

Vyoumeeka Naadh Tantra & Manifestation Retreat

Leela Cottages | Morjim | North Goa

December 13th to 16th



+91 9100447309

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Vyoumeeka Naadh Tantra
& Manifestation Retreat



Sreeja Tota

Your Host

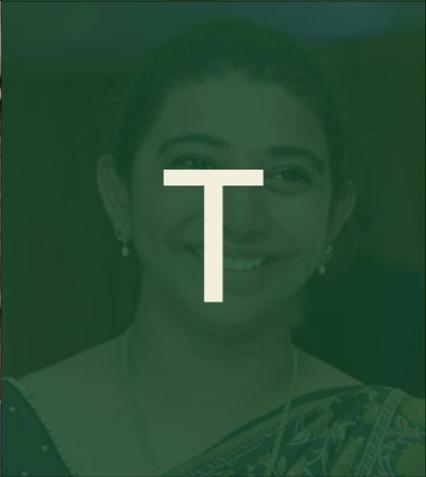


Certified Crystal Healer
Sound Healer

Intuitive Tarot Reader
Manifestation Coach

She guides individuals to unlock their inner potential, release energetic blockages, and manifest their desires through a combination of crystal therapy, tarot insights, sound healing and manifestation techniques.

With a deep connection to ancient wisdom and intuitive guidance, she helps power seekers to align with their higher selves, cultivate balance and experience spiritual transformation



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Vidushi Rao
Music Therapist & NLP Trainer



Malinie Arora
Holistic & Psychic Healer



Dr. Parinita B
Sound Healer & Aromatherapist



Dushyant Gupta
Founder of the Spiritual Blog



Akshay Chawda
Sound Alchemist



Sapna Jain
Sound healer & Wellness Guide



Atharwave
Sound Alchemist

Heal • Harmonize • Awaken

Crystal Sound Healing Experience



Immerse yourself in the transformative vibrations of Tibetan singing bowls, gongs, hand pans, flutes, wind chimes, and other sacred instruments.



Align with the natural flow of universal energies for balance and vitality



Clear negative thoughts and reset your personal and environmental energy



Release energy blockages and stagnant patterns



Heal emotional, mental, and physical discomfort

Immerse yourself in the transformative vibrations of Tibetan singing bowls, gongs, hand pans, flutes, wind chimes, and other sacred instruments.



Invoke • Align • Manifest

Abundance Crystal Grid Activation Ceremony

Join us on the beach under the luminous full moon for a sacred Abundance Crystal Grid Activation Ceremony. Through the invocation of the Sea and the Five Elements, we open the gateways of manifestation, abundance, and wish fulfillment.



Activate your personalized crystal grid for abundance and clarity



Manifest your dreams through guided journaling and intention setting



Invoke the power of Earth, Water, Fire, Air, and Ether



Align your energy with the ocean's rhythm and lunar light

A mystical evening where the sea whispers abundance, the moon amplifies your dreams, and your heart learns to receive.



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Rudrabhishekam & Rudra Homam

Honoring Lord Shiva & Maa Parvati

On the sacred night of Ekadashi and Monday, we are performing the holy Rudrabhishekam and Rudra Homam on the beach— offering our devotion and gratitude to our Eternal Divine Parents.

Amidst the moon light and ocean waves, sacred chants, rituals, and fire ceremonies invoke blessings of purification, abundance, and spiritual awakening. A divine celebration of light, devotion, and inner transformation



Ignite • Intend • Manifest

Sacred Herb & Plant Based Candle intention setting

Immerse yourself in the transformative vibrations of Tibetan singing bowls, gongs, hand pans, flutes, wind chimes, and other sacred instruments.

01 Each candle carries a vibration of healing herbs and natural botanicals

02 Harmonize your energy with sacred rituals

03 Light the flame to focus your intentions and awaken inner clarity

04 Align your energy with the ocean's rhythm and lunar light

A soulful practice where flame, nature and spirit unite supporting manifestation, purification and alignment.





