

THE RE-  
MEMBERING  
COLLECTIVE

# SHED 2025

As the year of Snake draws to an  
end, join us for...

**A 3-DAY IMMERSION**  
with Srishti Malpath & Pankaj Shankara

**South Goa,  
Agonda Beach  
Dec 18-21**

## The Experience

- Dynamic & restorative yoga journeys
- Conscious Connected Breathwork
- Kalari-inspired movement flows
- Fire & ocean rituals for release and renewal

A space for curious humans from all walks of life



# FACILITATORS



GUIDES OF FORM AND FLOW

## Srishti Malpath

Dancer, Yoga teacher (RYT 500), Kalari practitioner, and somatic works facilitator rooted in tribal and yogic lineages. Her work bridges movement, mythology, and consciousness — exploring the body as a living geometry of wisdom.



## Pankaj Shankara (Geometric Yoga)

Yoga teacher and kirtan artist with Trimurti Yoga, guided by the traditions of breath, mantra, and meditative sound. His teachings weave traditional wisdom with experiential depth, creating living mandalas of awareness and devotion — a sacred geometry between vibration and silence.

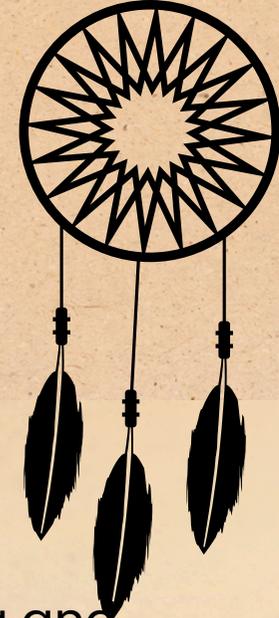


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# THE JOURNEY

ARRIVAL : 18<sup>TH</sup> 4PM  
CLOSING: 21<sup>ST</sup> 12PM



## Day 1 – Grounding the Form

Arrive by the sea. Begin with shared tea and stories, a circle of centering and connection. Awaken the body through **Capoeira**-inspired partner play and intuitive movement – eyes open, then closed – softening into flow. End the evening with reflective writing and a meditative drift inward – arriving fully into yourself.

## Day 2 – Dissolving the Boundaries

The day begins with **grounding yoga and pranayama** to center and open. Through movement, reflection, and guided journaling, we explore the year that's passed – what felt expansive, what felt limiting, and what shifted within. By evening, we gather by the beach for a **Kalari-inspired warrior flow**, easing into a soft **contact-based jam** and slow breathing as the sun sets – allowing strength to soften into stillness.

## Day 3 – Shedding the Old

The morning begins with yoga and pranayama, preparing the body to release and reset. Through **embodied movement** and reflective play, we explore what's ready to be released – the patterns, the stories, the residue of the year. As dusk arrives, we gather for a **Conscious Connected Breathwork** ceremony, followed by kirtan and a quiet walk beneath the stars – an evening of surrender, openness, and renewal.

## Day 4 – Becoming the Circle

The day begins with an awakening practice – **dynamic movement** and **Wim Hof**-inspired breath to ignite energy and inner clarity. Through embodied inquiry and integrative reflection, we reconnect with the self – that's emerged through the journey. The circle closes where it began – in awareness, gratitude, and quiet presence.



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# The Invitation



## This Retreat is for You If You Wish To...

- Pause and listen to your body's quiet intelligence
- Move through the year — not just in thought, but through breath and flesh
- Release what's been held, creating space for what's becoming
- Be held in a circle that invites honesty, curiosity, and rest
- Return to what feels authentic, awake, and alive

***An invitation to meet yourself  
— by the ocean, in presence.***

***Join the circle · South Goa ·  
December 18–21, 2025***

*Accommodation Type:*

***6 double-sharing and 2 single rooms (on a first-come, first-served basis)***



**Save your spot: +91 7993091110**

**Early bird pricing until 25th nov**

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