



SHARAN
R E T R E A T S

7-Day Healing Retreat

The Hidden Oasis, Pune

AUGUST | 4th to 11th | 2026

**A week of healing.
A lifetime of change.**

What If 7 Days Could Change How You Feel for the Rest of Your Life?



The SHARAN 7-Day Healing Retreat is a residential programme that gives you a complete, guided experience of whole food, plant-based living. Not theory. Not lectures. Seven days of doing it: eating differently, moving your body, calming your mind and learning skills you can carry home.

Participants have seen improvements in diabetes, hypertension, hormonal issues, autoimmune concerns, relationships, anxiety, fear and chronic stress through consistent lifestyle change.

What Shifts in 7 Days

Before	After
Managing symptoms with medication	Understanding what your body needs
Feeling stressed about your health	Eating whole food, plant-based meals
Starting routines that don't last	Feeling calmer, lighter and more in control
Unsure where to begin	Having tools you can continue at home

A Day in Your Life at the Retreat



Time	Activity
6:45 AM	Meditation, Gratitude session, Yoga
8:30 AM	Smoothies and breakfast
10:00 AM	Health sessions
1:00 PM	Lunch
3:00 PM	Personal consultation
4:00 PM	Cooking class
5:00 PM	Evening walk or games
7:00 PM	Dinner
8:00 PM	Movies / Interaction / Games

Note: This is a representative schedule. The actual programme may vary slightly based on the group's pace and needs. The retreat follows an alcohol-free, device-minimal environment to support your healing.



Real Stories from Past Retreats

These are participants who attended SHARAN's healing retreats and experienced real, measurable changes.

Lupus



Christina Ajith was diagnosed with lupus in 2019. Her doctors advised her to stop consuming animal products. Within two months of transitioning to a whole food, plant-based diet, she saw significant improvements. Her family's transformation was so profound that they converted their dairy farm near Bengaluru into a plant-based farm-to-table retreat.

Rheumatoid Arthritis

"All my pain has gone and I am running."

Richa Chavda was already under consultation for rheumatoid arthritis when she attended SHARAN's 7-Day Healing Retreat. During the retreat, her pain disappeared and she was able to run again. Since then, her medication has been reduced by more than half. Her Methotrexate dose is now 12 mg, down from 25 mg, and she has completely stopped taking Saaz and Hydrochloroquine.



Diabetes



Anamika Venkatesh shared that after suffering a brain stroke, SHARAN's 7-day residential retreat came at the right time in her healing journey. She found the programme deeply supportive and transformative. She said the structured fasting, plant-based meals and guidance helped her feel more energetic, more in control and less dependent on insulin, making the experience truly life-changing.



The Hidden Oasis, Pune

A 16-acre lake-touch eco-farm, one hour from Pune

Tucked away on the banks of Garade Lake, The Hidden Oasis is a 16-acre eco-farm surrounded by water on three sides. No traffic. No urban noise. Just birdsong, water and sky.

The property was built on what was once barren, rocky terrain. Over two decades, it has been transformed into a lush green sanctuary: organic farms, walking trails, a natural bird habitat and a lake that catches the sunrise every morning.



The Property

- 30 rooms including a signature treehouse with panoramic lake views
- Organic plant-based cuisine, prepared with ingredients grown on-site
- Walking and cycling trails across 16 acres of natural landscape
- Yoga and meditation spaces overlooking the lake
- Fully self-sustaining: solar power, wind energy, rainwater harvesting, biogas and composting



Rated 4.5/5 on TripAdvisor with over 1,400 reviews



The Location



- Approximately 1 hour from Pune city centre, 1.5 hours from Pune airport
- 3–3.5 hours from Mumbai by road. No flights needed.
- Pick-up and drop available at additional cost
- Close enough to be convenient, far enough to feel like a different world



Your Guides

Your retreat is led by a team of facilitators who have each walked this path themselves. Every guide has experienced the transformation that comes from adopting a whole food, plant-based lifestyle, and each brings a distinct skill to the programme.



