

# OMLIFE

Experience Spiritual Wellbeing

## Vedanta Philosophy

### RETREAT

*22nd - 25th June 2026*

*with*

*Nitesh Gor & OmLife*



OMLIFE.CO.UK  
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# A Space for Deeper Philosophical Enquiry

Step beyond surface-level thinking and into the deeper questions of life.

The **Vedanta Philosophy Retreat** is a **four-day** immersive journey into **consciousness, reality, and the nature of the self**. Guided by **Nitesh Gor** and special guest experts, you'll explore timeless teachings from the **Upanishads, Vedas, and Bhagavad Gita**, while placing them in dialogue with Western philosophy. Through **discussion, meditation, nature, music, and reflection**, this retreat invites **curious minds to reconnect with wisdom** that is both ancient and deeply relevant today.



## FOR THINKERS SEEKING DEEPER UNDERSTANDING

*Feeling stuck, overwhelmed, or longing for deeper meaning and spiritual connection?*

This contemplative weekend retreat is designed to help you connect deeper to yourself.



Held in an intimate and thought-provoking space, this retreat goes beyond intellectual exploration, it's a journey into deeper understanding, self-inquiry, and meaningful connection. You'll leave with expanded perspective, renewed clarity, and a more grounded understanding of yourself, the world, and the questions that truly matter.

## *“EVERYTHING I NEEDED”*

*I am deeply grateful for the incredible experience at the retreat.*

*Every aspect – from the serene surroundings to the carefully curated activities. OmLife fostered a truly nurturing space for growth, relaxation, and meaningful connections. It was everything I needed and more.”*



## YOUR SPIRITUAL JOURNEY AWAITS

From guided discussions on Vedanta philosophy to meditation, nature walks, and reflective dialogue, our programme is designed to stimulate both insight and inner stillness.

**These sessions aren't just for the retreat, they offer perspectives and contemplative tools you can carry with you into everyday life.**



## Over the course of the weekend, you'll experience:

- In-depth Vedanta philosophy sessions exploring consciousness, the self, and the nature of reality
- Guided meditations to support reflection and inner clarity
- Thought-provoking discussions connecting Vedic and Western philosophical ideas
- Nature walks to intergrate learning in a calm, contemplative environment
- Evening music, storytelling, and shared meaningful connection

# “MORE THAN A RETREAT - AN INVITATION TO THINK DEEPLY”



## WHAT'S INCLUDED?

- **Three night stay** at our stunning venue
- Nourishing meals & our refreshments station, with teas, coffees and hot drinks
- Daily workshops
- Access to our beautiful forest area and grounds
- Access to our venue facilities
- Complimentary OmLife goody bags & gifts!

## EXPLORING IDEAS THAT STILL MATTER TODAY

We cultivate a spirit of openness, curiosity, and thoughtful exploration. This is a space where questions are welcomed, dialogue is encouraged, and timeless wisdom inspires new ways of seeing.

*“Expanding your philosophical perspective”*

*“ I had the pleasure to meet and connect with wonderful souls, it truly was a wonderful weekend to savour, treasure and take so much from. Here’s to a happier, healthier future. The OmLife retreat filled my cup of brim with joy and gratitude.”*

## FOR THOSE DRAWN TO DEEPER ENQUIRY



Curious  
about  
questions  
that have  
endured for  
centuries?



## A Glimpse of the OmLife Experience

Alongside a structured programme of discussions and sessions, there is space to reflect, think, and continue conversations informally. You'll also have access to the gardens and surrounding grounds for quiet contemplation between sessions.

This retreat offers an opportunity to step away from daily routines and engage more deeply with philosophical questions in a focused, supportive setting — through dialogue, reflection, and shared inquiry.

**OMLIFE** Experience Spiritual Wellbeing

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## TO KNOW MORE

- Visit [www.omlife.co.uk](http://www.omlife.co.uk)
- Fill out our enquiry form
- Or contact Tina:  
[tina.parmar@omlife.co.uk](mailto:tina.parmar@omlife.co.uk)

**SECURE YOUR  
SPOT TODAY!**

