



# 21 Days That Could **Change** Everything

An Immersive Health Retreat with  
**Dr. Nandita Shah**

**SwaSwara, Om Beach, Gokarna**

**JUNE | 9<sup>th</sup> to 30<sup>th</sup> | 2026**

**Your body already knows how to heal.  
We create the conditions for that healing to begin.**

# What If Your Body Could Heal Itself?



Diabetes, hypertension, high cholesterol, thyroid disorders: you've been told these need lifelong medication. That the best you can do is manage them.

Over the past two decades, Dr. Nandita Shah has helped thousands of people prove that wrong. Through whole food, plant-based nutrition, rest, and nature, participants at SHARAN retreats have reversed conditions their doctors said were permanent. The 21-Day Health Retreat at SwaSwara, Gokarna is where that journey begins.

## This retreat is for you if...



**You're living with a lifestyle condition and tired of just managing it**



**You want a structured, science-backed immersion in plant-based living**



**You're seeing early warning signs and want to act before a diagnosis defines your future**



**You want a break that's genuinely restorative, where you return lighter, clearer, and more alive**



# What Happens in 21 Days

Twenty-one days is the minimum time needed to break old patterns, build new ones, and give your body space to show you what it's capable of.



## WEEK 1 THE UNLEARNING

Letting go of habits and food patterns that have been working against you. Better sleep, more energy, and clearer thinking begin to surface. Your first set of lab tests establishes the baseline.



## WEEK 2 THE SHIFT

The food feels like fuel, not sacrifice. Medical consultations track real, measurable changes. The community becomes a source of warmth and motivation. This is where transformation becomes undeniable.



## WEEK 3 A NEW NORMAL

Cooking classes give you the confidence to sustain this at home. Your second set of lab tests reveals how far you've come. The community you've built becomes your support system long after.



**“Within 3 weeks, my medications dropped, my energy rose, and I began living again – truly living.”**

– Subrato Saha, Retreat Participant



# Real Results, Real People

"After a decade of diabetes and high blood pressure, I lost 9 kg and my medication was halved. My doctors had a hard time believing my reports. Cooking has become my passion."

**Shashi Khanna**

Age: 65 | Pune  
Retreat: June 2014

"I lost 17.6 kg. My migraines, knee pain, borderline diabetes, and gall bladder stones: all resolved. My family has been medicine-free for six years. People say I look ten years younger."

**Seema Bali**

Age: 45 | New Delhi  
Retreat: June 2014

"I reversed 45 years of chronic constipation through food alone. I feel like a new person, with energy I hadn't known in decades. I went on to earn a nutrition certificate from Cornell."

**Jenny Sugar**

Age: 60 | Milan, Italy  
Retreat: June 2014

"My HbA1c dropped from 6.6 to 6.2 in less than 21 days. Cholesterol and triglycerides came down considerably. No medication, no supplements. Just food and lifestyle."

**Angana Jhaveri**

Age: 61 | Mumbai  
Retreat: 2015

"My fasting sugar dropped from 265 to 110 in ten days. I lost 14 kg, and within six months, my HbA1c was normal. I'm a physician, and I'm off all medication."

**Dr. Meera Gopi Kurian**

Age: 55 | Dubai  
Retreat: June 2017

"I transitioned from a heavy reliance on daily prescriptions to being completely off my blood pressure and cholesterol medications. My diabetes management has improved so much that I've even been able to reintroduce mangoes, a long-missed favorite, back into my diet."

**Subrato Saha**

Age: 50 | Dubai  
Retreat: June 2017



"My wife and I attended together. I lost 7.2 kg, most of my medication was stopped, and every single health parameter improved."

**Suman Khanna**

Age: 68 | New York | Retreat: Sept 2023



## From the September 2025 Retreat Cohort



### Diabetes

**11 participants**

- 7 with diabetes were able to stop all meds
- 3 were able to reduce meds



### Blood Pressure

**14 participants**

- 8 with high BP were able to stop all meds
- 6 were able to reduce meds



### Cholesterol

**All participants**

- 12 with high cholesterol were able to stop all meds

# A Day in Your Life at the Retreat



No two days are identical, but every day is designed to nourish, educate, and restore. All activities are optional.

|                  |                                                              |
|------------------|--------------------------------------------------------------|
| 6:00 AM          | Herbal tea, morning air, stillness                           |
| 6:30 – 7:30 AM   | Yoga, pranayama, nature walks, aqua aerobics                 |
| 8:00 – 10:00 AM  | Breakfast. Whole food, plant-based.                          |
| 10:00 – 12:30 PM | Health education and workshops with Dr. Nandita              |
| 1:00 PM          | Lunch. Whole food, plant-based.                              |
| 2:30 – 5:00 PM   | Yoga nidra, massage, art therapy, cooking classes, or rest   |
| 5:00 – 7:00 PM   | Yoga, swimming, meditation, or time to yourself              |
| 7:00 PM          | Dinner. Whole food, plant-based.                             |
| 8:00 PM onwards  | Films, games, stargazing, or the quiet of your private villa |



**“This retreat was not just about food. It was about reawakening to life with joy, purpose, and vitality.”**

– Nikhila Ramesh, Retreat Participant



# SwaSwara, Gokarna

A CGH Earth eco-luxury resort on Om Beach, booked exclusively for SHARAN retreat participants for the full three weeks.

