



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

The **Pause Project** is led by **Anandita Kaul, a Mental Wellness Coach, certified yoga instructor, and public speaker** with over **eight years of experience**. 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 helped more than **7,000** people through yoga, meditation, and mindfulness. During the pandemic, she guided **5,000+ people** to calmness and stillness. She has also taken **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

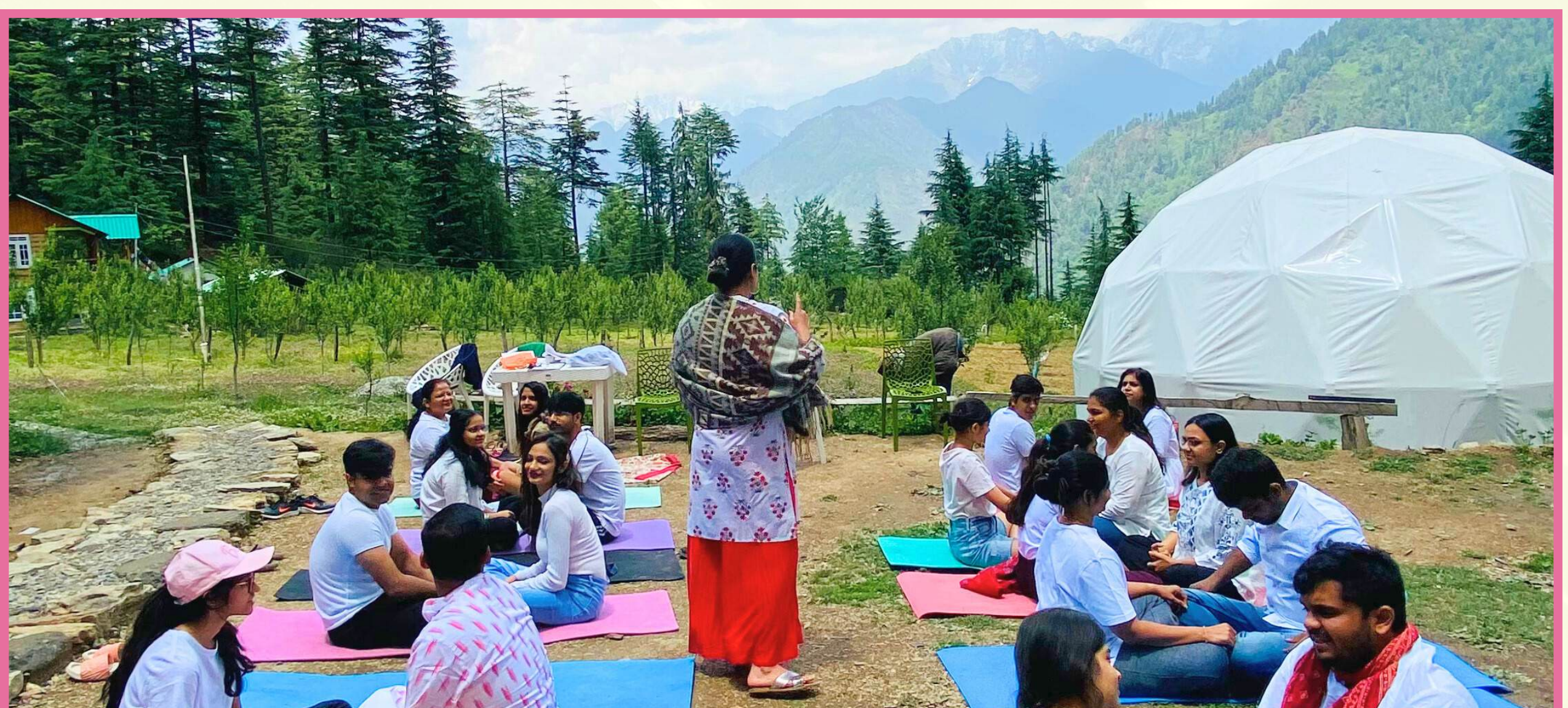
THE UNBURDENING- EMOTIONAL RELEASE & HEALING

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.



