

# THE WISE RETREAT

WITNESSING THE INNER SONG EXPERIENCE

TUESDAY, **16 JULY'24**  
TO SUNDAY, **21 JULY'24**

A residential retreat guided by Dr. Rajan Sankaran

[CLICK HERE TO VIEW A SHORT CLIP ON THE WISE RETREAT](#)

**EARLY BIRD OFFER:** **45,000** | **USD 650**  
(Before May 15) (Indians) (NRI & Foreigners)

**NORMAL OFFER:** **50,000** | **USD 700**  
(After May 15) (Indians) (NRI & Foreigners)





# WHY THE **WISE** RETREAT?

**Am I feeling stuck in life**

**Am I living up to my true potential**

**Am I happy...content...and feel the state of balance**

And many more life questions...  
where we feel stuck in a frequency  
A frequency that leads to the cacophony,  
instead of a melodious rhythm...

**The answer, lies within...**

- By way of looking within
- Developing the connect within
- Correct the melody within
- Such as the human spirit is free to live upto his highest potential
- Creating perfect state of balance & harmony within



# WELCOME TO THE **WISE** RETREAT

This retreat is an ongoing process which helps us to evolve. It is more of an instrument for inner growth and building connections within.

**AWARENESS:** Awareness is the key principle of the retreat. We bring group awareness through WISE processes such as drumming, movement, music, painting, nature walks, rhythm, working on relationships, overcoming childhood crisis, death process - facing the only reality of life. All this directs us towards healing.

- **WITNESSING**
- **INNER**
- **SONG**
- **EXPERIENCE**

# HAVE YOU WONDERED "WHAT IS WISE"?

WISE is an acronym for Witnessing the Inner Song Experience

Our likes, dislikes, way of thinking, acting and feeling, our being and the disease we get, everything is shaped by a distinct and specific energy pattern; which basically makes us “who we are”.

Dr. Sankaran calls this energy pattern as "**the other song**".

This defines our being, our perception, reaction to situations and responses.



