

# Lost Trails

Social Media Detox Retreat



# Social Media Detox

*What Are You Missing in Life Because of Social Media?*

The **Lost Trails Social Media Detox** trip is not just a retreat—it's a reset.

Over **3 days in the lap of nature**, we step away from the digital noise and into **a space of presence, movement, and mindful expression**.

Through **dance, nature immersion, eco-art therapy**, and self-reflective activities, this retreat helps you:

- Reclaim your attention
- Reconnect with your body and emotions
- Reflect on your relationship with the online world
- Rediscover clarity and calm

Join us for a **slow, meaningful pause—off the grid, but deeply in touch**.



# DAY 1: Arrival & Awareness

## 11:00 AM - Check-in

Welcome to the retreat space. Settle into your stay, receive your retreat essentials, and prepare to disconnect from the digital noise.

## 2:00 PM - 4:00 PM - Dance Movement Therapy (DMT)

An expressive session that invites you to release held tension, reconnect with your body, and move freely in a safe space.

## 4:00 PM - Snacks

Light refreshments to refuel and relax.

## 5:00 PM - 7:30 PM - Nature Immersion

Take a mindful walk, observe native plants, and reconnect with nature's rhythm. Practice quiet observation and stillness

## 8:00 PM - Dinner

Group dinner in silence or soft conversation under candlelight, closing the day with warmth and nourishment.



# DAY 2: Deepening & Expression

## Early Morning - Daily Enactment Activity

Each morning begins with a short, symbolic performance to bring awareness to our habits and emotional states.

Ends by 9:00 AM.

9:00 AM - Breakfast  
Enjoy a wholesome and energizing mountain breakfast.

## 11:00 AM - Nature Walk & Eco Art Therapy

Guided walk followed by sound healing with Gunjau amidst nature. Use natural materials and sound to reflect and express internal states.

4:00 PM - Return to Stay  
Time to rest, reflect, and journal your experience.

4:30 PM - Snacks  
Evening snacks and open conversation.

## 8:00 PM - Third Person Introduction

A fun yet introspective activity-introduce yourself as if you're someone else, fostering detachment and fresh self-perspectives.



# DAY 3: Reflection & Release

**8:00 AM - 12:00 PM - Self-Clearance & Creative Expression**

Engage in a series of therapeutic activities: - Movement therapy to gently activate the body - Chart paper and drawing to externalize emotions - Paper transfer drawing at Shangrila Meadows - Guided imagery and a heartfelt letter to yourself

**12:30 PM - Lunch at a Cozy Café**

A closing meal shared in a local café. Reflect on personal growth, share your experiences, and begin integrating the retreat's lessons.

**3:00 PM - Return to Stay**

Return to the property, gather belongings, take time to rest and prepare for departure.



# What to Carry

*Travel light. Carry consciously. Every item should support your journey inward.*

- Comfortable walking shoes
- Flip-flops or slides for indoor/outdoor lounging
- Loose, breathable clothing for workshops and movement sessions
- A light jacket or sweater (mountain evenings can get chilly)
- A small daypack or tote for nature walks
- Water bottle (refillable)
- Sunglasses, cap/hat, and sunscreen
- Toiletries (preferably eco-friendly)
- Journal + pens (you'll want to write)
- Any personal medication
- A scarf or shawl for comfort during movement or therapy sessions
- An open mind and willingness to disconnect ✨



# Let's Go!

## Contact Us

+91 99100 95505

[www.LostTrails.in](http://www.LostTrails.in)

[support@losttrails.in](mailto:support@losttrails.in)

[@LostTrails.in](https://twitter.com/LostTrails.in)

