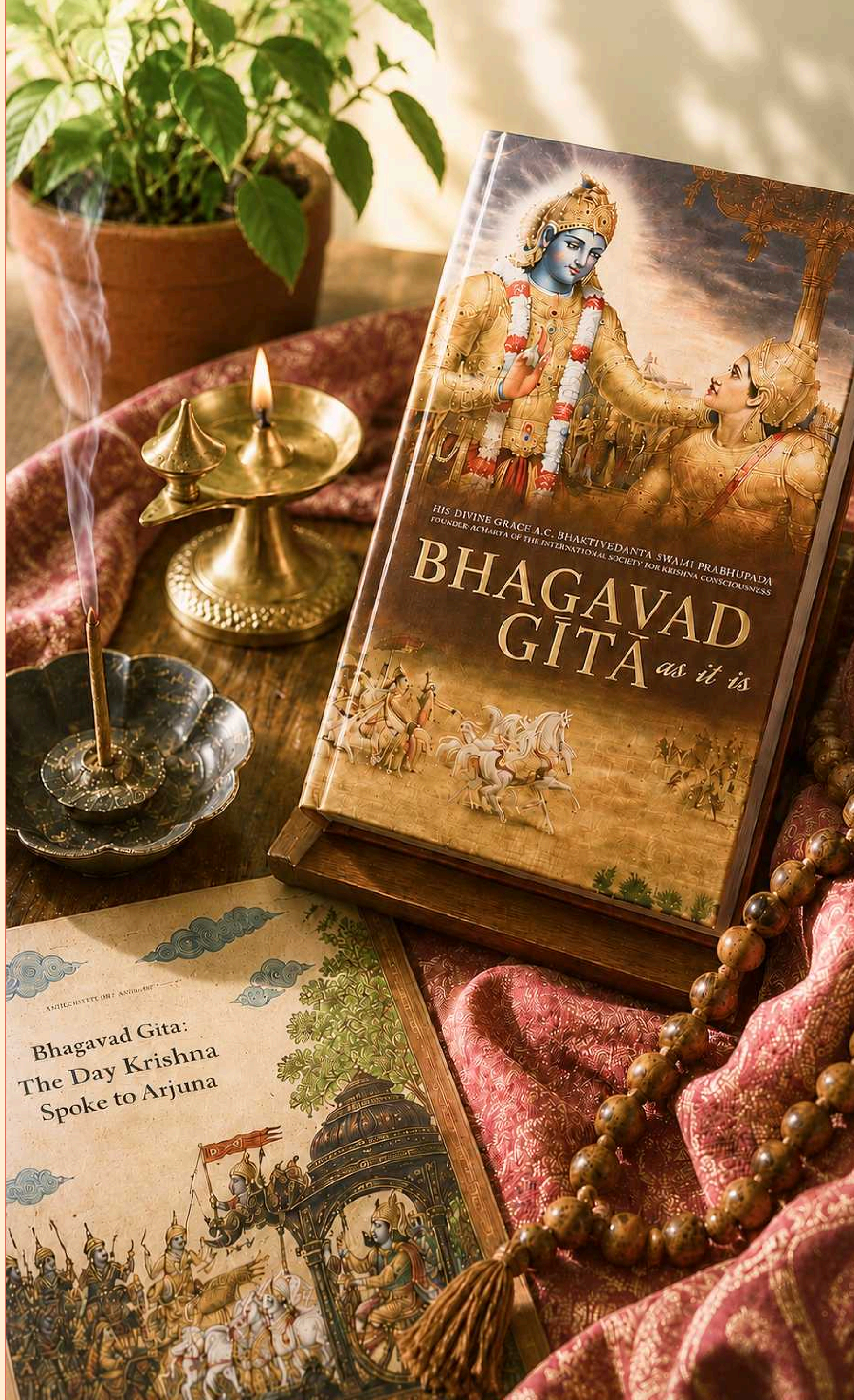
**6:30 pm** **Against My Own**  
A musical play inspired by the Bhagavad Gita — Raman Iyer

**8:30 pm** **Dinner**  
The first sattvic meal, shared

# Immersion

## Gita Rahasya

From body to mind, and back. The first full day opens before sunrise: a simple Ayurvedic cleansing, yoga for every level; then settles into the morning's teaching. Lunch begins in silence. The pace is deliberate; questions are welcome throughout. Afternoons hold rest, an optional Ayurvedic treatment, and meditation with live flute before the evening fire.



- 9:30 am** Gita Rahasya  
Unlocking the secrets of divine wisdom- Surakshit Goswami
- 5:30 pm** Kundalini, Chakras & Gita  
Where yogic physiology meets Vedanta- Surakshit Goswami
- 9:00 pm** Fire Circle  
A havan, agni and transformation. It ends when it ends

02 Aug Day 03

# Liberation

## Sound Healing

The day reaches for the subtle body, the channels, qualities and life-forces beneath the surface, and ends in stillness.

Afternoons stay open for a private session with Guruji, by appointment, or simply rest. The evening builds with devotional music before letting everything settle.



