

PAUSE REFLECT GROW



Dharmic Academy

The Immersion RETREAT

invites you to step back & pause
see your life in its wholeness —
your world, your roles, your work,
and the layers of conditioning
that shape you.



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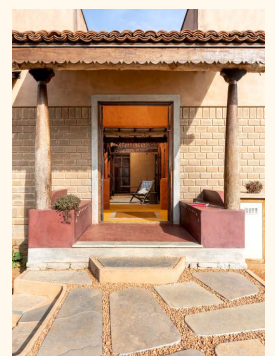
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What is the RETREAT ABOUT?

This **3-day retreat** at the foot of Arunachala Hills *in Tiruvanamalai*, Tamil Nadu helps you recognize how past influences have formed your present self, while opening space for new ways of living. Under the guidance of the Program Director at Dharmic Academy, you will explore contemplative practices, reflective exercises, interactive games, and thought-provoking lectures that introduce you to dharmic perspectives on life and the world. All the work you do during the course of retreat will remain with you, accessible to revisit and deepen even after the retreat ends.

After retreat you will go back to your daily life, there are tools and techniques to retain the context of the retreat and apply it to the daily life. To support living a Dharmic life, **you will be introduced to the idea of daily practices that help re-condition the mind and body, along with the power of firm intention (*Sankalpa*) to fulfil your deepest desires in a guilt-free way.**



WHO is this for?

As most of us are stuck in complex, universal, & often challenging conditions & existential dilemmas inherent to human existence.

This is a program that can benefit everyone.



PROFESSIONALS

Physicians, Attorneys, Surgeons, Accountants, Financial Advisers, Architects, Software Engineers, Consultants, Recruiters, Educators



ENTREPRENEURS

seeking to scale & make a lasting impact for co-founders & collaborators. Community leaders and social entrepreneurs & Individuals seeking to contribute to society.



FAMILY

Individuals caring for aging parents, Bachelors preparing for marriage & Partners navigating challenges in marriage or relationships.



STUDENTS & RECENT GRADUATES

exploring career direction & young professionals making early career choice.



PARENTS

Parents to toddlers, young children, or teenagers & Couples aspiring to step into parenthood



RETIRING OR RETIRED INDIVIDUALS


Individuals planning for early retirement, Retired professionals seeking a purposeful "second innings" & Empty nesters

How will this RETREAT HELP YOU?

Have you ever asked yourself these questions,



What do I **really want**
from life?



What can **give me**
lasting joy?



What is the work that feels
effortless & natural to me?

- Does life sometimes feel as though it's racing ahead while you struggle to find your balance?
- Do you want to overcome regrets about what might have been, what should have been, or what was left undone?
- Is there a constant undercurrent of stress in your life—sometimes subtle, sometimes overwhelming, but always present?
- Do ethical dilemmas—at work or in your personal life—leave you feeling unsettled?
- Do you find yourself worrying about how others perceive you?
- Do you feel stuck in certain areas of life?
- Do you long for deeper, more meaningful connections—conversations that leave you nourished and energized?
- Can you recall a time when you made a small effort and the results were quick and immensely rewarding? Would you like such experiences to become a natural, recurring part of your life?

At its heart, this retreat is especially for anyone who feels that living a Dharmic life can bring deeper clarity lasting joy and fulfilment.

How will this RETREAT HELP YOU?

You often chase after many things, yet forget to pause and ask these questions that truly matters. In the process of finding answer to this, you can unlock lasting source of joy and fulfilment in your life. When we try to answer, they often sound like this: financial stability, loving relationships, good health, time to relax, trusted friends, recognition, a sense of purpose, and the ability to shape our own circumstances. And while these are valuable, the answer still feels incomplete without something deeper.

Beneath all of this lies a quiet longing a vision of life that feels whole, coherent, & truly fulfilling, a steady contentment that remains, even when external circumstances shift. Often, we dismiss this deeper longing as nothing more than an ideal scenario and choose to be "realistic." In doing so, we trap ourselves in the false dichotomy between the ideal & the real never realizing that life's wholeness lies beyond this dichotomy.

This is precisely what the Immersion Retreat is designed to **help you uncover — your own answer to these questions:**

What do I really want from life?

What can give me lasting joy?

What is the work that feels effortless and natural to me?

How can I live it?

What does the RETREAT LOOK LIKE?

Offline Retreat

DAY 0 ARRIVAL

Dinner after arrival

DAY 1 MY REFLECTIONS

Self-Reflection activities about
My world, My life, My roles, My conditioning, My work.

