

EMBRACE RETREAT



A 3 day Residential Wellness Retreat for Women over 35

Learn. Heal. Thrive



14th to 16th
February 2025



The Hidden Oasis,
Pune



For more details, Whatsapp on: +91-9987431913

Are you dealing with these?



Weight gain &
metabolism changes



Joint &
muscle pain



Sleep disturbances



Hot flashes &
night sweats



Mood swings &
emotional changes



Memory &
concentration issues

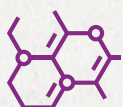
If YES...

Join us for an empowering 3-day retreat exclusively designed for women over 35 to help you navigate hormonal changes, understand nutrition, build strength and fitness, and prepare for the perimenopausal years, equipping you to thrive in your 40s and 50s

Led by **Vinita Contractor**, a Holistic Nutrition & Lifestyle Coach, this retreat promises a transformative journey towards making you aware, healthy and happy as you tide over these special years.



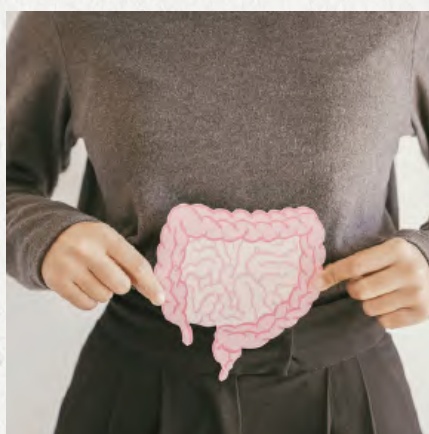
Rediscover your vitality



Optimize Hormonal Health

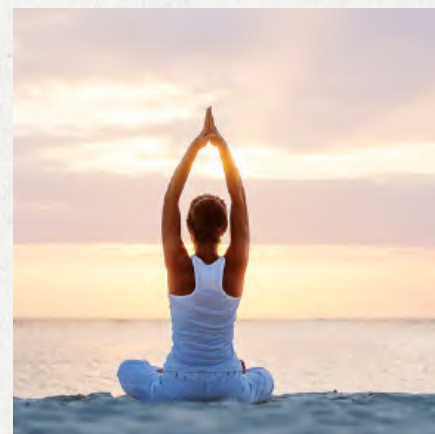


Nourish Your Body and Mind



What You'll Gain:

- Clear understanding of changes after 35 & during peri-menopause
- Enhanced knowledge of hormones and gut health
- Key nutritional principles for a healthy diet
- Strategies to boost fitness & strength
- Effective stress management & relaxation techniques
- Actionable diet & lifestyle tips
- Supportive community of like-minded women
- A sustainable action plan for vibrant health



Activities Overview:

1



Daily knowledge sharing sessions: Nutrition, Exercise, role of Stress & Sleep etc.

2



Breath-work & Meditation

3



Fitness & yoga sessions

4



Cooking demo

5



A talk by a Gynaecologist addressing common concerns

6



Visit an Organic Farm & Grounding

7



Healing activities such as Drum circle, Yoga Nidra & so much more

Meet Vinita

Vinita Contractor is a **Certified Holistic Nutrition & Lifestyle Coach** based in Bombay, India. She is herself in her late 40's & fully understands the changes & challenges in this phase. She has figured how to flourish in her 40's & wants to share it all with you. She has completed certifications in Nutrition, Women's Fitness, Wellness Culinary, Nature Cure and Ayurveda Diet from US, UK, Canada and India.

She has been featured several times in publications such as **Mumbai Mirror, Midday, Indian Express, Asian Age, The Hindu, Hindustan Times, Live Mint** etc.

She has conducted over **250** in-person and online wellness sessions, group health coaching sessions, workshops and cooking demos in several cities in India, as well as in Nepal, Indonesia, Singapore and in the UK, working with over **2600** participants and clients, in a span of **7+** years.



ALL INCLUSIVE RETREAT PACKAGE

RETREAT PACKAGE FOR 3 DAYS & 2 NIGHTS

- All sessions
- Meals
- Accommodation
- Amenities

**** Transportation to be organised & paid for seperately.**



DELUXE ROOM DOUBLE OCCUPANCY

YOUR INVESTMENT
(PER PERSON)

11,999/-

DELUXE ROOM SINGLE OCCUPANCY

YOUR INVESTMENT
(PER PERSON)

14,999/-



PREMIUM ROOM DOUBLE OCCUPANCY

YOUR INVESTMENT
(PER PERSON)

14,999/-

PREMIUM ROOM SINGLE OCCUPANCY

YOUR INVESTMENT
(PER PERSON)

17,999/-

***Availability of rooms is based on a first-come -first basis..

BRING A FRIEND ALONG & GET ADDITIONAL 1500/- OFF

REGISTER NOW



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About the Venue

The Hidden Oasis is a haven for healing, brimming with the potent energies of pristine nature. The place almost has a magical effect on the people who come to stay here.

