

WHEN WAS THE LAST TIME YOU

PAUSED

EVERYTHING IN LIFE?





capture  
a trip

PRESENTS

# The Pause Project

## WHAT IS THE PAUSE PROJECT?

The **Pause Project** is a **4-day mental wellness retreat** for anyone ready to **grow, heal, and create a better version of themselves.**

It's your invitation to **slow down, breathe, and give yourself the space** you've been craving. In a judgement-free space, you'll **release old patterns, reclaim your energy, and remember who you truly are.**

Through thoughtfully designed workshops and practices, we go beyond quick fixes, gently uncovering what's been holding you back and guiding you toward lasting change.

Because when **you pause, you see clearly.**

When **you see clearly, you choose differently.**

When **you choose differently, you live your life fully.**





# WHO IS THIS PROGRAM FOR?

- You have been “**okay**” for everyone else, but not for yourself.
- You have **carried guilt, grief, or hurt** that never found a place to rest.
- You have **smiled** on the outside while feeling **heavy** inside.
- You have longed for **space to breathe**, to **feel**, and to **just be**.
- You have given so much to others that you forgot what it’s like to **feel full**.
- You have reached a point where you don’t just want to cope.
- **You want to come home to yourself.**





# THE HEART BEHIND YOUR PROGRAM

**Anandita Kaul, founder of The Pause Project, is a Mental Wellness Coach, certified yoga instructor, and Art of Living trainer with over eight years of experience.** And her career includes experience as a Marketing & HR Head. Known as a “**mother-giver**,” she creates safe, nurturing spaces for growth, healing, and simply being.

She has guided more than **7,000** people through **yoga, meditation, and mindfulness.**

During the pandemic, she guided **5,000+ people** to calmness and stillness. In 2020, she founded **House of Ananda**, curating soulful experiences and wellness programs, and has since led **30+ corporate sessions**, inspiring workplaces to embrace mental health.

Anandita humbly calls herself a **lifelong student of the mind and life**, feeling privileged to guide others to **pause, breathe, and reconnect with their inner light.**





# THE EXPERIENCE THAT AWAITS!

- **Breathwork and Relaxation** : Learn the power of controlled breathing to release tension, calm your nervous system, and boost mental clarity.
- **Introduction to Meditation** : Discover basic meditation practices to enhance mindfulness and foster a peaceful, focused mind.
- **Calm Your Mind** : Learn techniques to quiet mental chatter and reduce stress, helping you achieve a deep sense of inner peace.
- **Cold Water Therapy** : Experience the invigorating benefits of cold immersion, boosting circulation, reducing inflammation, and awakening your body's natural resilience.
- **Art Therapy** : Express yourself through creative art, releasing emotions and gaining insight into your inner world while enhancing mental wellness.
- **Hug Therapy** : Engage in the comforting and healing practice of shared touch to release stress, promote bonding, and boost overall emotional well-being.





# THE EXPERIENCE THAT AWAITS!

- **Building Emotional Resilience** : Learn tools to handle stress, anxiety, and negative emotions, allowing you to find balance in every situation.
- **Ongoing Support** : Receive resources and guidance to continue nurturing your mental wellness journey beyond the program.
- **Love Yourself & Start Your Journey** : Embrace self-love and begin cultivating a deep sense of compassion for yourself.
- **Useful Toolbox for Your Wellness Journey** : Walk away with a toolbox of practical techniques and exercises to support your ongoing mental and emotional growth.
- **Gratitude Series** : Practice gratitude exercises that help shift your mindset towards positivity and foster a deep sense of appreciation for life.





