HEAL • ASCEND • LIBERATE • BELONG

INNER SHAKTI

Goa Retreat

Awaken the voice that was never meant to be silenced

with Mani & Kanika



February 2027

Goa, India

A seven-day spiritual immersion into Shakti, Shiva, embodiment, inner union and liberation

MySpiritualSoul

The Art of
INNER SHAKTI

A return to your own voice, power and embodied truth

Inner Shakti is a seven-day spiritual immersion into Shakti, Shiva, embodiment, inner union and liberation. It is not about becoming more feminine. It is about reconnecting with the living creative intelligence within you.



THE BODY

Yoga • Breathwork • Embodiment • Sound healing



THE INNER WORLD

Meditation • Hypnosis • NLP • Timeline Therapy • Inner child work



THE TEACHINGS

Shakti • Shiva • Philosophy • Spiritual integration



THE LAND

Goa • Culture • Sea • Nature • Rest

Shiva *— stillness, consciousness, presence*
Shakti *— energy, creation, movement*

"Your power did not disappear.
You learned to silence it."

Seven Days. Seven Movements. One Return.

Inner Shakti unfolds as a progressive initiation, not a collection of random workshops.



DAY 1

INITIATION

Devotional welcome, sacred opening, body as temple



DAY 2

SHAKTI

Voice, desire, Devi Tattva, bhakti night



DAY 3

KUNDALINI

Prana, nadis, chakras, grounding, hypnosis



DAY 4

KARMA

Samskara, ancestral patterning, conscious nourishment, timeline healing



DAY 5

UNION

Shiva and Shakti, inner union, Shringar atelier, Agni night



DAY 6

PILGRIMAGE

Sacred Goa excursion, temple etiquette, coast, culture



DAY 7

DHARMA

Inner marriage, final integration, 21-day practice

The retreat is not seven separate workshops.
It is a journey of remembrance, embodiment and return.

SIGNATURE EXPERIENCES

The moments that make Inner Shakti unforgettable



The Threshold

Tilak, chandan, flowers and a devotional welcome into the retreat container.



Devi Snan

An optional water blessing ritual of softness, receiving and sacred remembrance.



Bhakti Night

Mantra, sacred sound, medicine music and participatory chanting.



Annapurna

Conscious nourishment, gratitude and food received as sacred practice.



Shringar Atelier

Adornment, mirror work and a royal Shakti portrait experience.



Agni Night

Fire, mantra, movement and angelic light codes in an atmosphere of release and devotion.

This is luxury as reverence, beauty and depth.

The Goa Experience

A week held in beauty, depth and devotion





Morning

Awaken within

Begin each day with gentle yoga, meditation and breathwork as the rising sun opens the heart.



Day

Explore, heal, belong

Receive healing sessions, philosophical teachings, rest, villa time and sacred Goa experiences.



Evening

Integrate and rise

Unwind with sound healing, reflective circles, sacred conversation and sunset gratitude.



Why Goa

The ocean becomes part of the retreat. Goa holds sea, warmth, culture and slower rhythm in one landscape, giving what opens within you space to integrate.

Held by Mani & Kanika

Two distinct currents. One retreat container.



Mani

Founder of MySpiritualSoul • spiritual teacher • Inner Union guide • hypnosis • NLP • Timeline Therapy • yoga • meditation • embodiment • shamanic healing • angelic light codes

Kanika

Visionary spiritual guide • consciousness facilitator • Divine Feminine teacher • Shakti and Devi Tattva • mantra • satsang • kundalini and chakra learning • intergenerational healing • sacred nourishment • devotional sound

Together they guide a retreat experience that is spiritual, embodied, culturally rooted and deeply transformative.

What Is Included

A holistic journey for mind, body and soul

- Seven-day retreat in Goa
- Luxury accommodation
- All meals
- Scheduled airport transfers
- The complete Inner Shakti programme
- Yoga, meditation and breathwork
- Hypnosis, inner-child and embodiment work
- Sound healing and sacred teachings
- Cultural experiences and Goa excursion
- Beach and nature experiences
- Retreat photography, where included
- Integration and pre-retreat support







Apply

Complete the Inner Union Application

hello@manjindersidhu.co.uk

retreats.manjindersidhu.co.uk/inner-shakti-goa

Your return to yourself begins with one honest yes.