



OUTLIVE 2016

A Journey to Oneself
A Personalized Retreat Trip with Wellness Programme

Outlive

“*Outlive*” – *A trip to oneself, is a personalized retreat with wellness programmes* for the individuals and families from any country. We basically colour your happiness by providing an exceptional chance to participate in the vibrant art, food, culture, values, religions, festivals, dance, music, craft, pottery, sculptures, celebrations, secularism, tradition, colorful festivals, ritual & art performances, ayurvedic treatments, vast and rich philosophies, practice of meditation, yoga, principle to liberate the potential of mind, body and soul written and whispered by Great Mystical Legends.

As part of this initiative, the traveler will be in retreat from their stressful daily life. During these days they recollect about themselves and set new goal and vision for their life through which they can attain excellence in their personal and professional life. Daily guided mediation, Stress Assessment programmes, Daily personalized nutritionally balance vegetarian meal plans, wellness coaching and goal setting session etc. will definitely assist the participants to be relaxed and control over their mental pressure. We help the participants to refresh their THOUGHTS - practice good ACTIONS - acquire good HABITS – transform it to noble BEHAVIOURS and thus to be excellent in any life situations.

Who can be part of Outlive?

The individual/group/couples/travelers anyone from any destination can participate in this programme provided they should have deep thirst to learn authentic living principles to tackle and win the new generation realities.

Where can find Outlive

The programme is being conducted at *Columbus Retreat – a nature oriented resort* specially designed for conducting Outlive retreat. The natural ambiance of the resort and its campus is shaped and designed with verities of natural plans, ponds, trees, climate etc. Certainly the atmosphere in the resort campus is first parts which attract the individual to this retreat.

Who we are

Rang De Basnti Network is a team of likeminded people, environment enthusiasts and intensive lovers of mother earth who always believe in giving back to the nature. We put forward our main motto is to discover the soul of our mother land and proudly share her richness to the world outside. We believe that the Soul of Mother India is remains in the colorful, unique culture and its value systems. We as Proud Indians experienced the warmth in the relations and euphoria in celebrations which makes our country stand out distinctively in the global fraternity. The liveliness and generosity of our motherland makes us confident to invite the world outside to explore its vibrant culture which is an amalgamation of religions, festivals, food, art, crafts, dance, music and many other subtle things. By promoting this Responsible Tourism, our mission is to share the simple Indian way of life to the world outside and thereby provides the vision of natural and real way of life, which carry the mark of the Creator's hand. We believe that each voyager who visits India will never forget the experiences that they have acquired rather embrace it as the teacher and will leave baggage of life in the past, which lead them to incarnate the life to enjoy the little ones, like watching the stars, dancing in moonlit sky or soaking in the sunbeams of glorious summer morning, because, India is such an intellectually stimulating place on earth.

Benefit from Outlive

- Finest Accommodation
- Workshops and Informal Group Sessions on multi dimensional wellness, law of attraction, visualization etc.
- Daily Yoga and Relaxation Session.
- Daily Guided Meditation Session or Workshop
- Nutrigenomic assessment.
- Stress Assessment
- Ayurveda body composition assessment.
- Daily Personalized Nutritionally Balanced Vegetarian Meal Plans (Juices, Broths and Super foods)
- A Personal Diet and Nutrition Consultation and Personalized Lifestyle Planning.
- Chakra balancing, cleansing and healing (Pranic healing)

- Life & Wellness Coaching, Goal Setting
- Daily personal conference to refresh THOUGHTS – to ACTION – acquire good HABBIT- and transform to noble BEHAVIOUR

Day 1
WELCOME

Morning Prayer

Guided Nature Meditation and Visualization

Yoga and relaxing session

Ayurvedic body Massage (As per the consultation of Doctor)

Free Time

Break Fast

Reading

Talk & Group Discussion

(The subject will be selected on the first day of introductory programme)

Lunch

Study and Preparation on Indian Cuisine

Free Time

Sightseeing / games /swimming

Supper

Personal Conference with Retreat Master

Free time

Night Prayer

Go to bed

Day 2
OPENNESS

Morning Prayer

Guided Meditation and Visualization

Yoga and Relaxing session

Ayurvedic Body Massage

Free Time

Break Fast

Reading

Talk and discussion on Concept of Budha on Human Life

Lunch

Study and Preparation on Ayurveda Treatment ingredients

Free Time

Sightseeing / games /swimming

Supper

Camp Fire

Night Prayer

Go to bed

Day 3
SMILE

Guided Nature Meditation

Yoga & Relaxation Session

Ayurvedic Body Massage

Free Time

Break Fast

Reading

Talk and discussion on your subject

Lunch

Study and Presentation on Concept of God According to Buddha

Free Time

Sightseeing / games /swimming/Participation in Organic Cultivation

Supper

Time of Gratitude

Personal Conference to Retreat Master

Go to bed

Day 3
INNOCENTS

Morning Prayer

Guided Walking Meditation

Yoga and relaxing session

Ayurvedic Body Massage

Free Time

Break Fast

Reading

Session on Refreshing THOUGHTS

Lunch

Free Time

Hockey Competition

Sightseeing / games /swimming/Participation in Organic Cultivation

Supper

Entertainment Programme by Participants

Night Prayer

Go to bed

Day 4
SHARING

Morning Prayer

Guided Meditation

Yoga and Relaxing session

Ayurvedic Body Massage

Free Time

Reading

Talk and discussion transform THOUGHTS to good ACTION

Free Time

Participation in Organic Vegetable Cultivation/ Harvesting of various fruits

Sightseeing / games /swimming/Participation in Organic Cultivation

Solem Supper

Camp Fire

Night Prayer

Go to bed

(The amount of today's lunch will be given as an offering to an Orphanage at Coorg)

Day 5
ACCEPTANCE

Morning Prayer

Guided Meditation

Yoga and Relaxing session

Ayurvedic Body Massage

Free Time

Reading

Talk and discussion transform ACTION to HABBIT

Free Time

Lunch

Session and discussion on transform HABBIT to BEHAVIOUR

Sightseeing / games /swimming/Participation in Organic Cultivation

Supper

Recreation at Amphi Theatre

Personal Conference with Retreat Master

Night Prayer

Go to bed

Day 6
GOAL MAPPING

Morning Prayer

Guided Meditation

Yoga and Relaxing session

Ayurvedic Body Massage

Free Time

Reading

Personal and Professional GOAL MAPPING Session

Free Time

Lunch

An hour with Buddhist Monks

Sightseeing / games /swimming/Participation in Organic Cultivation

Experience sharing session followed by Dinner

Time of Gratitude

Night Prayer

Go to bed

Day 6
GRATITUDE

Morning Prayer

Guided Meditation

Yoga and Relaxing session

Ayurvedic Body Massage

Free Time

Concluding Session and Certificate distribution

Grand Lunch

Departure

Terms and Conditions

Minimum 10 people required

All the participants must follow the time table

All participants must reach the venue the previous night of the programme

All participants must leave the venue the concluding day or get the prior permission to stay