# THE PATH AHEAD



## ★ DAY 1: ARRIVAL

### **The First Pause | Stepping Away to Step Within**

- Arrival in stillness | Leaving the noise behind
- The Beginning | Where your inner journey starts

## ★ DAY 2: EMOTIONAL RELEASE

### **The Unburdening | Setting Down What You've Carried Too Long**

- The Shedding | Releasing the old to make space for the new
- Inhale Freedom | Exhale what no longer serves

## ★ DAY 3: POWER & REBUILDING

### **Breakthrough | From Release to Rise**

- The Becoming | Stepping into your powerful self
- Rooted & Radiant | Rebuilding from a place of strength

## DAY 4: INTEGRATION & RETURN

### ★ **Homecoming | Carrying the Stillness Within**

- The Return | Anchoring your transformation
- Closing the circle | Walking back, happily evolved





## ✦ DAY 1

# ARRIVAL – THE FIRST PAUSE

The moment you step into this space, **something shifts**.  
It's **quieter** here, not just outside, but **inside you**.

The rush, the to-do lists, the **noise of life...** begins to fade.  
Today is about landing in your **body**, in your **breath**, in this **present moment**.

You'll meet your facilitators and the circle of people who will walk this path alongside you.

Through gentle grounding practices, you'll create the intention for your journey here.

**You're not here to "do", you're here to be.**

**Your emotional state:** Unburdened, safe, and ready to explore yourself without masks.

**The gifts you'll carry forward:** A clear intention for your days ahead and a deep readiness to heal and transform.





## ✦ DAY 2

# THE UNBURDENING- EMOTIONAL RELEASE & HEALING

This is where the **inner walls begin to soften**. Where the weight you've been quietly carrying starts to lift. **Tears** may come. Laughter may rise unexpectedly. You may feel years of **unspoken words and stored tension** finally loosening their grip.

Through **guided breathwork, emotional release practices, and heart-opening exercises**, you'll go inward like never before, creating space for **genuine, soul-level healing**.

**Your emotional state:** A deep sense of release, lightness, and permission to feel everything without fear.

**The gifts you'll carry forward:** A heart unburdened, the courage to sit with discomfort, and the freedom to feel fully alive.





## ✦ DAY 3

# BREAKTHROUGH – FROM RELEASE TO RISE

After releasing what no longer serves you, comes the rise. This is the day you begin to see yourself through new eyes, **stronger, lighter, and rooted in your own truth.**

Through guided practices in **self-expression, conscious boundary-setting, and reclaiming your personal energy**, you'll learn how to reshape the way you **relate to yourself**, others, and the **world around you.**

**Your emotional state:** Grounded, grateful, and ready to live from a place of inner stillness.

**The gifts you'll carry forward:** Practical tools, soulful connections, and a renewed sense of who you are.





## ✦ DAY 4

# HOMECOMING – CARRYING THE STILLNESS WITHIN

You came here with **questions**, with a **restless heart**, with the **weight of life on your shoulders**. You leave with something far **greater, clarity, peace**, and the knowing that you can **return to this calm** anytime you choose.

The final day is about **anchoring your transformation**. Through **reflection, sharing circles, and grounding practices**, you'll weave your learnings into a **simple, personal blueprint for your daily life**.

**Your emotional state:** Grounded in your own strength, with a deep sense of self-trust.

**The gifts you'll carry forward:** Confidence, clarity, and a renewed vision for the life you want to create—one that feels true to you.





# YOUR TRAVEL GLIMPSE

As part of the retreat, You will visit famous tourist spots and explore new places alongside exploring your own self.

There's no fixed schedule for these visits; it all depends on the flow and timings of our program.

## **Please note:**

- Internal transfers for sightseeing are not included in the itinerary and will be arranged at actual cost.
- Participation is optional, if you choose to explore, our trip captain will be available to guide you.
- Certain locations will host our sessions, and we'll ensure you are taken there.
- Flexibility is key: come with an open mind and go with the flow.