Capt. Joseph Pinto

Fitness & Motivation

A retired Indian Air Force pilot who spent decades flying helicopters. After adopting a whole food, plant-based lifestyle in 2015, Capt. Pinto lost 12 kg, resolved chronic acidity, and saw his energy levels transform. He left his aviation career to work full-time with SHARAN. At the retreat, he leads the fitness programme and pushes participants to discover what their bodies are capable of.

Shashi Rungta

Cooking Classes

For nearly 30 years, Shashi had barely entered a kitchen. That changed when her family switched to a whole food, plant-based diet: her husband lost 20 kg and resolved chronic hyperacidity, and Shashi lost 15 kg with improvements in her thyroid condition. She discovered a passion for plant-based cooking and now leads SHARAN's cooking classes, teaching participants how to prepare delicious, healing meals they can make at home.





Nipa Mangat

Nutrition & Lifestyle

A certified plant-based nutrition specialist (eCornell, T. Colin Campbell programme), strength training enthusiast focused on weight lifting, and mother of two, Nipa brings scientific grounding and athletic credibility to the retreat. She helps participants understand the evidence behind whole food, plant-based nutrition and how to apply it practically in their daily lives.

Varsha Dodeja

Yoga, Meditation & Mindfulness

A certified 200-hour yoga teacher (Sayujya Yoga, Mumbai) and graduate of the SHARAN Facilitator Training Programme 2024. Varsha leads the retreat's yoga, pranayama, meditation and yoga nidra sessions. Her approach is holistic: she helps participants connect physical health with emotional clarity, creating space for genuine self-discovery and healing.





The Details



Dates

Tuesday, 4th August –
Tuesday, 11th August 2026



Arrival : 2:00 PM

Departure : 10:00 AM

Contribution

Room Type	Contribution (Per Person)
Twin Sharing – Standard	₹60,000
Twin Sharing – Premium	₹70,000
Single Occupancy – Standard	₹75,000
Single Occupancy – Premium	₹86,000

Contact us to learn about early bird pricing options (18% GST applicable).

What's Included in Your Contribution



7 nights' residential stay at The Hidden Oasis



Mind-body healing sessions: journaling, emotional healing & stress release



All meals: whole food, plant-based, prepared with organic ingredients



Small group format for deeper, personalised attention



Hands-on cooking classes you can replicate at home



Post-retreat support to help you sustain changes at home



Daily yoga, pranayama, meditation and yoga nidra



Pick-up and drop available at additional cost

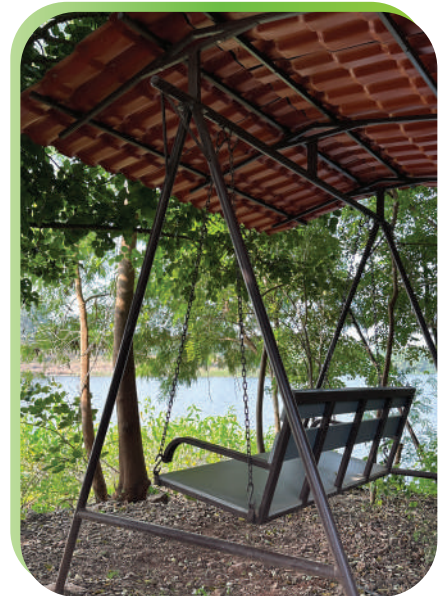


Cancellation Policy

- Till 8th July 2026: 90% refund
- 9th–18th July 2026: 70% refund
- After 19th July 2026: 25% refund

Good to Know

- Small group format for deeper attention
- Medium of instruction is English
- Registrations close on 31st July 2026
- A confirmation email will be sent upon registration





Your body already
knows how to heal.

Give it 7 days.

To register or learn more, reach out to

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