

The background of the image is a wide-angle photograph of a mountainous landscape. In the foreground, there are several tall evergreen trees on a grassy hillside. The middle ground shows a valley filled with more trees and some buildings in the distance. The background consists of several layers of mountains, all covered in a dense green forest. The sky is filled with white and grey clouds.

The Lost Trails Journey

AN INVITE-ONLY 3 DAY RETREAT

Shoja

WELCOME TO THE LOST TRAILS JOURNEY

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In the hush of the mountains and the whisper of forest trails, we invite you to pause. **Pathways of the Soul is more than a journey — it's an experience of reconnection**, where nature holds space for **reflection, creation, and community**.

Over the next **three days**, you'll walk through ancient woods, create from your core, listen to stories that stir the spirit, and sit with silence that speaks. Each moment is designed to gently peel back the layers — of noise, of routine — so your truest self can breathe.

This itinerary will guide you through what's to come. But as always with **LostTrails**, leave space for **surprise, serendipity, and soul**.

We're so glad you're here!

- Team LostTrails



DAY 1

ARRIVAL, CONNECTION & IMMERSION

8:00 AM - DEPARTURE

Pick-Up at Aut Tunnels

Your journey begins. Meet your fellow travelers as our coaches guide you through winding roads and shifting landscapes.

11:00 AM - CHECK-IN

Welcome & Registration

Arrive at the retreat venue and settle into your new sanctuary. Receive your welcome kit with a daily schedule, mindfulness guidelines, and a hand-drawn map of the retreat grounds.

1:00 PM - 2:00 PM - ICE BREAKER SESSION & LUNCH

Introductions & Light Play

Engage in simple, soul-warming conversations and team games that help us meet beyond the surface.

Lunch

Nourish yourself with a wholesome, seasonal meal curated to ground and energize.

A photograph showing the back of a person with dark hair tied up, wearing a light blue long-sleeved shirt and beige pants. They are sitting cross-legged on a large, weathered wooden log, meditating. The background is a dense, green forest with rolling hills under a clear sky.

DAY 1

ARRIVAL, CONNECTION & IMMERSION

2:30 PM - 4:30 PM - FOREST WALK

Guided Nature Walk

A quiet invitation into the forest. Feel the textures, notice the sounds, and let nature mirror your breath.

Mindfulness Moments

Pause for gentle reflections and shared silence.

5:00 PM - 6:00 PM - EVENING YOGA

Gentle Movement & Breathwork

Restore with a grounding yoga session blending breath, gentle stretches, and meditation.

7:00 PM - 8:00 PM - LEGENDS OF LOST TRAILS

Interactive Storytelling Circle

Gather under the stars for a collaborative storytelling session inspired by local folklore and your own imagination.

8:30 PM - DINNER

Culinary Experience

End the day with a thoughtfully prepared dinner — nourishing, local, and made with care.

A close-up photograph showing a person's hands and back as they paint a large, flat rock with various colors like blue, green, and orange. Several other painted rocks are on the table, along with paint bottles and brushes. The scene is set outdoors on a wooden table.

DAY 2

CREATIVE EXPLORATION & CULTURAL DISCOVERY

6:30 AM - MORNING YOGA SESSION

Energizing Practice

Awaken your senses with mindful movement, breathwork, and intention-setting to anchor the day ahead.

8:00 AM - 9:00 AM - BREAKFAST

Nourishing Meal

Enjoy a hearty breakfast featuring fresh, local ingredients — fuel for the creative spirit.

10:30 AM - ART-BASED WORKSHOPS

Creative Expression Sessions

Explore your artistic instincts through painting, sculpture, or digital art workshops led by inspired facilitators. No experience needed — only openness.

12:00 PM - LUNCH

Midday Meal

Share stories, ideas, and laughter over a relaxed community lunch.



DAY 2

CREATIVE EXPLORATION & CULTURAL DISCOVERY

2:30 PM - FOREST HIKE TO RAGHUPUR FORT

Historical & Scenic Hike

Step into the past as you hike through forests and meadows toward the ancient Raghupur Fort. Listen to stories etched into stone and savor panoramic views that stretch beyond the horizon.