# INCLUSIONS

- **AC Accommodation** – Comfortable and cozy stay for the entire retreat duration.
- **AC Transportation** – Smooth travel to and from the retreat location.
- **Daily Meals** – 4 wholesome breakfasts, 3 lunches & 3 nourishing dinners.
- **Trip Captain** – Your friendly guide & point of contact throughout the retreat.
- **Sightseeing** – Curated experiences and scenic spots as per the itinerary.
- **Participation Certificate** – A token of your journey and growth.

## NOT INCLUDED

- **5% GST** (Goods & Services Tax)
- Any **internal or external transportation** not mentioned in the itinerary.
- **Meals that are not part of the listed inclusions.**
- Food & beverages ordered **outside the fixed menu.**
- **Personal expenses** such as laundry, telephone bills, tips, etc.
- **Special requests** — subject to availability and may involve additional charges.



# PAYMENT PROCEDURE

## IMPS/NEFT TRANSFER

Banking details:

CAPTURE A TRIP INDIA PVT. LTD.

BANK: HDFC

A/C NO. : 99997272077770

IFSC: HDFC0001223

BRANCH: NOIDA SECTOR 12

ACCOUNT TYPE: CURRENT

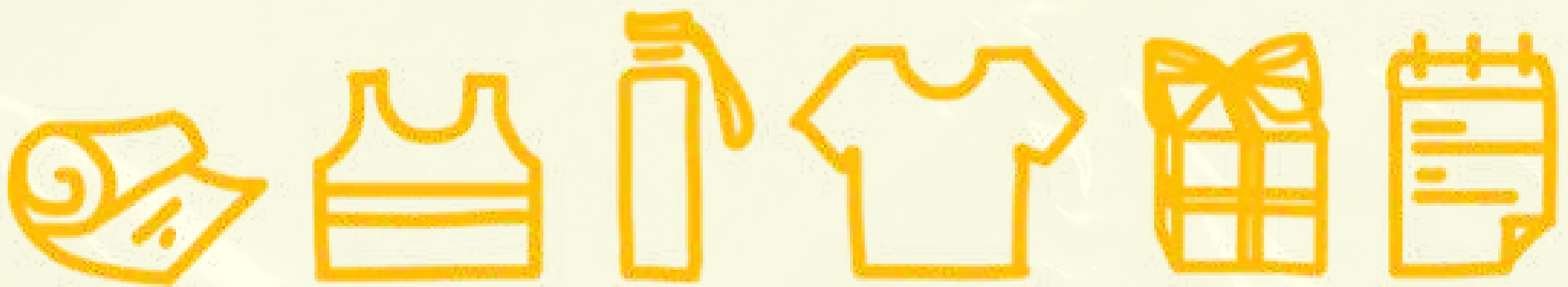


captureatrip@okhdfcbank



# THINGS YOU NEED TO CARRY!

- Yoga mat
- Comfortable clothes for yoga
- An outfit in any shade of white for the conclusion ceremony on the last day.
- A small, unisex gift
- Water bottle
- Notepad and pen



