



THE SOUL FOREST

YOGA & WILDLIFE RETREAT

Kanha National Park, Madhya Pradesh
8 days, 7 nights | 6 - 13 December, 2025

*“In the stillness of the wild, life
reveals itself as it truly is.”*



bhuvi yoga
health & lifestyle

THE SOUL FOREST

Step into The Soul Forest, a retreat where the ancient wisdom of yoga meets the untamed beauty of Kanha's wilderness. Each day unfolds with either an early morning safari into the heart of Kanha National Park or a soulful yoga session at our serene retreat space, surrounded by forests that whisper stillness. Nature is not just a backdrop here, but a guide.

Rooted in holistic living, this immersive experience weaves together body movements, asana, pranayama, and meditative silence or relaxation techniques with enriching theory sessions on yogic principles exploring the concept of ashtanga, chakras, koshas, yogic food, and lifestyle.

And in between, there is plenty of space for deep rest, reflection, and the joy of simply being.

The Soul Forest is a journey inward, through the wild where yoga breathes with the forest, and the forest echoes the soul.

RETREAT HIGHLIGHTS

1. Asana, Pranayama & Meditation
2. Wildlife Safaris
3. Yogic Wisdom Discussions
4. Mindfulness Practices
5. Nature Walk and Bird Watching
6. Visit to a beautiful River
7. A drive to a Sunset Spot, Waterfalls and Tribal Village visit.
8. Sattvic vegetarian meals
9. Serene stay in a Forest-side Resort



WHO'S IT FOR?

This retreat is for anyone seeking stillness, connection, and renewal, whether you're a seasoned yoga practitioner or just beginning your journey. Ideal for nature lovers, wellness seekers, and those longing to slow down, breathe deeply, and reconnect with themselves in the wild.

It's also for those drawn to Central India's mystical forests and the rare chance to witness the majestic Royal Bengal Tiger in its natural habitat.



SAMPLE DAILY SCHEDULE

Morning Silence & Herbal drink

Morning Yoga session / Safari

Breakfast

Nature Walk

Mindfulness activity

Lunch Break

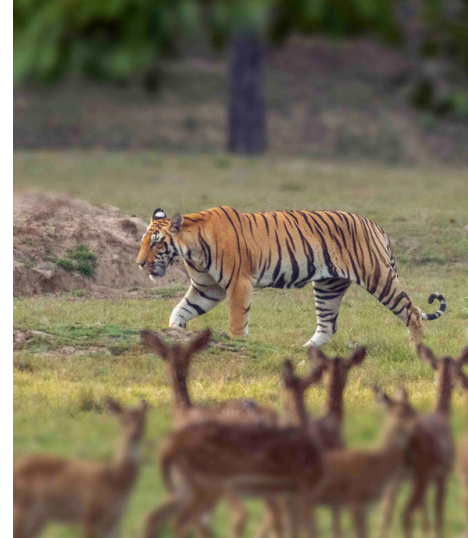
Theory Class with Herbal drink

Evening Yoga Session / Activity

Nature Walk

Dinner

Silence time (mauna)



ADDITIONAL NOTE

- You will receive the complete day wise schedule upon registration.
- Schedule may vary slightly based on flow and energy of the group.





IMAGE FOR REPRESENTATION PURPOSE ONLY

FOOD & DINING

Meals are thoughtfully prepared to support your yoga journey; fresh and deeply nourishing. Enjoy wholesome Indian cuisine made with locally sourced, seasonal produce.

Expect balanced meals rooted in traditional wisdom; warm sabzis, wholesome grains, fresh salads, herbal teas, and refreshing drinks, all crafted to energise, cleanse, and restore.

ACCOMMODATION

Nestled in lush greenery, the retreat offers clean, comfortable rooms where the sounds of nature become your lullaby.