7:00 PM - 'SHOUT IT OUT LOUD' ACTIVITY

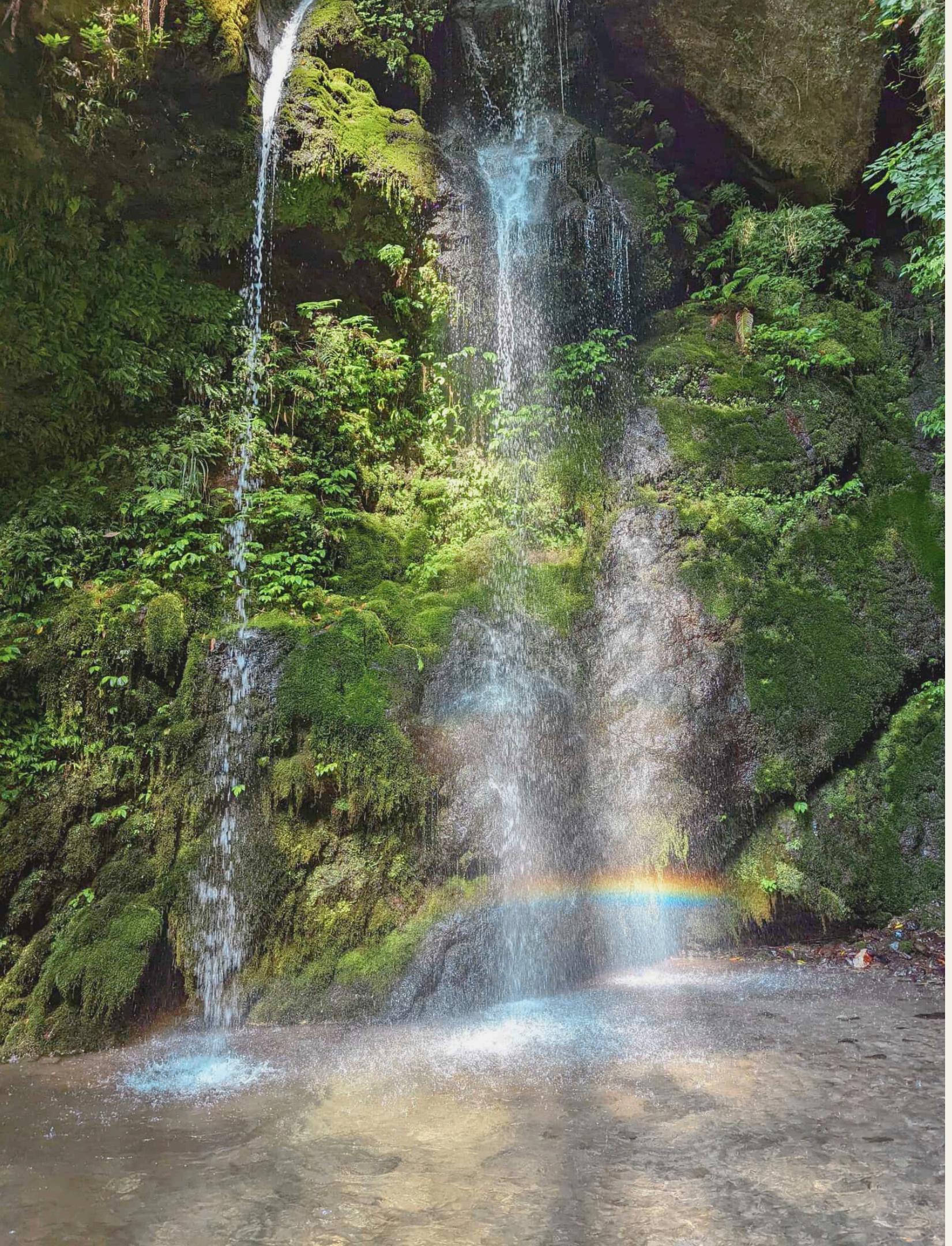
Dynamic Group Celebration

An energetic group session where voices rise, creativity flows, and self-expression is celebrated.

8:30 PM - DINNER

Evening Meal

Wind down with a communal dinner under the stars — a gathering of new friendships, laughter, and reflection.



DAY 3

NATURE IMMERSION & INTEGRATION

6:30 AM - MORNING YOGA SESSION

Gentle Awakening

Ease into the day with a grounding yoga practice — reconnecting body, breath, and mind for the journey ahead.

8:00 AM - BREAKFAST

Fresh & Energizing

A nourishing breakfast to energize your final explorations.

10:00 AM - 12:00 PM - NATURE WALK TO SHOJA

HIDDEN WATERFALL

Guided Expedition

Follow a serene trail to the Shoja Hidden Waterfall — a place of quiet beauty, reflection, and renewal. Pause for stillness, journaling, or simply soaking in the moment.

DAY 3

NATURE IMMERSION & INTEGRATION



1:00 PM - FAREWELL LUNCH

Shared Table, Shared Stories

Come together for one final meal, weaving together the threads of the journey with gratitude and joy.

2:00 PM - 3:00 PM - CLOSING SESSION

Reflection & Celebration

Gather in a final circle to reflect on lessons, share memories, and celebrate each soul's unique path.

Closing Ceremony

Receive tokens of the journey — small reminders of the trails walked and connections forged.

POST 3:00 PM - RETURN JOURNEY

Departure

Shuttle services arranged for a smooth transition back — carrying with you not just souvenirs, but stories etched into your heart.

WHAT TO BRING

PREPARE FOR COMFORT,
CREATIVITY, AND CONNECTION.

CREATIVE ESSENTIALS

- Personal journal & pen
- Sketchbook or small notebook
- Any favorite creative supplies (optional)

OUTDOOR GEAR

- Reusable water bottle
- Hat or cap for sun protection
- Sunglasses and sunscreen
- Small backpack for nature walks

CLOTHING

- Light, breathable layers for daytime
- Warm layers for evenings and early mornings
- Comfortable shoes for hiking and walking
- A rain jacket or poncho (just in case!)

YOGA & MEDITATION

- Yoga mat (optional; mats will be available on-site)
- Comfortable activewear

PERSONAL COMFORT

- Essential toiletries
- Any personal medications
- Light snacks if needed

SPIRIT

- An open mind
- A sense of adventure
- Willingness to connect, reflect, and create



Contact Us

For Any Further Information
+91 99100 95505
www.LostTrails.in
support@losttrails.in
[@LostTrails.in](https://twitter.com/LostTrails.in)