Mind Soul Bridge
By Akanksha Mehta

10–15 December 2026

Burnt out, stuck, or running on empty for longer than you'd admit?

Five nights of *healing* and adventure in Jaisalmer.

A small-group therapy retreat in Jaisalmer, led by a counselling psychologist. Three nights in the old city and two at a desert camp, with an evening out on the open dunes.

Counselling Psychologist · WhatsApp +91 98183 12201

Dates

10–15 Dec

2026 · arrive by 2 PM

Where

Jaisalmer

City and desert camp

Duration

5 nights

3 city · 2 desert

Group

10–14

Limited slots

From

₹27,000

You make your own way to Jaisalmer

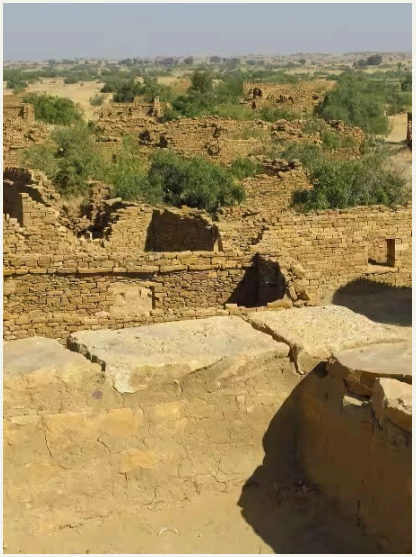
Includes

Stay & meals

Breakfasts, dinners, all internal transfers, every session



Sonar Quila, the living fort



Kuldhara, abandoned since 1825



Fires on the dunes, after dark

Looking for the itinerary? The six days, hour by hour, start on page 6.

What this is

There is real therapeutic work here — facilitated sessions that go somewhere, held by a counselling psychologist. There is also a fort still lived in after eight centuries, a village standing empty since 1825, and an hour when the dunes turn gold and then grey while the fires get going.

Six days, a small group, and a desert that puts things back in proportion.

It suits you if

- You're tired of managing and are ready to look at what's underneath.
- You'd like to meet people who are working things out too.
- You want more than a break.
- You want a holiday that leaves you somewhere different, not just rested.
- You're comfortable being somewhere remote.

Come as you are

- No experience of therapy, meditation or retreats needed.
- No problem you need to arrive with.
- No one to come with — individually, with someone, or as a group.
- Nothing to share before you're ready.

Everyone has an individual session with Akanksha before the retreat. It's where we talk through what you're bringing, answer anything you want to ask, and make sure this is the right thing for you at the moment.

What tends to change over six days.

A rested head

Six days away from traffic, deadlines and the usual demands. It does something that a weekend at home cannot.

Some clarity about what's actually wrong

The desert is unusually good at this. With nothing to distract you, the things underneath tend to surface on their own.

Laughter you'd forgotten about

Shared meals, fires on the dunes, folk nights at camp. Most people are surprised by how much they laugh.

Two or three things you can actually use

Grounding, boundary-setting, a way of noticing a pattern before it runs.

Perspective, in the literal sense

A fort still lived in, a village empty for two centuries, and a sky with nothing between you and it. Scale does what argument can't.

People who saw a little more of the real you

Six days in a small group, with enough time to talk honestly, laugh together, and be around people who are working through things too.



Who holds the room

Akanksha Mehta

Counselling Psychologist · M.Sc. Counselling Psychology

People come to me at very different points. Often they're managing — holding down the job, showing up for everyone, doing it well enough that nobody thinks to ask. And somewhere underneath, running on empty.

I started running retreats because a fifty-minute session once a week is a slow way to reach clarity. Six days somewhere unfamiliar, with a small group and no obligations, gets there faster — not because the setting is beautiful, but because distance loosens the version of yourself you perform at home.

I work relationally and at your pace. I won't push you to share, I won't rush you past discomfort, and I'll meet you wherever you are.

— Akanksha

The six days

Two sessions a day, one module, and unhurried time in between where the ambience does the work.

Day 1

10 Dec

Thursday

City

Arriving

By 2 PM	Arrive in Jaisalmer, however you've chosen to travel. We meet at our stay in the old city — time to settle, and then lunch.
Afternoon	Grounding practice, then our opening circle — introductions, intentions, what we're agreeing to together, and a briefing on kit and how the desert days will work.
Sunset	Down to Gadisar Lake. A tank built in the fourteenth century to keep this city alive, and still the softest place in Jaisalmer to watch the sunset. Boating on the lake is there if you'd like it, at your own cost. Dinner together afterwards, then the evening is yours.