## The Property



- 24 private Konkan villas in locally quarried laterite stone
- Each with an inner courtyard, open-air shower, and private yoga deck
- 26 acres of coconut groves, gardens, and walking trails above the Arabian Sea
- Spacious yogashala, infinity pool, spa, art studio with a resident artist
- On-site organic kitchen garden supplying fresh produce daily



**Recognised among the 100 Best Spas and Resort Hotels in the World; featured in Architectural Digest India; TripAdvisor Travellers' Choice Award.**



## The Location



**Om Beach, Gokarna:**  
one of Karnataka's  
most pristine  
stretches of coastline



**170 km from Goa  
(Dabolim Airport);  
240 km from  
Mangalore Airport.**



**Far enough  
from the  
crowds to feel  
like a sanctuary**



# The Value Equation

A standard 21-night stay at property like SwaSwara alone could cost up to ₹3–4 lakhs+. The SHARAN retreat, at a marginal increment over that, gives you **an entirely different life**.

## A Standard 21-Night Stay

Accommodation in private villas

Breakfast + lunch/dinner

**₹3–4 lakhs+**  
(pp, twin sharing)

Based on published rates on leading travel and booking platforms.



## The SHARAN 21-Day Retreat

Accommodation in private villas

All meals  
(organic, whole food, plant-based)

Daily health education  
with Dr. Nandita Shah

One-on-one medical  
consultations

Two complete sets of lab tests

Daily yoga, pranayama,  
and meditation

Cooking classes you take home  
with you

Nature walks, treks, aqua  
aerobics, swimming

Massage, art therapy,  
wellness treatments

A community that lasts  
beyond the retreat

Airport pick-ups and  
drop-offs included

From **₹3.75 lakhs**  
(pp, twin sharing)



# Your Guides

## Dr. Nandita Shah

Founder, SHARAN

Homeopathic Physician | 45+ Years of Practice



- Nari Shakti Puraskar recipient (2016), India's highest civilian honour for women, presented by President Pranab Mukherjee at Rashtrapati Bhavan
- Author of Reversing Diabetes in 21 Days (Penguin Random House), available in English, Hindi, and Gujarati
- Healed herself from Guillain-Barré syndrome (complete paralysis) through dietary intervention alone, without hospitalisation
- Founded SHARAN in 2005; positively impacted over 1,00,000 lives across India and internationally
- SHARAN is an Educational Alliance Partner with PCRM (Physicians Committee for Responsible Medicine), Washington D.C.

Fitness coach, emotional guide, and a steady, reassuring presence throughout the retreat.



### Captain Joseph Pinto

Fitness Expert & Wellness Mentor

Provides one-on-one counselling and group sessions throughout the retreat.



### Dr. Jaishree Kannan

Psychologist & Counsellor

From cooking classes to fitness sessions, Vandana ensures the experience is seamless and personal.



### Vandana Tiwari

Cooking Expert & Zumba Trainer

She brings care and attentiveness to the culinary experience, helping participants discover new ways of eating.



### Rose Pinto

Cooking Expert



# The Details



## Dates

Tuesday, 9 June –  
Tuesday, 30 June 2026  
(21 nights, 22 days)



## Location

SwaSwara, Om Beach,  
Gokarna, Karnataka

## Investment

|                   | Early Bird | Regular   |
|-------------------|------------|-----------|
| Single Room       | ₹4,40,000  | ₹4,65,000 |
| Twin Sharing (pp) | ₹3,75,000  | ₹4,00,000 |

All prices are inclusive of GST. Contact us to learn about early bird pricing options.

## What's Included

- Accommodation in private villas at SwaSwara
- All meals (certified organic, whole food, plant-based)
- Daily health education and workshops with Dr. Nandita Shah
- One-on-one medical consultations and counselling sessions
- Two complete sets of lab tests
- Daily yoga, pranayama, meditation, and cooking classes
- Nature walks, treks, aqua aerobics, and swimming instruction
- Massage, art therapy, and wellness treatments

## How to Register



If your application is not accepted, the registration fee is fully refunded.  
The retreat is conducted in English.



Your Body Already Knows How to Heal.  
Let's Create the Conditions.

Next Retreat

JUNE | 9<sup>th</sup> to 30<sup>th</sup> | 2026

SwaSvara, Om Beach, Gokarna

To enquire or register, reach us on



+91 97691 17747



sharan-india.org

Contact us to learn about early bird pricing options.

We're happy to answer any questions you may have.

SHARAN

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