

# Breathe & Begin

A nurturing space to unwind old patterns, reconnect with your essence, and move through life with greater ease



## Retreat Purpose

---

Breathe & Begin retreat is a 5- day Nervous System Reset for deeply sensitive people, who feel overwhelmed, emotionally heavy and directionless, despite being capable and self-aware.

It exists because most people don't need another vacation, they need a pause that finally wakes them up. A space where they can step out of the noise, the obligations, the expectations... and actually hear themselves again.

This retreat was created to help you breathe again, reconnect with your inner clarity, and walk back into your life with a sense of direction, power, and peace you haven't felt in years, with an intention to keep a small group to enhance the experience and learnings.



## You don't need to “try harder” to find your purpose

You need:

- A regulated nervous system
- Emotional steadiness
- Space to think without pressure
- Tools to regulate stress long term
- Grounded confidence about your next chapter in life



## Retreat Ambience

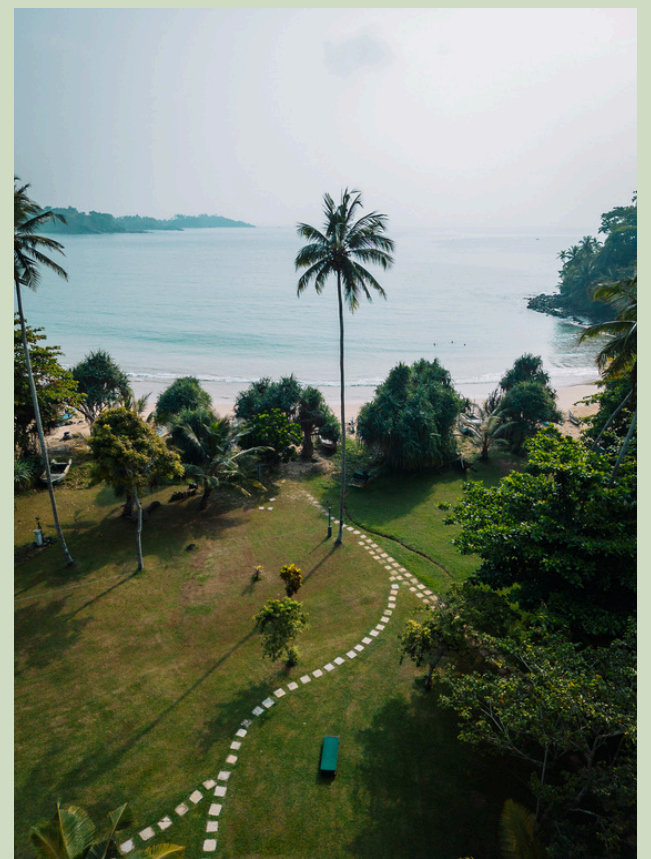
A Sanctuary of Serenity surrounded by nature, beachfront, and soothing sounds

A purpose-built retreat center set across 8.5 acres of lush jungle, **Talalla Retreat in Sri Lanka** offers a serene sanctuary for anyone seeking a break from the bustle of everyday life

Visit the links to know more about the place & the rooms:


<https://www.talallaretreat.com/>

<https://www.talallaretreat.com/rooms>




# Signature Activities


Holistic Healing Experience Includes

- 
-  Daily Yoga (Hatha Flow or Yin)


---

  -  Subconscious Reprogramming & Identity Shift


---

  -  Guided meditation/ Yoga nidra


---

  -  Workshops on mindset rewiring techniques based on neuroscience

---

  -  Intuitive Journaling & sharing circles

---

  -  Special sessions on Aerial yoga & Sound Healing



## What You'll Receive & Experience from 24-28 May 2026

---

- 5 nights of beachfront accommodation with nourishing meals
- A welcome gift bag
- Mind mastery & Self-development workshops
- Emotional clarity & a regulated nervous system
- Tools to navigate your mind instead of being controlled by it
- Stronger boundaries & deeper self-trust
- Pattern awareness & subconscious rewiring
- Daily embodiment practices to integrate into real life
- A supportive community of likeminded souls
- Renewed purpose, energy, and inner direction
- Access to pool, spa and magnesium baths
- Spacious time to rest, reflect, and enjoy the ocean



## Accommodation & Investment Details

A flat \$400 non-refundable deposit secures your spot. The remaining balance depends on your chosen accommodation

- ★ Intimate small group retreat
- ★ Personal attention
- ★ Deep inner work + nervous system reset
- ★ Limited spots

*Honor the power of shared healing  
Bring a friend and receive \$100 off each  
(Applicable only for Sea View Rooms)*



### Deluxe rooms Without A/C

Single Occupancy: \$ 999/ INR 91,000  
Double Occupancy : \$ 799/ INR 73,000

### Sea View Villas with A/C

Single Occupancy: \$ 1399/ INR 128,000  
Double Occupancy : \$ 1199/ INR 110,000



## Meet your host - Shefali



She wasn't always the woman leading retreats around the world, helping people understand their mind, heal their patterns, and step into their power. She spent a decade in the corporate world doing everything "right," yet feeling increasingly disconnected from herself. Quietly, she knew she wasn't living the life she was meant for. So she made a choice to step out of survival mode and rebuild her life from the inside out.

Since then, she has taught yoga across India and abroad, studied the mind, nervous system, healing practices, and dedicated her life to helping people understand their inner world. Her work blends mindfulness, somatic tools, neuroscience, self-love, and mindset shifts in a way that feels simple, grounded, and deeply transformative.

Today she guides people back to themselves.

To help them break free from survival mode.

To show them that peace, clarity, and abundance are not distant dreams, they are skills anyone can learn.

She walked the same path you're on... and this retreat is her way of walking beside you.

## Testimonials

I practiced hatha yoga, yin yoga and other styles with Shefali in Sri Lanka. I can truly say she is an exceptional teacher. As someone with extensive experience especially in spiritual field with a focus on yoga, i deeply appreciate her unique blend of both worlds

“ Dima



Shefali doesn't just teach postures, she gently guides each person toward deeper self-awareness, with much humility, respect, and passion. A heartfelt thank you, Shefali, for these precious moments that continue to resonate long after each session.

“ Lisa

An absolute highlight. The yoga sessions with Shefali were an absolute highlight. She combines breathwork, meditation, and movement beautifully. She's not only a great teacher but a wonderful human being.

“ Hannah




Her mastery of the many forms of yoga from the most dynamic to the most meditative allows her to design classes that are always varied, balanced, and guided by a clear intention. There is never a dull moment: every session is a unique experience, both inspiring and rejuvenating.

“ Catherine

# Ready to Join the Journey?

*"Believe in yourself and take the leap"*

To Reserve your spot or for any queries  
please email, whatsapp or dm

 [support@aayamyog.com](mailto:support@aayamyog.com)

 +91-958-240-1747

 DM @ Aayamyog