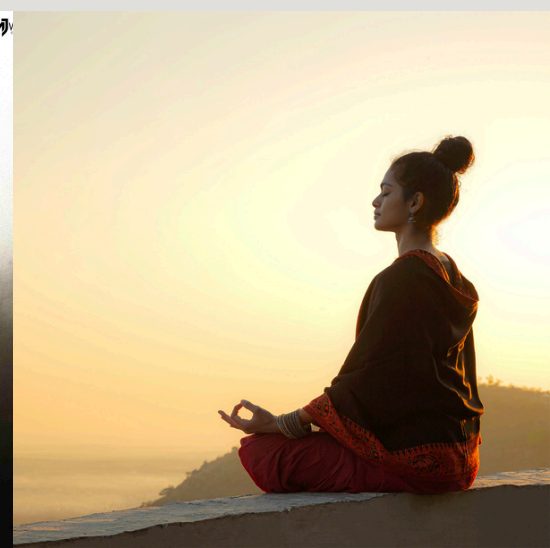
Each space is thoughtfully designed with simplicity and warmth; earthy aesthetics and all the essentials you need to rest, restore, and reconnect.



WILDLIFE



Mrigvan Wilderness and Bhuvi Yoga come together to offer The Soul Forest, a transformative 8-day Yoga & Wildlife Retreat where the quiet wisdom of yoga meets the untouched beauty of the wild. Step away from the ordinary, immerse in nature, and return renewed in mind, body, and soul.





PRICING & PAYMENT TERMS

Package Cost for Indian Nationals on Double Occupancy: **₹ 95,000 per person**

Payment terms: 100% payment to confirm the spot

CANCELLATION TERMS

- 10% cancellation fees: If cancelled on or before 60 days prior to the start of the retreat
- 50% cancellation fees: If cancelled between 59 to 45 days prior to the start of the retreat
- 75% cancellation fees: If cancelled between 44 to 30 days prior to the start of the retreat
- 100% cancellation fees: If cancelled within 29 days prior to the start of the retreat



INCLUSIONS



- 7 nights stay at Mrigvan Wilderness Safari Lodge on twin sharing basis
- Shared transport from Nagpur airport to Kanha and back
- All meals from Lunch on Day 1 to Breakfast on Day 8
- 3 safari in Gypsy into Kanha National Park
- Retreat programme from 12 pm on Day 1 to 7 pm on Day 7
- Activities during the retreat
 - Yoga Sessions
 - Mindfulness activities
 - Nature Walks, Visits to Riverside, Waterfall, Sunset point, and a Tribal Village
 - Theory Sessions
- 1 on 1 consultation sessions of about 30 mins per participant

“Nature doesn't hurry, yet everything finds its way.”

EXCLUSIONS



- Travel to Nagpur and back
- Additional stay before and after the retreat programme
- Any additional meals not mentioned in the inclusions
- Extras at the camps; i.e packaged drinking water, other beverages, extra coffee / tea, snacks, laundry services, etc.
- Expenses of personal nature
- Tip at the camp, safaris and other activities
- Anything not included in the inclusions list

GENERAL RULES TO BE FOLLOWED DURING THE RETREAT

- Be mindful and respectful of nature, wildlife, and fellow participants.
- All meals provided are pure vegetarian and sattvic (wholesome and nourishing). Outside snacks, meat, egg, alcohol, and stimulants are not allowed during the retreat.
- Minimal usage of digital gadgets are encouraged during the retreat. Phones or other devices are not allowed inside the practice area. Avoid making social calls during the retreat.
- Consumption of alcohol, smoking, tobacco and recreational substances are strictly prohibited during the retreat.
- Participants cannot leave the retreat area without informing the organisers.
- Engaging in discussions around politics, religion, or any sensitive topics that may affect the peace of the group or hurt others' sentiments will not be encouraged.

- The organisers reserve the right to introduce or enforce any additional guidelines as deemed necessary to ensure the smooth, safe, and respectful conduct of the retreat.
- In case of any misconduct or behaviour that disrupts the harmony of the retreat, the organisers reserve the right to terminate the participant's stay and request them to leave the premises immediately, without any refund.





FOR ENQUIRY & REGISTRATIONS, CONTACT

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