## ✦ IMPORTANT NOTE :

**This program is FULLY drug-free and alcohol-free, ensuring a pure and holistic experience for all participants.**

**WE LOOK FORWARD TO HAVING YOU WITH US FOR THIS TRANSFORMATIVE JOURNEY!**



## BRANDS EMPOWERED THROUGH OUR TRAINER'S WELLNESS SESSIONS.

**wework**

 **FieldAssist**

 **HERITAGE  
XPERIENTIAL  
LEARNING SCHOOL**



 **Marriott®**

 **MANAV  
RACHNA**  
॥vidyagatatriksha॥

 **OrangeSlates**

  
**ITC Limited**

 **CLAN  
CONNECT**

**sodexo** 

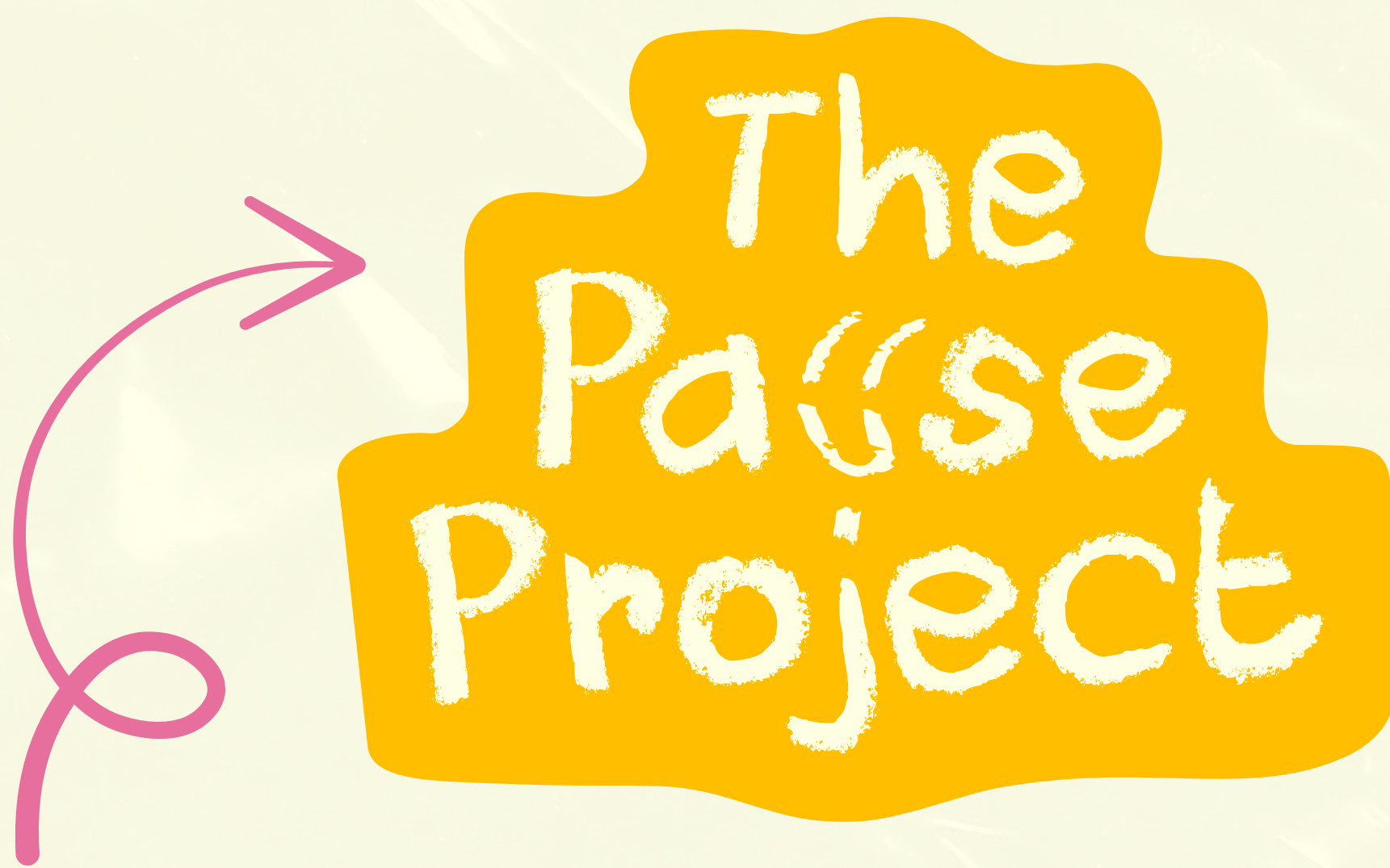
**VALUE**360  
Managing Brand Equity

**people  
matters**









**CLICK ME FOR YOUR DREAM TRIP!**

Curated by Capture A Trip's  
Experiential Journeys, fueled by  
Good Vibes and Zen Mind.



[www.captureatrip.com](http://www.captureatrip.com)



[the.pause.project](https://the.pause.project)