Bonfire = Calm mind, open heart, fresh energy.

- Reduces stress and overthinking
- Makes the mind calm and peaceful
- Releases negative and heavy emotions
- Brings a light and relaxed feeling in the heart
- Creates connection and bonding in the group
- Boosts confidence and inner strength
- Cleans the aura and refreshes your energy



Drum circle = Emotional release + Heart opening + Soul alignment.

- Releases Stress
- Opens the Heart
- Creates Connection
- Increases Energy
- Lifts Vibration

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Cacao Ceremony + Face Print Experience

Immerse in the sacred Cacao Ceremony and express your inner essence through Face Print Art — a creative ritual that captures emotion, presence, and energy in colors and touch.



Experience soulful
connection through
cacao and art

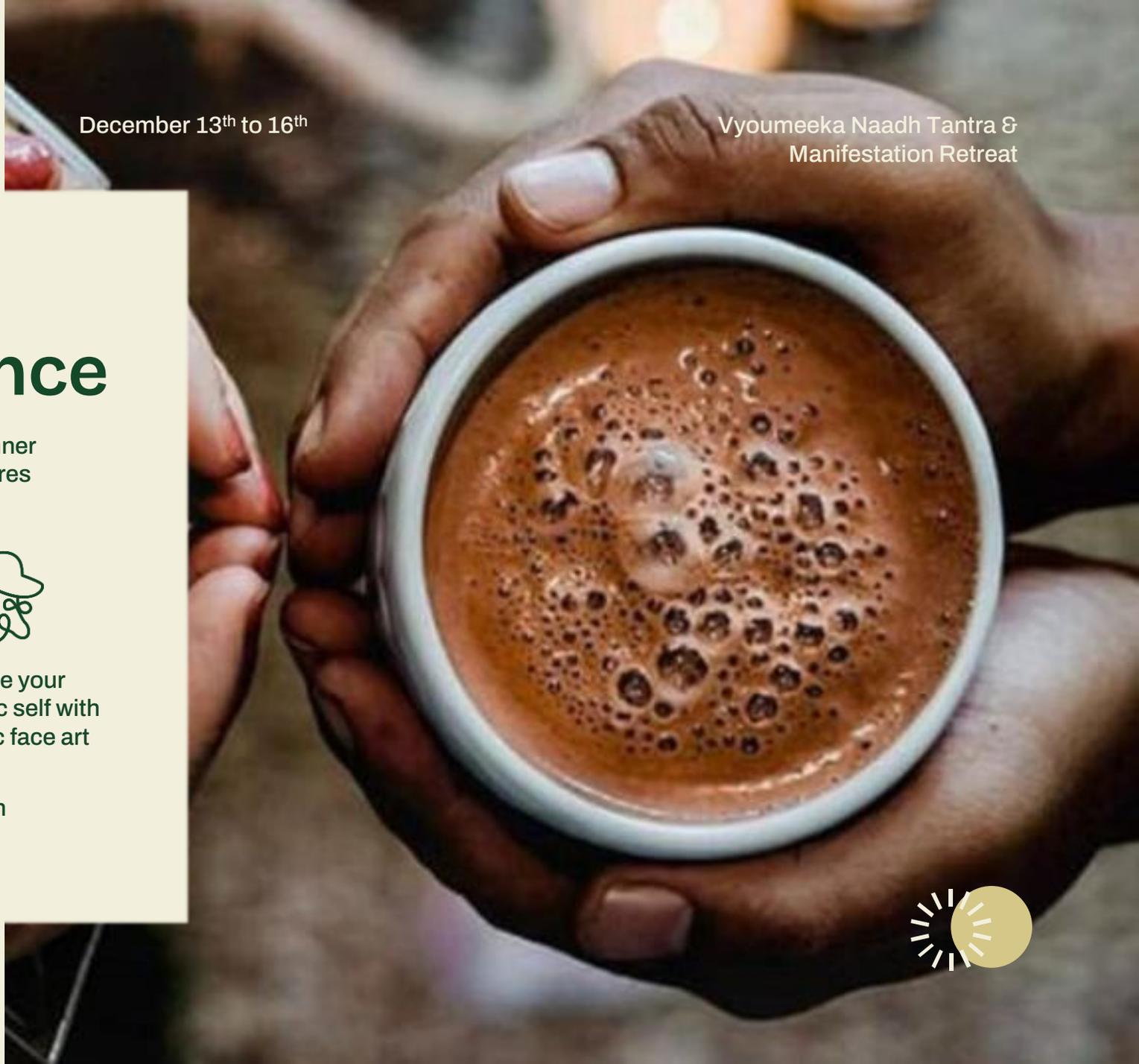


Express emotions
with intuitive color
imprinting



Celebrate your
authentic self with
symbolic face art

A heart-opening blend of ritual, creativity, and transformation
where cacao softens the heart, and art reveals the soul.



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Express. Feel. Flow with colors

Painting Art Workshop

Step into a world of colors and creativity as you paint from your heart. This workshop helps you release emotions, awaken intuition, and connect with your inner artist through brush and color.

01

Learn intuitive and mindful painting techniques

02

Explore color therapy & emotional expression

03

Take home your unique artwork as a reflection of your soul

A meditative experience where colors speak, emotions flow, and art becomes healing.



Dream • Align • Receive

Manifestation & Intention Workshop

Discover powerful tools and sacred techniques to manifest your dreams and fulfill your deepest desires.



