

DHARMIKVIBES x NAMASTEY STUDIO



Antar

Yatra

Breathe. Resonate. Release.

DATE

Saturday, 14 November 2026

TIMING

4:00 PM to about 9:00 PM

VENUE

The Aviyaan Luxe Serenity, Lucknow

YATRA CONTRIBUTION

₹3,999 per Yatri

Five hours to slow down, together

Antar Yatra is a five-hour evening Divine Experience for 30 Yatri/healing seekers. It moves from breath and sound into stillness, then into a sacred fire where each Yatri lets go of what has held them back, and closes with a premium Ratri Satvik Bhojan buffet.



30 Yatri/healing seekers in one circle	5 hrs of practice and Atithi Seva	I sacred fire for release	₹3,999 Yatra Contribution per Yatri
Who leads	DharmikVibes curates the evening and its Atithi Seva; Namastey Studio, our Dharmik Partner, leads every practice.		
Open to beginners	No prior yoga or music practice is needed, only a willingness to slow down for one evening.		
Who it suits	Adults seeking calm, emotional release and a reset from routine.		
DATE Saturday, 14 November 2026	TIMING 4:00 PM to about 9:00 PM, with arrival from 3:45 PM	VENUE The Aviyaan Luxe Serenity, Khasra No. 67, IIM Road, Madiyanva, Lucknow 226021	

Breathe, resonate, rest, release, gather.



Breathe · Breathwork and Shiva call-in

Settle the breath and call in Shiva, who dissolves what no longer serves.

4:30 PM



Resonate · Sound and Soul Jamming

Move from listening to making sound together.

4:45 PM



Rest · Shavasana

Let the body absorb the sound under a soft sound bath.

6:30 PM



Release · Agni Visarjan

Each Yatri offers what has held them back to the sacred fire.

7:05 PM



Gather · Ratri Satvik Bhojan

Close in community over a premium Satvik buffet.

8:10 PM

Each indoor session hands over to the next without a break, so energy rises through the jamming and settles fully in shavasana.

The evening, segment by segment

INDOORS · VENUE HALL

3:45 PM 15 min	Dharmik Arrival Process Registration, name tags, shoes and bags stored	Seva Team
4:00 PM 30 min	Meet and greet Detox water or green tea, introduction circle	Yatra Coordinator + facilitator
4:30 PM 15 min	Breathwork and Moment Meditation Breathing practice, then the Shiva call-in	Namastey facilitator
4:45 PM 1 hr 45 min	Sound and Soul Jamming Chanting, rhythm and live sound, one water break	Namastey facilitator
6:30 PM 20 min	Shavasana Guided deep rest under a soft sound bath	Namastey facilitator

FIRE, BHOJAN AND FAREWELL

6:50 PM 15 min	Walk to the fire Shawls on, hot beverages at the bonfire area	Seva Team
7:05 PM 60 min	Agni Visarjan Fire-release ritual with guitar and singer	Facilitator + musicians
8:10 PM 50 min	Ratri Satvik Bhojan Premium Satvik buffet, Yatri Blessings collected	Seva Team + venue kitchen
9:00 PM onward	Dharmik Farewell Assistance For Yatri who requested it in advance	Dharmik Saarthi Team

If jamming runs the full 2 hours, every later segment moves 15 minutes and Ratri Satvik Bhojan starts by 8:25 PM.



Meet and greet

Arrive, feel safe, and meet the people you will share the fire with.

Yatri/healing seekers are welcomed at the door and seated in a circle.

30

Yatri in one circle

2 min

for the evening's arc

A warm welcome

Cucumber, mint and lemon water, or green tea, served in the circle.

One word each

Every Yatri shares their name and one word for how they feel today.

Both hosts introduced

Yatra Coordinator introduces both hosts; facilitator explains the arc.

Phones away

Phones go on silent and into the bag until Ratri Satvik Bhojan.

Breathwork and Moment Meditation

Fifteen minutes to bring the mind out of the day and into the room.



A suggested split; the final sequence rests with the facilitator.

0–2 min	Settle	Sukhasana, eyes closed, natural breath
2–8 min	Breathe	Deep belly breathing, Nadi Shodhana (alternate nostril), Bhramari (humming bee)
8–15 min	Shiva call-in	Chanting of Om Namah Shivaya, then silent awareness of the present moment

Shiva is invoked as the one who dissolves what no longer serves, which is exactly what the fire will do later.