DAY 2 MY DHARMA, MY KARMA

Understanding your Dharma and Karma.
Interactive sessions with the Program Director.
Dharmic mental model being shared which gives a new
perspective to look at the world.

DAY 3 MY SANKALP

Individual session on day 3 with program director & facilitators.
Taking Sankalp to do Nitya karma that will lead to your joyfulness.

Journey after THE RETREAT

Online Support

The maximum value of the retreat can be derived by applying the wisdom to everyday life.

WEEKLY SUPPORT

Retaining the context of the retreat and applying it to daily life can be a bit challenging. We provide you personal guidance to strengthen your Sankalp and daily practice on a need basis. (up to 6 sessions)

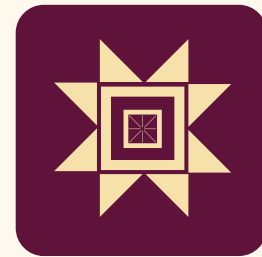
MONTHLY ONLINE SESSION

An important part of this transformation journey is sharing your post retreat experiences with people around you. Join our online group satsang session after the retreat is over. We invite all the participants to join satsang where we encourage you to share the shifts you have experienced as you begin living a more Dharmic life.

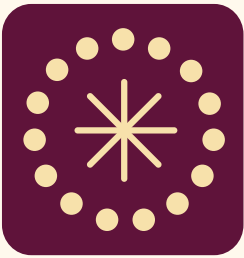
What will you DO THROUGH THE PROGRAM?



Contemplative practices to
clear mind and increase focus



Meditation while contemplating
about learnings



Interactive activities
among participants



Self-reflection
activities



Participation in insightful
lectures with Q&A



Visits to Ramanashram
and Arunachaleshwara

What is INCLUDED?

- Overnight Accommodation on Days 0, 1 and 2 of the Retreat
- Breakfast, Tea/Coffee, Lunch & Dinner
- Any Materials needed to participate in the Retreat's activities
- Individual Session on Day 3 with Program Director & Facilitators
- Weekly Support to realize your Sankalp through Nityakarma practice for six weeks
- Monthly one Online Group Discussion (Satsang) Sessions after the Retreat for two months
- Visit to Ramanashrama & Arunachaleshwara
- Pickup from and drop to the nearest Airports (Bengaluru, Chennai) from Tiruvannamalai



What is INCLUDED?





Why TIRUVANNAMALAI

Tiruvannamalai has, for centuries, been regarded as **one of the most sacred spaces in India**, with the majestic Arunachala Hill revered as a living embodiment of Lord Shiva. It is said that simply being in the presence of Arunachala is itself a form of silent teaching, dissolving the restless mind into stillness.

This **sacred town** is also where the great sage Sri Ramana Maharshi lived, guiding countless seekers into the depths of self-inquiry and inner freedom. The sacred aura of this place permeates the natural beauty of its surroundings — all of it is infused with that same sanctity.

Program DIRECTOR & FACILITATORS



NIKHILESH GHUSHE PROGRAM DIRECTOR

Nikhilesh Ghushe, Co-founder AcquiredLang (www.acquiredlang.com), a stealth mode research startup working on the overlap between Artificial Intelligence, Nyaya Darashan, and Sanskrit Vyakaran. 20 years of experience with entrepreneurship, consulting, and software development in Healthcare, Media, and Telecom. Previously CTO at Swasth India, Headed Products at Care24, Co-founded a media startup & a location-based services company before smartphones. Graduated as B.Tech. from IIT Bombay in 2003.

Over the years, Nikhilesh has helped numerous individuals find their Dharma leading to their unique path to happiness. He has a unique style of using the wisdom with logic from the Shastras for modern life to help individuals deeply reflect and arrive at the right life choices to lead a conflict free life.



AKHILESH GHUSHE **FACILITATOR**

Akhilesh Ghushe has over 25 years of experience as a software product leader. Most recently, he served as Director of Product Management at Adobe

KUNAL SHARMA **FACILITATOR**

Kunal Sharma is a successful entrepreneur and angel investor. After achieving significant monetary success in his entrepreneurial journey, he realized through personal experience that fulfillment lies beyond financial success.



DHRUPAD VIPAT

DhruPAD Vipat is a young entrepreneur and the founder of Dharmic Academy. His experiences navigating the modern life inspired him to explore Dharma as a way to cultivate clarity, harmony, contentment and lasting joy. Along this journey, he has been a part of startup teams building technology and digital products rooted in Dharma.`

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WEBSITE

dharmicacademy.com



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