



ANDAMAN HEALTHY HOLIDAY

WITH SHARAN INDIA

**9 Days of Islands, Joy
& Inspired Living**

24 March – 1 April



sharan-india.org



A Journey Inward, Surrounded by the Islands

This 8-night, 9-day Andaman & Nicobar wellness retreat is a gentle gift you give yourself — a chance to slow down, step away from daily pressures, release stress, and simply be you, in the company of like-minded people.

More than a holiday or sightseeing trip, this journey invites you to reconnect — with your body, your emotions, and your inner compass. Through mindful travel, shared experiences, and time in nature, you'll explore what real health, freedom, and ease can feel like when life is lived at a kinder pace.



SHARAN takes complete care of your meals with delicious whole-food, plant-based cuisine, allowing you to relax fully and enjoy food without guilt or worry. There are no strict rules or moral policing — only a safe, nurturing space where food becomes a source of nourishment, joy, and support rather than stress.

Each day offers a thoughtful balance of movement and rest, silence and laughter, inner work and island play. Gentle practices, sharing circles, playful moments, and heartfelt conversations help you loosen long-held patterns, work on relationships, face fears softly, and rediscover a lighter way of being.

Led by Capt. Joseph Pinto, health coach and mentor, the retreat blends discipline with compassion, humour, and warmth. His grounded, light-hearted approach makes the journey joyful, deeply human, and quietly transformative. Come prepared to let go, stop taking yourself too seriously, and rediscover joy — in health, in freedom, and in being part of a tribe that truly understands your path.



Everything You Need to Know

At a Glance

Location📍

Andaman & Nicobar Islands
(Port Blair • Havelock • Neil Island • Baratang)

Dates📅

24 March – 1 April 2026

Duration

9 Days / 8 Nights

Accommodation

Carefully selected 5-star properties



Retreat Focus

Fun, fun, and more fun—with the happy side effects of relaxation and healing.

Retreat Style

Gentle • Nurturing • Non-judgemental • Experiential

Led By

Capt. Joseph Pinto
Health Coach & Mentor, SHARAN India

Daily Rhythm

Movement & Rest • Nature & Reflection
Playful Experiences & Inner Work



Group Experience

Like-minded participants
Supportive, safe, and heart-centred space



The Place and the Path



› Why Andaman?

A land where nature gently slows you down.

- Pristine islands surrounded by clear blue waters
- Unhurried rhythms that invite rest and presence
- Ocean air, open skies, and lush greenery that soothe the nervous system
- Minimal distractions, allowing space for reflection and clarity
- Sunsets, silence, and simple island life that naturally support healing

In Andaman, the environment itself becomes a quiet teacher — helping you breathe deeper, listen inward, and return to balance.



› Why SHARAN?

A trusted guide for conscious, lasting change.

- Decades of experience in lifestyle medicine and disease reversal
- A compassionate, non-judgemental approach to health and healing
- Focus on mind–body connection, emotional wellbeing, and relationships
- Nourishing whole-food, plant-based meals that support real health
- A safe, supportive space to explore, question, and grow at your own pace



SHARAN's retreats are not about fixing you — they are about helping you remember your natural state of health, ease, and inner freedom.



Days 1 to 3

› 24 March | Day 1 – Arrival & Unwinding

- **Port Blair**

Arrive in Port Blair and allow the gentle calm of the islands to welcome you. Begin your journey at Chidyatapu Beach, where quiet walks, open skies, and a golden sunset help you slow down, breathe deeper, and ease into island time.



› 25 March | Day 2 – History & Reflection

- **Port Blair**

Step into Andaman's moving history with a visit to the iconic Cellular Jail, followed by the evocative Light & Sound Show. The day may conclude with a relaxed evening aboard the TSG Bella Bay Dinner Cruise, enjoying live music, ocean views, and a sense of ease.

(Subject to weather and sea conditions.)



› 26 March | Day 3 – Beneath the Surface

- **Port Blair**

Discover a whole new world underwater with a guided scuba diving session off the Chidyatapu coast. Experience curiosity, courage, and playful adventure as you explore the magic beneath the waves.



Days 4 to 6

› 27 March | Day 4 – Havelock & Healing Sunsets

- **Havelock Island**

Cruise to Havelock Island and settle into its tranquil rhythm. Spend quiet moments at Kalapathar Beach, followed by time at the award-winning Radhanagar Beach. Stay on for the sunset — a gentle reminder to pause, breathe, and be fully present.



› 28 March | Day 5 – Ocean Play & Rest

- **Havelock Island**

Sail to Elephant Beach for complimentary snorkelling and time in crystal-clear waters. Explore coral reefs, float freely, and return to your Havelock stay for a relaxed evening of rest, reflection, and integration.



