ZERO POINT

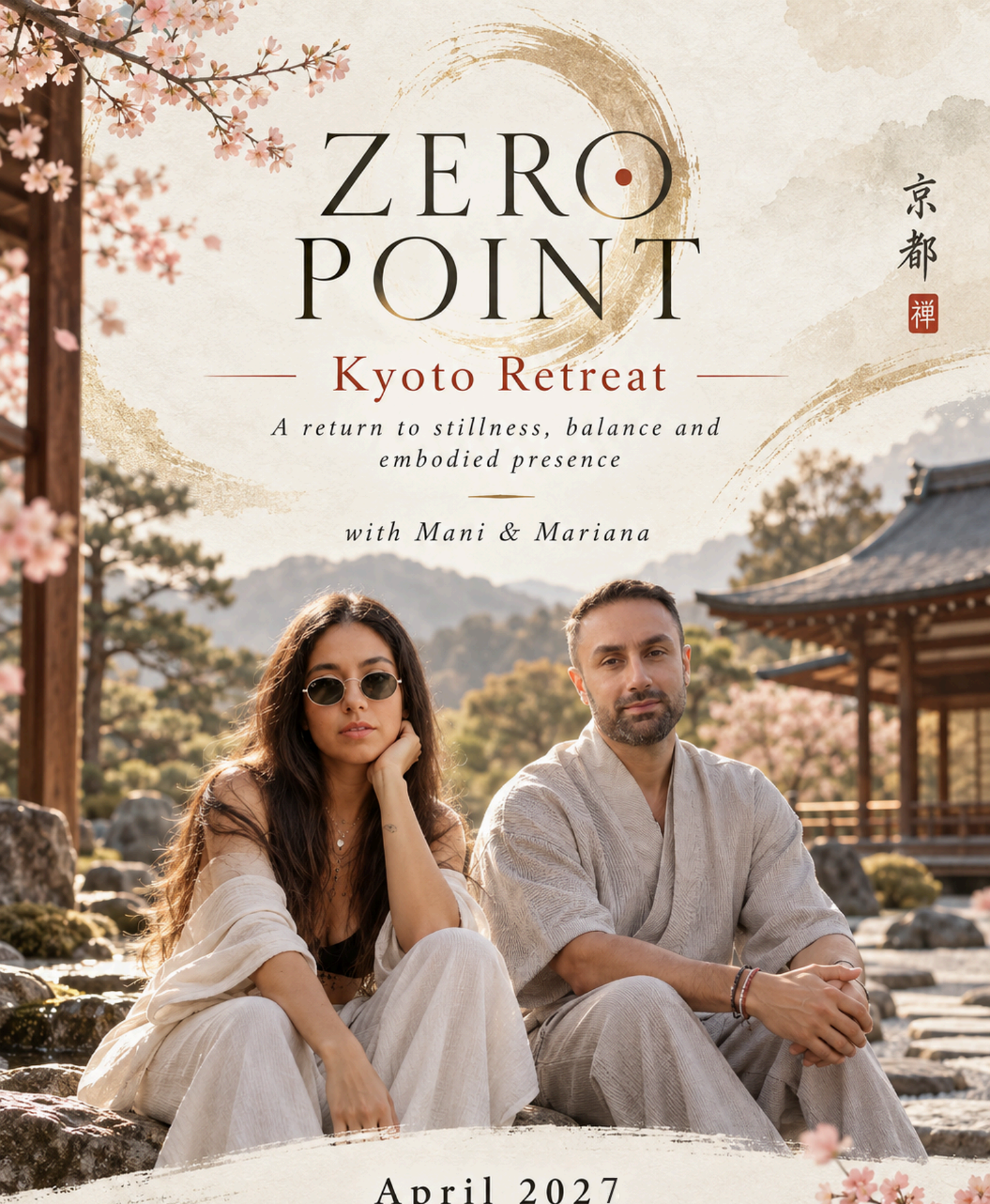
京都

禅

Kyoto Retreat

A return to stillness, balance and embodied presence

with Mani & Mariana



April 2027

Traditional Japanese retreat centre • Kyoto, Japan

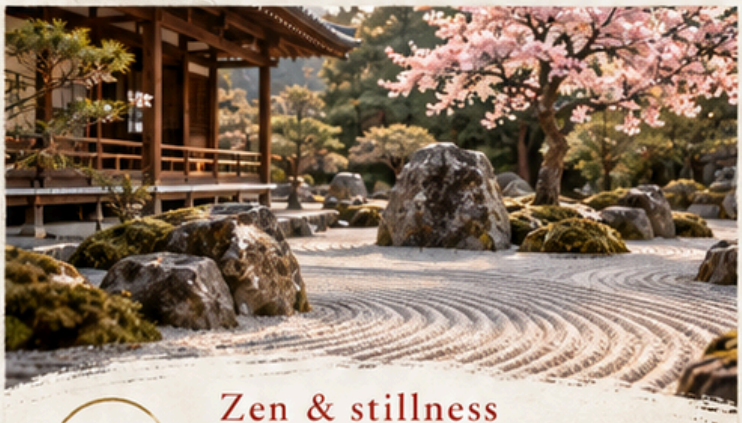
Airport transfers, all meals and cultural experiences included

The Art of ZERO POINT

京都 禅

A return to centre, stillness and embodied presence

Zero Point is an immersive Kyoto retreat for those ready to stabilise their energy, soften the nervous system, and return to inner balance. Rooted in Zen wisdom and the deeper truth of the twin flame path, this retreat brings the journey back to what it is truly about: awareness, ascension, liberation, and embodied union.



Zen & stillness

Learn the art of presence through meditation, silence, and spacious awareness.



Stabilising your energy

Move from emotional overdrive into grounded balance and zero-point regulation.



Embodied union

Return from seeking outside yourself to inhabiting wholeness, peace, and self-trust.



Sacred depth

Experience philosophical inquiry, somatic practice, healing work, and spiritual integration.

"The deepest power is quiet."

The KYOTO EXPERIENCE

Culture, ritual and sacred beauty



禅

Zen Buddhist temple experience

A direct encounter with stillness, simplicity, and disciplined presence.



Tea ceremony

A meditation in ritual, grace, and mindful attention.



Kimono photoshoot

A beautiful cultural moment rooted in elegance and embodiment.



Geisha performance