- **WITNESSING**
- **INNER**
- **SONG**
- **EXPERIENCE**

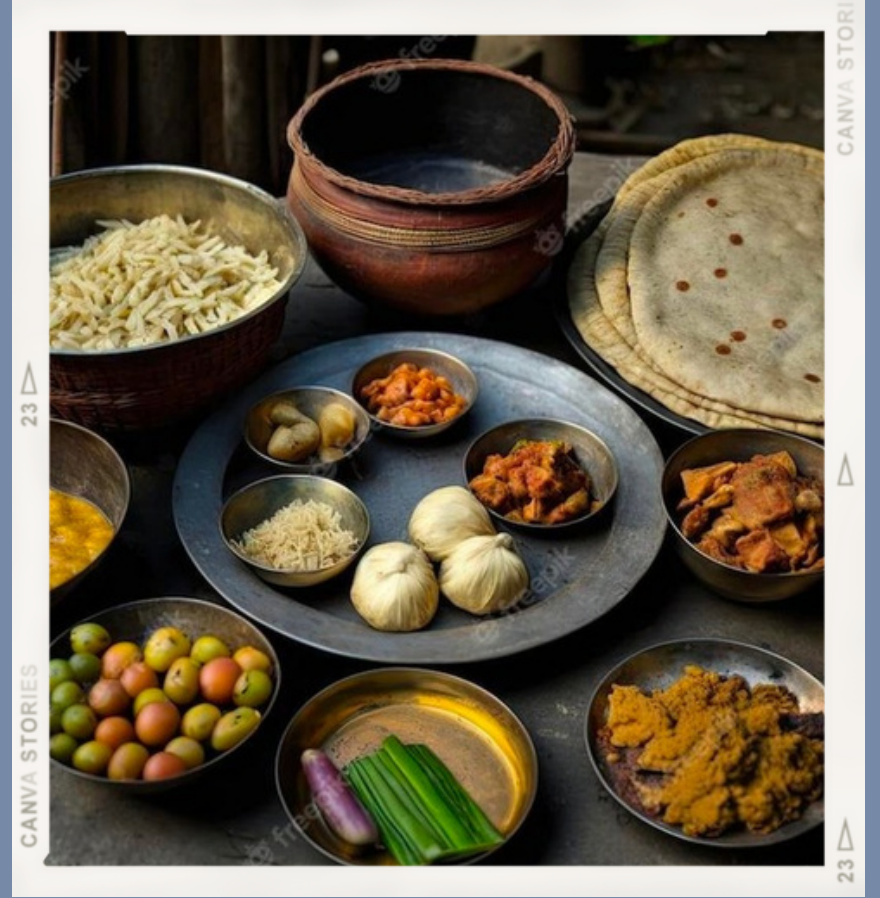


The 5-day residential WISE retreat is meant to kick-start your journey to a healthy life. It focuses on the physical, mental, social, and spiritual aspects of health. Central to the retreat are the WISE (Witnessing Inner Song Experience) processes developed by **Dr. Rajan Sankaran** which are tools to become aware of the deep patterns within us which lead to disease, such an awareness itself has a deep healing effect. Set amidst beautiful nature, the participants are invited to discover and experience healthy food, music, meditation, movement, community, and their own innermost self and learn practices that can change their lives.

- **WITNESSING**
- **INNER**
- **SONG**
- **EXPERIENCE**









# UNLEASH THE POWER OF YOUR SILENCE

## THE 5 DAY RETREAT IS BASED ON:

- Silence
  - Journey within to outwards
  - Focus on the healthy body: Whole plant-based vegan diet
  - Yoga and walks for physical wellbeing
  - Meditation to discover the inner calmness
- Coming back to mother nature





# BENEFITS OF 'WISE'

- Relieves stress and stress-inducing ways of thinking.
- Leads to healthier relationships.
- Brings emotional balance and lightness.
- Gives you the power to 'respond' to situations, instead of 'react'.
- Enhances self-awareness and therefore greater personal freedom.
- Reduces inner clutter, bringing about a connection with your pure intuition.







# FACILITATOR

**Dr Rajan Sankaran** MD (Hom) is an internationally renowned thinker, teacher, writer and innovator of the Homeopathic system of medicine and also path breaking concepts such as WISE and Sensation method.

His contribution in the world of classical music has been over 35 years and this has contributed in innovating the Raga Therapy App that is also healing. His meditation process has been benefited by far and wide and one can find them on YouTube easily.

He has been a seeker in the area of spirituality. Dr Sankaran's lucid style and simplicity also makes him very popular as a teacher amongst homeopaths world wide. His seminars and webinars on inner witnessing has been very profound and the results of the WISE process was studied deeply across many countries and the results were amazing. 80% of the participants found the WISE process has a significant effect on their life. 20% of the participants found the WISE process to be life transforming.