A mystical evening where the sea whispers abundance, the moon amplifies your dreams, and your heart learns to receive.

- 01 Guided journaling to clarify intentions and track progress
- 02 Visualization exercises to align mind, heart, and spirit
- 03 Sacred chanting to raise vibration and open energy channels
- 04 Learn how to pray and connect with the Universe and the Five Elements
- 05 Practical methods to stay aligned and reach your highest goals



Flow • Release • Rise with the Moon

Trance Dance

Under the radiant moon, surrender to the rhythm of the waves and the pulse of the universe. Our Trance Dance is a sacred space to move freely, release blockages, and awaken pure joy through music, movement, and moonlight.

- 01 Dance barefoot on the beach with soulful beats and graceful music
- 02 Connect deeply with lunar energy and your divine essence
- 03 Release the old and welcome new beginnings under the full moon sky



This is not just a dance — it's a spiritual journey of freedom, healing, and bliss.

Let the rhythm of the ocean guide your soul into harmony and light.



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Create • Connect • Craft with Clay

Ceramic Cup & Mug Making Workshop

Experience the joy of shaping your own ceramic cup or mug with love and mindfulness. This creative workshop lets you explore the Earth element, grounding your energy as you mold and design with clay.

- 01 Learn hand-building and shaping techniques
- 02 Enjoy mindful creation and self-expression
- 03 Take home your handcrafted ceramic art

A soulful session where art meets peace — you'll learn, create, and experience the poetry of clay.



Align • Awaken • Transform

3- Day Yoga & Chakra Immersion



Over three soulful days, dive deep into the ancient science of chakras through guided yoga, pranayama, mudras, and mantra chanting.