We are a sustainable family- run farm stay, with power generated by solar & water harvested through rains. We have 5 acres of organic farm where our farmers grow food biodynamically which we serve with love & care.

Most of all, we love holding wellness & healing retreats that help you enhance your health & general well-being.



Testimonials by Retreat Participants

K

Kaniza Dhillon

2 reviews

★★★★★

4 months ago

Dear Vinita,

I am writing to express my profound appreciation for organizing the remarkable "Embrace Menopause" retreat. Your meticulous planning and attention to detail made this experience truly outstanding. The focus on setting short-term and long-term goals while emphasizing personal needs and health was invaluable. The retreat's dedication to addressing often-neglected self-care aspects provided a deeper understanding of our needs during this important life phase and fostered better communication with our loved ones.

V

Vinita Manghnani

2 reviews · 2 photos

★★★★★

2 years ago

Hi Vinita would like to share my feedback on the 7 day sugar detox. It was absolutely wonderful. I realised that I was lacking balance in routine. Many days I over ate and starved on others. You got us to true balance, I would highly recommend this to anyone.



👍

1



Chitra Aiyar

4 reviews

★★★★★

4 months ago

Vinita gave us so much of her knowledge...n understanding in d recent women's retreat ... 'Embrace Menopause'... for the 45+

The program were planned so well well...n we could cover letters on Nutrition Yoga Meditation ..Stress management ...tips on fitness... strength training... Pranayama....

These were spaced with some fun activities too...we enjoyed music...did painting ...a nature walk...a visit to a nearby waterfall....

And so in all.... combo pack of knowledge and happiness!!

K

Krina Rupesh Mehta

13 reviews · 2 photos

★★★★★

4 months ago

Vinita is your "go to" person / guide / nutritional/ life coach. I attended her "Women's Retreat" and what an eye opening experience it was! She covered all things important such as healthy lifestyle, exercise, yoga sessions with a yoga More



👍

Like

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EMBRACE RETREAT

FEBRUARY 14TH-16TH 2025 Retreat Schedule

14TH FEBRUARY (FRIDAY)

11 AM ONWARDS	ARRIVAL, MEET & GREET & CHECK-IN
12 NOON	WELCOME & ORIENTATION
1 PM	LUNCH
2 PM	REST/ FREE TIME
3 PM	SESSION: GUT HEALTH
4 PM	TEA & SNACKS
4:30PM	ACTIVITY: LOVING YOURSELF & MANDALA COLORING
6PM	BREAK
6:15PM	SESSION: HORMONES
7PM	DINNER
8PM	SESSION: SLEEP & YOGA NIDRA
9PM ONWARDS	RELAX & GO TO BED

FEBRUARY 15TH (SATURDAY)

7AM	• YOGA & PRANAYAMA
8AM	• SMOOTHIE
8:30AM	• ACTIVITY: GROUNDING & LEAF WALK/ FARM VISIT
9:30AM	• BREAKFAST
10AM	• BATH & FREE TIME
11:15AM	• SESSION: STRESS & MEDITATION - SESSION: STRENGTH
1PM	• LUNCH
2PM	• REST/ FREE TIME
3 PM	• FREE TIME/ ACTIVITY
4 PM	• TEA & SNACKS
5 PM	• SESSION WITH GYNAECOLOGIST
6PM	• BREAK
6:15PM	• ACTIVITY: DRUM CIRCLE
7PM	• DINNER
8PM	• SESSION: SUSTANENCE
9PM ONWARDS	• RELAX & GO TO BED

16TH FEBRUARY (SUNDAY)

7AM	FITNESS/ WORKOUT SESSION
8AM	SMOOTHIE
8:30AM	SESSION: SUNSHINE & SUPPLEMENTS, SHIFT (GOAL)
9:30AM	BREAKFAST
10AM	SESSION : WAY AHEAD, PLAN OF ACTION
12:15 PM	ACTIVITY: LIVE COOKING DEMO
1.15 PM	LUNCH
2PM	CLOSING CIRCLE & FEEDBACK
3.30 PM	DEPARTURE

****ALL SESSIONS & ACTIVITIES ARE SUBJECT TO CHANGE AS PER AVAILABILITY & DISCRETION OF THE FACILITATORS.***



REGISTER NOW!



14th to 16th February 2025



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Retreat related queries: +91 9987431913

Resort related queries: +91 7499055090

www.vinitacontractor.com



Scan or click to register