An intimate experience of Japanese artistry, refinement, and tradition.



Sacred Kyoto

Temples, shrines, gardens, and spaces that invite reflection and reverence.



Traditional meets modern

Feel the meeting point between ancient wisdom and contemporary Japan.

Airport transfers from Kyoto, all meals, accommodation, and curated cultural experiences included.

京都
禅

YOUR FACILITATORS

Held by Mani & Mariana



Mariana

Shamanic healer, sound healer, yoga and meditation guide, and ecstatic dance facilitator. Mariana holds space with warmth, intuition, movement, and deep energetic sensitivity.



Mani

NLP practitioner, timeline therapist, hypnotic guide, inner child healing facilitator, spiritual teacher, shamanic healer, and channel for angelic light codes. Mani weaves healing, depth, insight, and transformation into immersive retreat work.

Together they guide a retreat experience that is spiritual, embodied, culturally rich, and deeply transformational.

What Is Included

A high-end immersive retreat experience

- Traditional Japanese retreat centre accommodation
- All meals included
- Airport transfers from Kyoto included
- Deep immersive programme with healing, meditation, movement, and spiritual work
- Yoga, sound healing, breathwork, and somatic practices
- Excursion day and curated cultural experiences
- Time for reflection, stillness, and integration









Apply

To apply, complete the Inner Union Application. For questions or support, email **hello@manjindersidhu.co.uk**.

Come back to stillness.
Come back to centre.