**9:00 am** Naadi, Gunas & Pranas  
Understanding the body from within:  
Surakshit Goswami

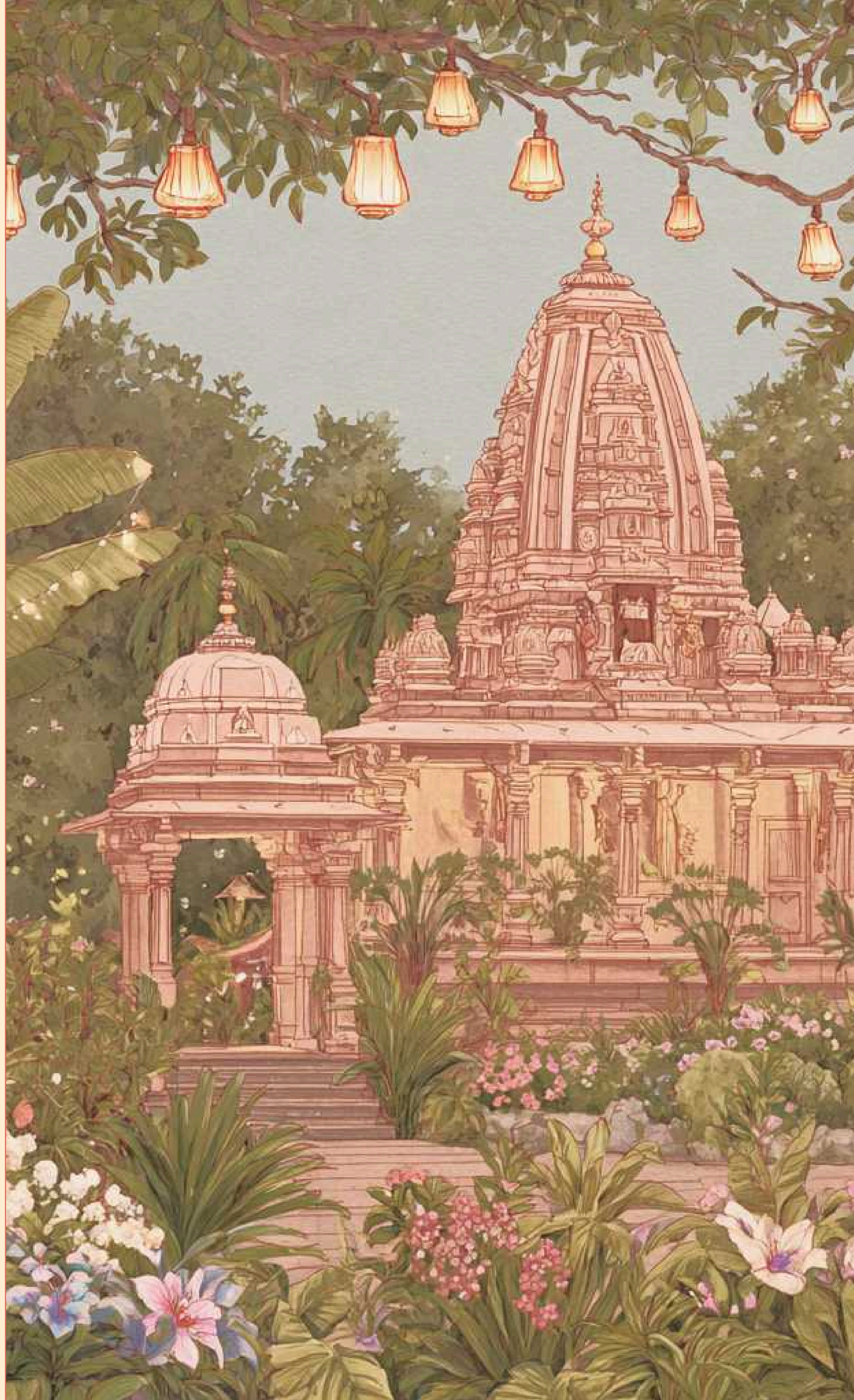
**11:00 am** The Arthashastra & the Gita  
Where power meets liberation: Raman Iyer

**9:30 pm** Yog Nidra with Sound Healing  
The body lets go, the mind goes quiet:  
Surakshit Goswami

# Return

## Departure & Darshan

The residency ends as it began; gently, and on an auspicious note. It is a Monday, sacred to Shiva. After two days held in Krishna's teaching through the Gita, ending at Trimbakeshwar has a certain completeness. You leave carrying a quieter mind, and a practice to keep.



**Early Morning** Trimbakeshwar Jyotirlinga  
VIP darshan

One of the twelve Jyotirlingas, thirty minutes away. Transport arranged. (Optional)

Morning Breakfast

Checkout  
Goodbyes & home.

Viveda Wellness Resort, Nashik

# Where you will stay...

Set amidst Nashik's gentle hills, **Viveda Wellness Resort** becomes more than a place to stay; it becomes part of the journey. Quiet spaces, nourishing food, and a slower rhythm of living offer the perfect backdrop for four days of reflection and renewal.