Daily yoga postures and breath work to balance body and energy



Mudras and chakra Beej mantra chanting for deep activation

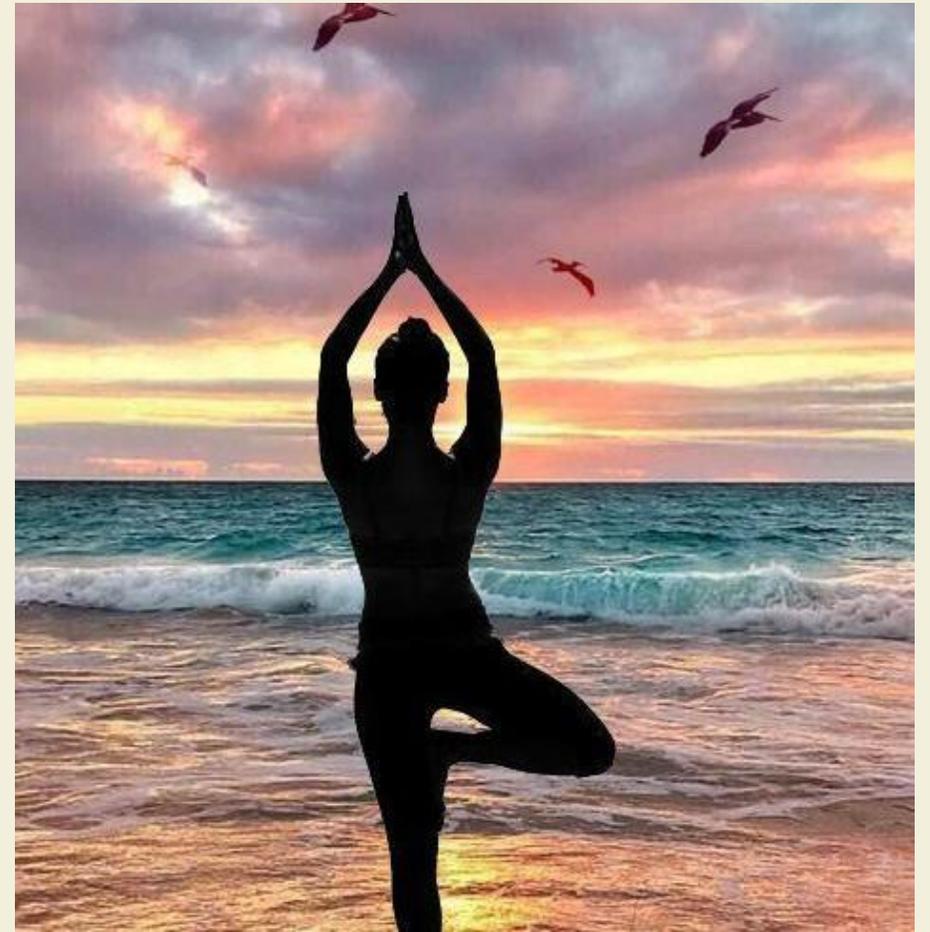


Explore the deeper knowledge of each chakra, its energy, & healing potential



Harmonize mind, body, and spirit for profound inner transformation

A holistic journey where movement, sound, and intention awaken your energy centers and elevate your consciousness.



Complimentary Divine Gifts

Receive these sacred gifts as a complimentary offering from Vrindarvee by Sreeja Tota, crafted with divine intention to uplift your mind, body, and soul



1 inch Red Jasper Ganesha

Symbol of strength, stability & divine protection.

7 Chakra crystal set

To balance, align & activate your energy centers

Aura cleansing spray

To purify your energy field and invite positivity

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We are offering pure, organic, and sattvic cuisine, thoughtfully prepared to nourish your body, elevate your energy, and support your spiritual journey throughout the retreat.

Every meal is crafted with love, mindfulness, and natural ingredients, ensuring a wholesome, rejuvenating, and soul enriching experience.





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Join us at the Crystal Sound Healing & Manifestation Retreat

Experience the magic of crystals, tarot, and sound healing as I guide you to release energetic blockages, awaken your inner power, and manifest your highest desires.

This sacred retreat on Karthika Poornima will offer personalized crystal and tarot guidance, transformative healing, and divine energy to help you align with your soul's purpose, invite abundance, and elevate your life.

Step into clarity, balance, and spiritual empowerment – your journey to transformation begins here.