Sound and Soul Jamming

The heart of the evening, where the group moves from listening to making sound together.

Namastey facilitator

- 1 Rhythm warm-up**
Clapping and simple percussion handed to every Yatri
- 2 Call and response**
Chanting and bhajans
- 3 Free jam**
Open singing, drumming and gentle movement
- 4 Water break**
Five minutes at the midpoint
- 5 Slow-down**
The room quietens into bowls and chimes, then shavasana

Led on the facilitator's own crystal and Tibetan singing bowls, chimes and drums

CHIMES AND BOWLS

LIVE SOUND



Shavasana

Twenty minutes of guided rest to let the body absorb the sound.



Body scan

Guided body scan from feet to crown

Sound bath

Soft crystal bowl and chime sound bath

Waking up

Fingers, toes, a slow roll to the right side, then sitting up

IN THE ROOM

Lights dimmed

Eye covers placed

Light blanket as the room cools

Held gently, kept safe



Emotional care

- A symbolic ritual, not therapy, and framed that way to the group
- Writing and offering are optional; sitting and watching is a full part of the circle
- A named Seva Member stays near the circle and offers a quiet seat away from the fire
- If a Yatri feels overwhelmed, the facilitator sits with them, with no pressure to rejoin

Fire safety

- Venue's own firepit, with its written approval for 30; a metal brazier if the pit is too small, never open ground
- One Seva Member is the fire keeper for the full hour and does nothing else
- Sand bucket, water and a fire extinguisher within 3 metres of the fire
- Seating for 30 in a double arc, at least 2 metres from the flames, with a marked path to offer
- Plain paper slips only: no plastic, glossy card or photos
- Shawls and dupattas tucked in when walking up; wind checked before lighting
- Path to the bonfire area lit for the walk back

A premium Satvik buffet to close the evening



Representative buffet setting

Satvik preparation No onion or garlic, gentle spice	Every dish labelled Jain, vegan, allergens marked	Yatri Blessings A QR code on every table
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Suggested buffet for 30 Buffet counters, to be finalised with the venue kitchen

SHORBA Tomato-tulsi, lauki-badam

STARTERS Paneer tikka, hara bhara kebab

MAINS Shahi paneer, malai kofta, navratan korma, dal tadka

RICE & ROTI Kesar pulao, ghee khichdi, phulka, lachha paratha

SIDES Boondi raita, kachumber, papad

MITHAS Gur ki kheer for Kharna evening, moong dal halwa

DRINKS Kesar badam doodh and herbal tea

What the evening feels like



Rest together



Crystal bowls



Live sound



Feeling lighter



Movement



Stillness

One contribution, the whole evening

Guided practice

Breathwork, Sound and Soul Jamming and shavasana, led by Namastey Studio

Agni Visarjan

The fire-release ritual, held with live guitar and a singer

Warm drinks

Detox water or green tea on arrival; chai, kadha or haldi doodh at the fire

Ratri Satvik Bhojan

A premium Satvik buffet, no onion or garlic, every dish labelled

Everything on the mat

Mats, eye covers, blankets, percussion and release slips

Atithi Seva

The DharmikVibes Seva Team beside you from arrival to Bhojan

YATRA CONTRIBUTION

₹3,999

per Yatri/healing seeker

One circle of 30. Dharmik Farewell Assistance on request at registration.



What to bring and know

Arrive by 3:45 PM

The Aviyaan Luxe Serenity, IIM Road, Lucknow, on Saturday, 14 November, in loose cotton with a warm layer

Bring

Loose cotton clothes to sit and lie down in

A shawl or light jacket for the bonfire

A refillable water bottle

Your own yoga mat, if you prefer

A small notebook for journaling

Know before you come

- Eat lightly at least 2 hours before 4:00 PM; breathwork is easier on a light stomach
- At registration, share pregnancy, high blood pressure, heart conditions, epilepsy or recent surgery, so the facilitator can adapt the practice
- Avoid synthetic or loose flowing fabric near the fire
- No alcohol before or during the retreat
- Phones stay on silent from the meet and greet until Ratri Satvik Bhojan
- Photos are taken for Dharmik Awareness; tell the Seva Team if you prefer not to appear
- Request Dharmik Farewell Assistance at registration if you need it



ANTAR YATRA · SATURDAY, 14
NOVEMBER 2026



Breathe.
Resonate.
Release.

Every Yatri is Family. Every Yatra is Sacred.

Yatra Contribution ₹3,999 per Yatri

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