

# Soulseekers



Confirmed International Speakers include:

Darlis Mayes, Florida, USA  
Mary White, UK  
Dr. Mamta Trivedi, Mumbai

Cynthia Gonzalez, Dubai, UAE  
Surekha Kothari, Chennai  
and more to be confirmed

**A Unique Opportunity of Learning and Recreation**

presents its first

## ***International Practical Spirituality Retreat***

15th to 19th September 2016 at Hotel Taj Gateway, Coonoor, Nilgiris

including inauguration and mini workshop

**“Radiant Relationships”**

by Dr. Newton Kondaveti & Dr. Lakshmi

(Life Research Academy, Hyderabad)

## Welcome to **Soulseekers**

We are launching our first “Soulseekers” spiritual retreat in Coonoor, in the Nilgiris region of south India, near Coimbatore. This is a very magical environment with hills and tea estates which is an ideal setting for the series of workshops planned. Delegates will stay in the Hotel Taj Gateway and transportation will be provided from Coimbatore airport to the hillside hotel.



We are honoured to have two renowned speakers in their respective fields of expertise, Dr Newton Kondaveti and Dr Lakshmi from the Life



Research Academy in Hyderabad opening the retreat. There will be a series of workshops over the four days.



It offers delegates the opportunity to develop their self -knowledge and partake in practical and independent activities as well as daily meditation practice, lifestyle awareness and the opportunity to detox the mind from external influences of the material world in this natural setting.



Counselling will also be offered on any personal issues for attending delegates.

## Confirmed Sessions from International Speakers

### How to Read Akashic Records

by Darlis Mayes, Florida, USA

### Transforming Negatives into Positives for Wellness

by Mary White, UK

### The Ayurved Way of Staying Fit Without Medication

by Dr. Mamta Trivedi, Mumbai

### Male and Female Polarities and Sexuality

by Cynthia Gonzalez, Dubai, UAE

### How Chakras Aspect Our Daily Lives

by Surekha Kothari, Chennai



Darlis Mayes



Mary White



Mamta Trivedi



Cynthia Gonzalez

**AND OTHER  
EXCITING,  
INTERNATIONAL  
SPEAKERS TO BE  
ANNOUNCED**



Surekha Kothari

**ONLY 48 PLACES AVAILABLE ON FIRST COME, FIRST SERVED BASIS!**

**BOOK NOW TO RESERVE YOUR PLACE!**

## Soulseekers 2016 Proposed Programme

The programme includes accommodation at the hotel for four nights full board and transportation costs for collection and drop at Coimbatore Airport as well as sightseeing excursions. Airline tickets are not included.

### 15th September 2016

- 3.00pm Transfer completed of all delegates to Hotel Taj Gateway
- 4.45pm Tea
- 5.30pm Welcome address by Surekha Kothari
- 5.40pm "LIGHTING THE LAMP" and INAUGURATION by Dr. Newton Kondaveti and Dr Lakshmi from Life Research Academy, Hyderabad.
- 5.45pm "Radiant Relationships" workshop by Dr Newton Kondaveti and Dr Lakshmi
- 8.30pm Dinner

16th September	Agenda
7.00am – 7.45am	Yoga, walking or meditation
8.30am – 9.00am	Breakfast
9.00am – 11.00am	Session 1 workshop
11.00am – 11.15am	Tea break
11.15am – 1.15pm	Session 2 workshop
1.15pm – 2.00pm	Lunch
2.00pm – 4.15pm	At leisure/sightseeing visit
4.15pm – 4.30pm	Tea break
4.30pm – 6.30pm	Session 3 workshop
6.30pm – 6.45pm	Tea break
6.45pm – 8.30pm	Session 4 workshop
8.30pm – 9.30pm	Dinner
9.30pm	Meditation

- In case there is unseasonal rain, please do bring an umbrella
- Check weather conditions on the internet before packing
- Some light woollens would be advisable
- Ensure a valid visa has been obtained

DELEGATES CHECKING IN LATE MAY HAVE TO STAY  
AT OTHER ACCOMMODATION IN COONOR, IF AVAILABLE.

17th September	Agenda
7.00am – 7.45am	Yoga, walking or meditation
8.30am – 9.15am	Breakfast
9.15am	Excursion to Ooty
10.30am – 12.45pm	Session 5 workshop at Ooty
1.00pm – 2.00pm	Lunch
1.15pm – 2.00pm	Lunch
2.00pm – 4.00pm	At leisure/sightseeing at Ooty
4.00pm – 4.30pm	Tea
4.30pm	Depart for Hotel Taj Gateway
6.00pm – 8.00pm	Session 6 workshop
8.00pm – 9.00pm	Dinner
9.00pm	Meditation

18th September	Agenda
7.00am – 7.45am	Yoga, walking or meditation
8.30am – 9.00am	Breakfast
9.00am – 11.00am	Session 7 workshop
11.00am – 11.15am	Tea break
11.15am – 1.15pm	Session 8 workshop
1.15pm – 2.00pm	Lunch
2.00pm – 4.15pm	Excursion/sightseeing
4.15pm – 4.30pm	Tea break
4.30pm – 6.30pm	Session 9 workshop
6.30pm – 6.45pm	Tea break
6.45pm – 8.30pm	Session 10 workshop
8.30pm – 9.30pm	Dinner with bonfire
9.30pm	Meditation

### 19th September 2016

Departure either before or after early breakfast to Coimbatore Airport which is a two hour drive.

#### Travel Details

- Arrival on 15th September 2016 at Coimbatore Airport for transfer to Hotel Taj Gateway by 1.00pm latest.
- Transfer from Coimbatore Airport between 7.00am and 1.00pm which is a two hour drive. There may be a short waiting period at the airport for other delegates to arrive.
- Departure on 19th September 2016 from Hotel Taj Gateway to the Coimbatore Airport early morning or after early breakfast to reach the airport by 12.00 noon latest.

## For More Information Please Contact:

Surekha Kothari on +91 988 414 1999 or email [tospk4@gmail.com](mailto:tospk4@gmail.com)

Sakina Ansari on +91 994 066 5588 or email [saki\\_ansari@hotmail.com](mailto:saki_ansari@hotmail.com)

Kanya on +91 960 019 9996 /+91 979 154 9366 or email [bodymindsoulcentre1@gmail.com](mailto:bodymindsoulcentre1@gmail.com)

## Availability & Costs

The Retreat is available for 48 people based on twin sharing rooms and will be allocated on a first come first served basis.

The cost for the retreat will be INR 35,000 or US\$ 550 excluding flights.

## Payment

Account Details for Online Transfer (by 15th July latest)

Account Name	Mrs. Surekha P. Kothari
Account Number	10497561817
IFSC No.	SBIN0001176
SWIFT	SBININBB299
State Bank of India, Nungambakkam, Chennai - 600 034	

Please email us immediately after your transfer.

Soulseekers look forward to seeing you in the beautiful hills of COONOOR



### DISCLAIMER

Soulseekers is not a commercial group. Any funds left over from the Retreat will be used for further activities and formalisation of the group.