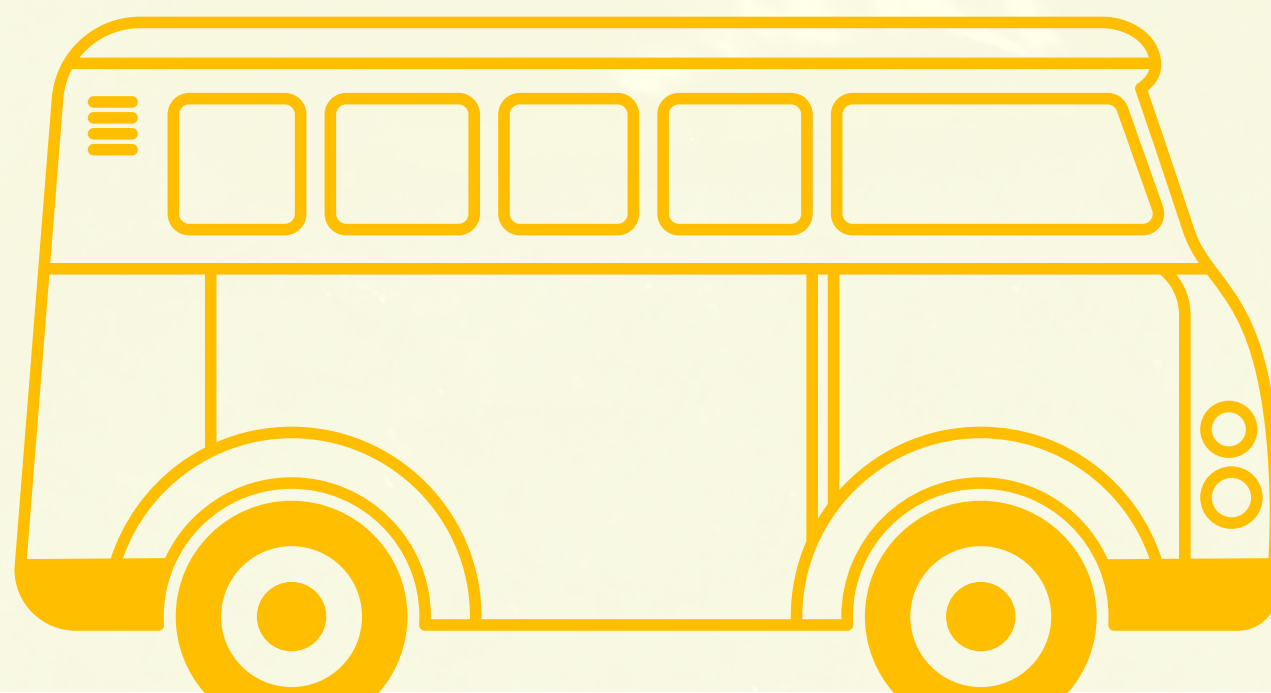
YOUR TRAVEL GLIMPSE

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

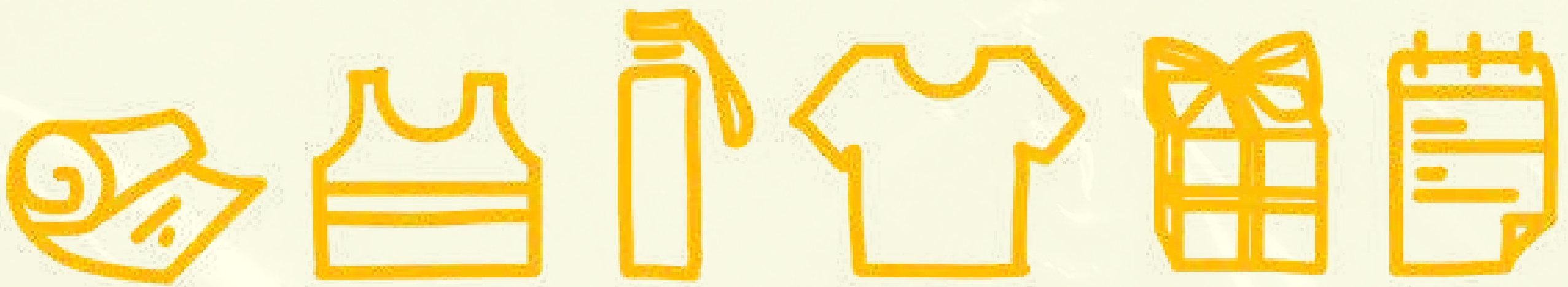
ACCOUNT TYPE: CURRENT



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

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**people
matters**



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PRESENTS



CLICK ME FOR YOUR DREAM TRIP!

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



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the.pause.project