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EVENT FLOW



December 13 (Arrival + Opening)

DAY 1

1:00 PM

Check-in

1:30 PM

Lunch

2:00 PM – 4:00 PM

Relax & Settle In

4:00 PM

High Tea

5:00 PM

Opening Circle
Facilitated by Sreeja Tota & Parinita
Aura Cleansing + Inner Child Healing
Led by Sreeja Tota

6:00 PM

Cacao ceremony
By Sreeja & Parinita

7:00 PM – 8:00 PM

Guided Meditation
By Dushyant Guptha

8:00 PM

Dinner

9:00 PM

Jam Session
Beautiful Flute Healing
by Atharva



December 14 (Healing • Chakra Work • Manifestation)

DAY 2

6:00 AM

Yoga- By Sapna Jain

|

7:00 AM – 8:00 AM

Guided Meditation By Dushyant
Gupta

|

8:30 AM

Breakfast

|

8:30 AM – 10:00 AM

Refresh & Relax

10:00 AM

Crystal Sound Healing
By Sreeja Tota & Parinita

|

11:00 AM – 12:30 PM

Chakra Healing Workshop
By Malini Aurora

1:00 PM – 3:00 PM

Lunch & Rest

|

3:00 PM – 4:00 PM

Ecstatic Dance with Trance
Music Facilitated by Sreeja Tota

4:00 PM – 5:00 PM

High Tea

|

5:00 PM

Manifestation Rituals & Journaling
Techniques By Sreeja Tota

|

6:30 PM – 7:30 PM

Crystals Basics + Crystal Grid
Activation By Sreeja Tota

|

7:30 PM – 8:30 PM

Marma Massage Therapy

|

8:30 PM

Dinner + Beach Walk



December 15 (Creativity • Devotion • Deep Inner Work)

DAY 3

6:00 AM

Sunrise Yoga By Sapna Jain

|

7:00 AM – 8:00 AM

Guided Meditation By Dushyant
Gupta

|

8:00 AM – 8:30 AM

Breath work Session By Sreeja Tota

|

8:30 AM – 10:30 AM

Breakfast & Relax

10:30 AM – 12:30 PM

Pottery Workshop By Vishakh

|

1:00 PM – 2:30 PM

Lunch & Rest

|

2:30 PM – 4:30 PM

Art Therapy By Aryamik

|

4:30 PM – 5:30 PM

High Tea & Rest

6:00 PM – 8:30 PM

Rudrabhishekam & Rudra
Homam To Lord Shiva &
Maa Parvathi

|

8:30 PM – 9:30 PM

Dinner

|

9:30 PM – 11:00 PM

Bhajana & Keerthana
By Atharwave



December 16 (Music • Movement • Connection)

DAY 4

6:00 AM – 7:00 AM

Sunrise Yoga By Sapna Jain

|

7:00 AM – 8:00 AM

Guided Meditation By Dushyant
Gupta

|

8:30 AM – 10:00 AM

Breakfast & Relax / Reset

|

10:00 AM – 12:30 PM

Handpan Meditation & Konnakol
Workshop By Akshay Chowda

1:00 PM – 3:00 PM

Lunch & Relaxation

|

3:00 PM – 4:00 PM

TROÏ Musical Concept
By Akshay Chowda & Atharwave

|

4:00 PM

High Tea & Relax

|

5:30 PM

Bonfire & Drum Circle
By Jayesh

6:30 PM – 7:30 PM

Beach Walk. Clicking memorable
pictures & spending quality time
together

|

8:00 PM

Candle Light Dinner with soothing
live music



December 17 (Closure • Gratitude • Departure)

DAY 5

6:00 AM – 9:00 AM

Kayaking Experience
A serene sunrise adventure to
complete the journey.

|

9:00 AM

Breakfast

|

10:00 AM

Closing Ceremony
Gratitude circle • Reflections •
Blessings Facilitated by Sreeja
Tota

A peaceful departure with cherished memories.



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Reserve your spot! Call: 9100447309 | 9100442224

Energy Exchange:
(All inclusive except transport)

**Double Occupancy
Luxury Cottage**

Rs.60,000/- per person

**Double Occupancy
Suite Cottage**

Rs.70,000/- per person

20% OFF
Early Bird Discount

Important Note: Please wear white or light-colored, comfortable cotton outfits throughout the retreat. These colors and fabrics help you stay aligned with the pure, high-frequency healing energies, allowing your body and aura to absorb the magical vibrations of the retreat more effectively.