**Dr. Rajan Sankaran**



# OUR TEAM



**DR. RAJAN SANKARAN**



**YUNUS SHIPCHANDLER**



**DR. DURRIYA SHIPCHANDLER**



**DR. KSHITI MEHTA**



**DR. SARAH COUTINHO**



**DR. MEGHNA SHAH**



# OUR TEAM



**REEMA SHAH**



**DR. PREETY SHAH**



**DR. KYLE WULFSOHN**



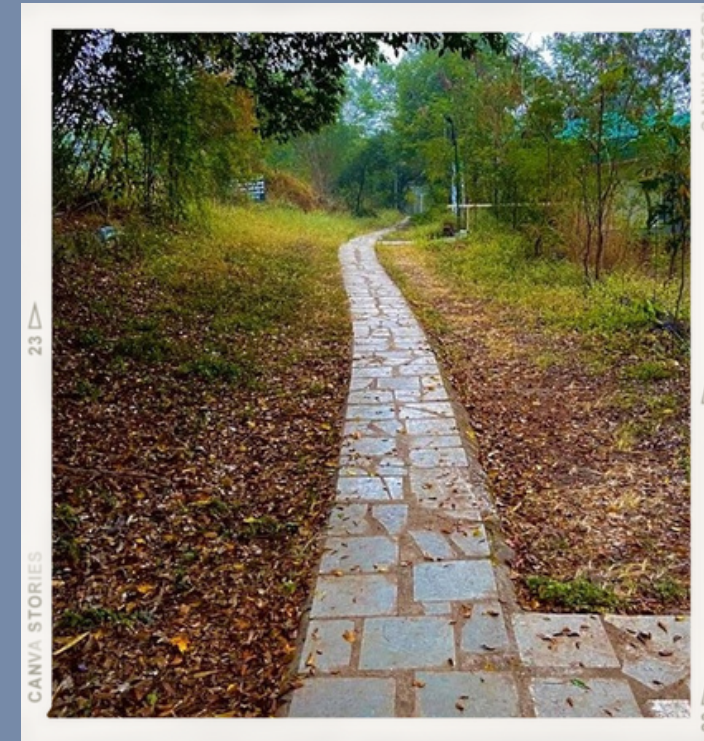
**DR. PRAJAKTA VAIDYA**



**DR. PIYUSH GUPTA**



# THE HIDDEN OASIS



**256, Garade Dharan, Garade Village, Off Kondwa-Saswad Road, Pune - 421301**

---

**You are most welcome to continue in earlier or stay on to continue the transformation..**

# THE HIDDEN OASIS

It is a silent retreat, hence refrain from talking.

Mobiles have to be submitted before the retreat starts.

Let us all meet at WISE retreat to create transformations at body, mind and soul.

**Venue is approximately 35 kms from Pune Station.**

**You can travel by your own car if traveling from nearby cities. There is ample parking space.**

**If traveling from far and need transport from airport or station, please contact**

**Mr. Santosh Sonawane: +91 9850046343 (Taxi)**

**Shahid Bhai: +91 881304428 / 97309 04428 (Auto Rickshaw)**



# THINGS TO CARRY

- Regular medications
- Sports shoes
- Home slippers
- Exercise wear
- Tracks
- Torch
- Alarm clock
- Light warm clothing
- Extra pair of slippers/strapped sandals for outdoors
- Cap for sun protection
- Rain gear
- T-shirts or comfortable loose clothing

**Note: At times it gets cooler at nights and in the early mornings.**

**THE HIDDEN OASIS, PUNE**



# PAST EXPERIENCES & CONTRIBUTION

**WATCH PAST RETREAT PARTICIPANTS EXPERIENCE:** <https://youtu.be/w6lhb3NSi5E>

Let's experience healing through drumming, movement, painting, nature walking, the 5 elements meditation process, rhythm and much more..

## CONTRIBUTION:

<b>EARLY BIRD OFFER:</b> (Before May 15)	<b>45,000</b> (Indians)		<b>USD 650</b> (NRI & Foreigners)
<b>NORMAL OFFER:</b> (After May 15)	<b>50,000</b> (Indians)		<b>USD 700</b> (NRI & Foreigners)

INCLUSIVE OF FOOD & ACCOMMODATION

**Cancellation policy: 100% refund before June 16, 2024 | 50% refund before July 06, 2024**  
**No refund after July 06, 2024**

## GET IN TOUCH:

For travel related assistance, please contact -  
VISHNU: +91 9920787776 / 9145204059  
SHAMOY: +91 7499055090 / 8007823860

# NEFT / ONLINE FUNDS TRANSFER:

## Remittance within India

**Beneficiary A/c Name: Dr. Sankaran's Clinic**

Beneficiary Address: G-3, Ground Floor, Beach Haven – 1, Wing 1, Juhu Tara Road, Juhu, Mumbai 400 049, India

**Beneficiary A/c No: 50200063716225**

Beneficiary Bank & Address: HDFC Bank – Sana Building, Linking Road, Santacruz West, Mumbai – 400 054, India

Branch Code: 0079 – Linking Road, Santacruz (W)

IFSC Code: HDFC 0000079 | SWIFT CODE: HDFCINBB

Please send an e-mail with the payment details to : [info@sankaransclinic.com](mailto:info@sankaransclinic.com)

**Cheque Payment** - Cheque to be drawn in favour of: Dr. Sankaran's Clinic

**PAYMENT  
DETAILS**

**Remittance from outside India**

**For PayPal payments please send an e-mail to:  
[clinic@sankaransclinic.com](mailto:clinic@sankaransclinic.com) with your contact details.**



# PAYMENT DETAILS

**SCAN & PAY**



UPI ID: sankaransclinic@okhdfcbank >

**[CLICK HERE FOR PAYMENT](#)**

**Please send an e-mail with the payment details to :  
[info@sankaransclinic.com](mailto:info@sankaransclinic.com)**