# Inclusions

- Three nights at Viveda Wellness Centre
- All meals: breakfast, lunch, dinner, tea
- Every session: satsangs, talks, the play, yoga, meditation, fire circle, kirtan, Yog Nidra
- Morning cleansing rituals
- Trimbakeshwar darshan transport
- One-on-one availability with Surakshitji
- Pick up and Drop off (Mumbai or Navi Mumbai airport) in a private chauffeured vehicle
- One Abhyanga Massage per person

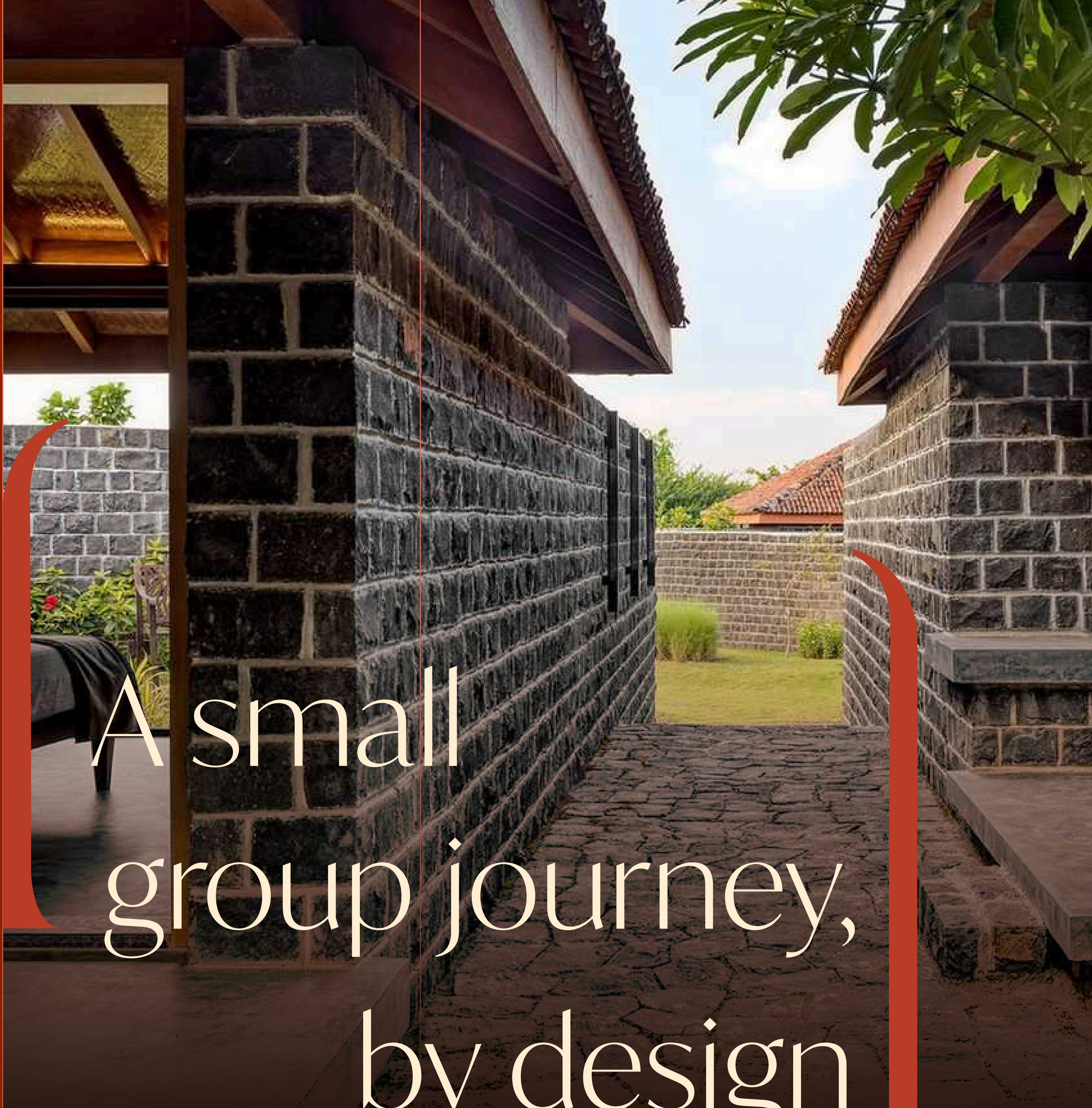
# Optional therapies

- Ayurvedic treatments:
  - Shirodhara
  - Kizhi Potli
  - and others, bookable during rest periods
- Naturopathy treatments:
  - Mud bath
  - Reflexology
  - Acupressure
- International treatments:
  - Shiatsu
  - Deep tissue massage

## Rules

- Phones on silent and away during sessions
- No alcohol for the duration
- Comfortable, simple clothing
- All levels of experience welcome





# A small group journey, by design

Reserve your place

- 1.3L + 5% GST for two seekers
- 95k + 5% GST for solo  
(on single occupancy)

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