

Astitva

Yoga & Mudgar Immersion

with Jenil Dholakia & Yashesh Shethia

12 - 16
Nov
Varanasi

Limited spots only

A Call to Return-To Yourself

This retreat isn't an escape. It's an invitation. It's a return.
To your presence. To your power. To stillness.
And to movement that's alive with meaning.

Set in the heart of Varanasi — the eternal city — this retreat is a journey inward, guided by practices rooted in ancient wisdom, sacred strength, and deep reverence.



This is where opposites meet:

Fluid stillness through Yoga with Jenil:
asana, pranayama, meditation & kriyas

Grounded power through Mudgar with Yashesh:
a warrior's rhythm of strength, flow & focus

Timeless rituals & soul-led explorations of Kashi:
a city where every moment whispers the sacred

Why Varanasi?

Also called Kashi, this city is a threshold —
between worlds, between time, between
what was and what can be.

**Here, life slows down.
The river flows like a mantra.
The air carries stories.
And as you walk its ancient lanes,
something softens inside you.**



**There's no better place to return to your essence.
No better place to remember who you are.**

Yoga + Mudgar

A unique combination

At ASTITVA, two ancient practices come together in a way rarely experienced:

- ✨ Yoga with Jenil — fluid, breath-led, meditative. A practice that softens, grounds, and restores.
- ✨ Mudgar with Yashesh — rhythmic, primal, strengthening. A practice that awakens focus, resilience, and flow.



One brings you into stillness, the other into strength. Together, they create a balance of body, mind, and spirit — where softness and power meet, and movement becomes meditation.

This unique pairing makes ASTITVA not just a retreat, but a journey into wholeness.

Retreat Highlights

- River-facing stay at the heritage **Guleria Kothi** (4 nights / 5 days)
- A sacred **havan (fire ritual)** to begin our journey
- Daily **yoga immersions** with Jenil [asana, pranayama & meditation sessions]
- Daily **mudgar training** with Yashesh (you'll each get your own mudgar)
- A guided visit to a traditional **akhada** (traditional training ground for pehelvans and warriors)
- A soulful **temple yoga** session in a centuries-old mandir premise
- Guided walking tour through the **timeless lanes of Kashi**
- **Ganga aarti by boat** – a luminous, unforgettable experience
- Time for **stillness**, reflection, and gentle rest
- Personal guidance and **open circles** with your hosts
- Practice sessions on the **ghats** by the river
- Wholesome meals & a taste of local Varanasi flavours



Who is this retreat for?

This retreat is for you if you are:

- Seeking to slow down and reconnect with yourself amidst life's noise
- Curious to explore Yoga beyond the mat — as presence, philosophy, and daily practice
- Longing to reclaim strength through ancient practice of Mudgar
- Drawn to the spiritual depth of Varanasi — its rituals, rhythms, and timeless wisdom
- Looking for a balance of stillness and vitality, rest and renewal
- Open to intimate circles, deep dialogue, and soulful community
- Wishing to take home practices that sustain you — long after the retreat ends

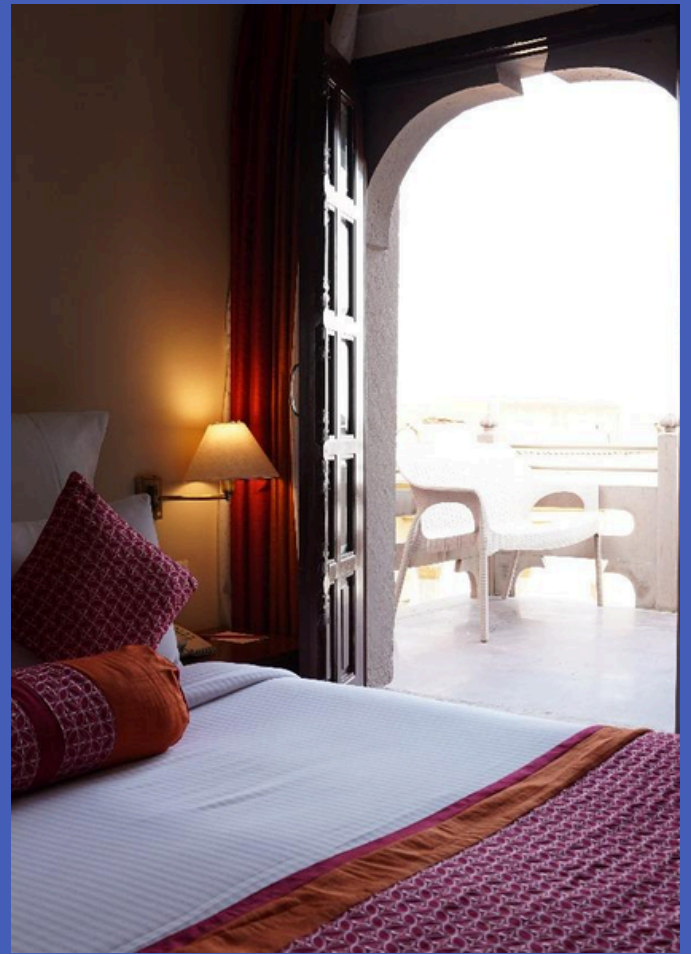
This is not just for seasoned practitioners — whether you are new to yoga and mudgar or have years of experience, you will find a space that meets you where you are.



Your Sanctuary: Guleria Kothi



An 18th-century heritage haveli nestled on the ghats by the river Ganga, **Guleria Kothi** is not just a stay — it's a shift in pace. Stone arches, river-facing luxury rooms, and a timeless atmosphere make it a perfect venue for the retreat.



Meet Your Hosts



Jenil Dholakia

A global yoga teacher, wellness guide, and movement mentor with over a decade of experience. Jenil has held space at retreats, festivals, and sacred gatherings across India, Europe, the USA, and beyond. Her teaching is breath-led, body-honouring, and deeply rooted in philosophy — weaving asana, meditation, and mindfulness into practices that feel both grounding and expansive. With her, yoga becomes more than movement; it becomes a gentle return to presence, healing, and wholeness

Yashesh Shethia

A strength revivalist and explorer of traditional movement arts, Yashesh is dedicated to reviving ancient practices like Mudgar and Gada training in a way that speaks to the modern body. His sessions are rhythmic, grounding, and empowering — awakening primal strength while steadying the mind through flow and breath. With a balance of discipline and ease, Yashesh offers a practice that reconnects you with the body's innate power and resilience, while rooting you in awareness.



Together, they'll hold space for a retreat that is both **sacred and real.**

Booking & Payment

Double Sharing:
Rs. 79999/- [per person]

Inclusions

- 4 nights / 5 days accommodation at **Guleria Kothi**
- All guided sessions, rituals & activities
- Guided walking tour
- Daily breakfast & dinner
- A handcrafted **Mudgar** will be given to you to practice with & also to be taken back [approx 2.5 kg weight]

Exclusions

- Flight to and from Varanasi
- Airport pick-up & drop

[We will provide taxi service contact & you can car pool.
ICost is Rs. 1600 -1900 one way basis on the car you book]

- Lunches
- Personal expenses / tips

Terms & Conditions:

- **100% payment to be made in advance to secure your spot**
- **No refunds or carry forwards available**
- **In case you can't make it to the retreat, you can transfer the seat to a friend/family member**

Travel Info

- **Arrive:** 12th November (by lunchtime)
- **Depart:** 16th November (post breakfast)

Ready to Return?

To know more or reserve your spot
please contact us:

Yashesh: 9967760044

Jenil: 9820949291

Namaste

We look forward to hosting you!