› 29 March | Day 6 – Neil Island & Starry Skies

- **Neil Island**

Journey onward to Neil Island. Visit the Natural Rock Formation and soak in the peaceful beauty of Laxmanpur Beach at sunset. As night falls, enjoy a rare stargazing experience under a pollution-free sky.



Days 7 to 9



› 30 March | Day 7 – Slow Mornings & Return

- **Neil Island → Port Blair**

Wake up to the sound of waves and enjoy a serene morning at Bharatpur Beach. Later, cruise back to Port Blair, settle into your cosy stay, and savour the final stretch of island magic.



› 31 March | Day 8 – Nature's Wonders

- **Baratang Island**

Venture into the wild with a day trip to Baratang Island. Walk through quiet mangrove creeks, trek to ancient limestone caves, and witness the rare sight of a bubbling mud volcano — a gentle reminder of nature's quiet power.



› 1 April | Day 9 – Farewell

- **Departure**

Enjoy a nourishing breakfast before heading to the airport. Leave with lighter steps, deeper insights, a camera full of memories, and a heart filled with island warmth.





Healing That Feels Natural, Not Forced

Alongside the island journey, inner work and wellness sessions are gently woven into the retreat, allowing space for rest, fun, and personal exploration. Sessions are conducted at a comfortable pace, guided by the group's energy and daily flow — never rushed, never pressured.

Participants will experience a blend of meditation, mind-body practices, lifestyle sessions, and disease-reversal guidance, designed to support physical vitality, emotional balance, and inner clarity. The focus is not on perfection, but on awareness, kindness, and sustainable change.

Sharing circles, playful experiences, and heartfelt conversations create a safe space to explore long-held patterns, deepen self-understanding, and reconnect with joy. Each participant also receives one complimentary personal consultation with a facilitator during the retreat.

There are no strict rules, no moral policing, and no expectations to “get it right.” Instead, you are invited to listen to your body, honour your pace, and discover what wellbeing feels like when it arises from within.



What You'll Gently Explore During the Retreat

This retreat is not about fixing yourself — it is about understanding, softening, and reconnecting. Through guided sessions and lived experiences, you will explore:

- **Energy is everything** — and it flows where your focus goes
- **Divine Light Meditation** for healing the body and relationships
- **Gratitude** as a powerful, balancing force for inner healing
- Gentle **stretching practices** to improve circulation and support disease reversal
- Basic **strengthening movements** to build resilience and prevent injury
- **Breathing practices** to boost immunity and vitality
- Increasing heart rate **safely, without breathlessness**
- Understanding the **mind-body connection in healing**
- Breaking repetitive thought patterns and emotional loops
- Exploring **ego and inferiority** as roots of relationship stress
- Questioning limiting beliefs with curiosity rather than judgement
- Reconnecting with joy, playfulness, and childhood memories
- Preparing gently for **life after the retreat**

All explorations are experiential and reflective — offered as invitations, not instructions — allowing insights to arise naturally, at your own pace.



Contribution

Your Investment in Health & Inner Freedom

Early Bird Rate

(Valid till **10 January 2026**, midnight)

Twin Sharing – Per Person

₹1,44,000 + 18% GST

Single Room

₹1,82,000 + 18% GST

Regular Rate

(From **11 January 2026** onwards)

Twin Sharing – Per Person

₹1,74,000 + 18% GST

Single Room

₹2,12,000 + 18% GST

The Contribution Includes

- Accommodation for 8 nights
- All meals (delicious whole-food, plant-based cuisine)
- All wellness sessions, classes, and inner-work experiences
- All scheduled activities as per the itinerary
- Complete transportation, including airport pick-up and drop-off
- Ferry transfers between islands

Seats are limited. Early registration is strongly recommended.

Not Included

- Air tickets
- Scuba diving charges



How to Join the Retreat

Click below to register:

<https://sharan-india.org/product/wellness-retreat-at-andaman-nicobar/>

Registration Closure

- Registrations for this residential retreat will close on Tuesday, 10th February 2026 (mid-night)
- For further information regarding this retreat, please contact Capt. Joseph Pinto at +91 99203 32307
- The medium of instruction is Hindi and English. So, it will be advisable that the participants understand at least Basic English language. At this point, we are unable to provide this program in other languages.

Have Questions or Difficulty to register?

- Email: office@sharan-india.org
- Call/WhatsApp: Roza **+91 97691 17747** or Nupur **+91 91675 72123**. They'll be happy to help you!

Cancellation Policy

- Full refund available till 30th January 2026, mid-night
- 50% refund from 31st January to 14th February 2026, mid-night
- 25% refund from 15th February till 20th March 2026
- No refund after 20th March 2026

This journey is an invitation — to slow down, reconnect, and return home with greater ease.