

ठहराव

खुद को खाली करो छोड़ दो

You're not "too angry."
You're just carrying too much.

*There are things your
body remembers that
your mind has learned
to ignore.*

The conversations you
never had. The reactions
you swallowed. The weight
you learned to carry quietly.

This is a space to put it down.

Not by talking it through—
but by *moving it out.*



**MESSY.
LOUD.
CATHARTIC.**

Pop it. Smash it.
Let it out.



**TANGLED.
CONNECTED.
RELEASED.**

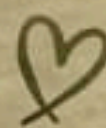
Get tangled in it.
Then break free.



**STILL.
GRATEFUL.
LIGHT.**

Slow down.
Feel what remains.

*Come as you are.
Leave lighter.*



Your Day. Your Release. Your Shift. ♡

This is how your day will unfold.



11:00 AM - ARRIVAL

You walk in.

There's no rush. There are no introductions that feel forced. Soft music.

A warm space.

You're not asked what you do.

Just one simple question:

"How are you arriving today?"

You write one word.

You keep it with you.



11:30 AM – 1:00 PM - RELEASE

This is where things begin to move.

You're given something simple—paper, bubble wrap, space.

You write down what you've been holding.

Or you don't. You scribble. You tear.

And then... you let it out.

This experience can be loud, physical, a little chaotic. It is more freeing than expected.

And then suddenly—silence.

You notice your breath again.

Something has shifted.



1:00 – 2:00 PM - CONNECTION

You're not doing this alone.

The room changes. There are people, threads, and movement. You'll get tangled—literally.

You'll rely on others to find your way out.

And somewhere in that experience, you'll realize:

You were never carrying it alone.





3:00 – 4:30 PM STILLNESS

Everything slows.
 You sit. You write again.
 But this time—not from heaviness.
 From what's left.
 There's a wall that was empty before.
 Now it holds quiet gratitude.
 Not forced. Not perfect.
 Just real.



4:30 – 5:00 PM CLOSING (INDOORS)

You return to your first word.
 You turn the card over.
 And write a new one.
 That moment stays with you.



5:30 – 6:30 PM NATURE WALK AT SANJAY VAN

We step outside.
 No phones. No urgency.
 Just a slow walk through Sanjay Van—
 open, grounding, real.
 For a while, no one speaks.
 And then conversations begin—
 the kind that don't feel heavy anymore.
 (Open for all)



6:30 PM ONWARDS OPEN EVENING (FREE & UNSTRUCTURED)

Nothing to do. Nowhere to be.
 Just space. Lightness.
 And people who shared
 something real with you.

*A full day to empty what you've been holding in.
 Come as you are. Leave lighter. ♡*



What This Experience Is



It's not therapy.
It's not about fixing you.



It's not a workshop
with right or wrong.



It's a space to be real,
raw, and human.



It's about release
in your body,
in your breath,
and in your being.

You might walk in with...

- anger
- overwhelm
- sadness
- confusion
- numbness
- or just a random kind of heavy

You'll walk out with...

clarity, lightness,
and a softer version of you.



The Details



24 May | Delhi



10–20 people only



₹3,000 per person

VENUE

Niv Art Centre

(Nearest Metro: Saket)

A quiet, intimate space
designed for presence.

NATURE WALK AT SANJAY VAN (OPEN FOR ALL)



A gentle walk.



An open evening.



A heart that
feels lighter.




Who This is For

If you've been feeling—

- overwhelmed
- reactive
- heavy without knowing why
- mentally tired
- physically restless
- disconnected

Or simply...

ready to let go. 

If something in you is saying

“maybe I need this...”

Listen to that.

Register now.



Limited spots.

Small group. Real work. Real connection.