Day 2

11 Dec

Friday

City

The living fort

8:00–10:00 AM	Breakfast, at an easy pace.
11:00 AM	Morning practice — breath, movement, grounding — then our first working session: *inheritance*. What we're carrying that we didn't choose, and what we'd set down if we could.
12:00 PM	Into Sonar Quila, one of the very few forts anywhere still lived in. A walking module through the lanes, the temples and the ramparts, taken slowly. We stay inside the walls until about three.
3:00 PM	Lunch in one of the cafés inside the fort, most of them looking straight out over the old city.

Afternoon onward	*Yours. The bazaars below the fort, the lanes, a rooftop somewhere — wander as long as you like.*
6:30 PM	We reconvene for the day's closing circle — what the fort brought up. Then dinner together.

Day 3

12 Dec

Saturday

Desert

The passage, then the dunes

8:00–10:00 AM	Breakfast, at your own pace.
10:30 AM	We leave for the desert, civilisation disappearing as you watch. Kuldhara en route: an abandoned village, empty for nearly two centuries, and what a place holds after everyone has gone.
Lunchtime	Arrive at camp and settle into the tents. Lunch at the camp, then time to find your way around.
Afternoon	The afternoon is open. The camp runs its own camel safaris, desert bikes and jeep trips out to the far dunes. If you'd like to do one, tell us and we'll help you set it up and sort the logistics — you book it at the camp and pay the operator directly. Resting with a book is just as good a use of the afternoon.
Sunset	We gather on the sand as the light goes.
Evening	Evening circle. We sit with what the drive out stirred up, and with Kuldhara — what a place holds once everyone has left it, and what that touches in us. Then dinner at camp, and the folk music and fire if you'd like it, or the dark and an early night.

Day 4

13 Dec

Sunday

Desert

The deep day

8:00–10:00 AM	Breakfast, at an easy pace.
11:00 AM	Morning practice, then the retreat's deepest session — the one everything so far has been building toward. Long, and unhurried.

Afternoon onward	*The rest of the day is yours. Rest at camp, or head back out to the sands with whoever's going. One-to-one check-ins run through this window. Nothing asked of you until the evening.*
Night	Evening circle, then we drive out from camp to the open dunes and sit around small fires under one of the darkest skies in India. Come back whenever you're ready — the vehicle waits.

Day 5

14 Dec

Monday

City

Back, and what it means

8:00–10:00 AM	Breakfast at camp.
11:00 AM	Morning practice at camp, then the drive back to the city.
Afternoon	Back into the old city for Salim Singh ki Haveli, with its peacock-shaped roofline, then a short walk to Patwon ki Haveli — five merchant mansions built side by side, carved sandstone and impossible balconies.
6:00 PM	Integration session — what this means when you land, and what holds.
Evening	Closing circle, then a last dinner together. Final night in a bed.

Day 6

15 Dec

Tuesday

City

Breakfast, and goodbyes

8:00–10:00 AM	Breakfast together, unhurried — the last one.
From 10:00 AM	We say our goodbyes and the retreat closes here. Departures from mid-morning onward, whenever your travel suits.

Rooms and prices

Land-only. Your stay, breakfasts, dinners and transfers are in the price.

Come individually, with someone, or as a group. Rooms and tents are allocated on booking and are same-gender by default. If you are travelling with a partner, a friend or your own group, tell us and we will put you together whatever the mix, in the room category you have booked.

Most people

Twin

₹30,000

per person

Twin room in town, twin tent at camp.

Shared

₹27,000

per person

Shared room in town and shared tent at camp, 3–4 people.

Private

₹35,000

per person

Room to yourself, own tent.

Included

3 nights in Jaisalmer city · 2 nights in desert camp · **all breakfasts and dinners, in the city and at camp** · all internal transfers · all programme materials · a 30-minute session with Akanksha before you travel.

Not included

Travel to and from Jaisalmer · lunches · entry tickets to the fort, Kuldhara and the havelis · boating · optional camel safari and desert bike (₹800–2,500, booked at the camp and paid directly to the operator) · personal expenses. Nothing in the programme depends on the optional activities.

₹3,000 off our Udaipur retreat in January for anyone who comes on this one.

Getting there

Your own arrangement — fly, take the train, or come by road.

We meet at our stay in the old city. Arrive by 2 PM on 10 December. You can leave any time from the morning of 15 December.

By air

Jaisalmer (JSA)

Direct flights from Delhi through the winter season, about an hour and a half. From other cities you'll usually connect via Delhi or Jaipur. Fares are lowest around six weeks out and the route is seasonal — book early. Typically ₹8,000–14,000 return.

By train

Overnight from Delhi

Several services run to Jaisalmer, including overnight from Delhi and from Jodhpur. Slower but considerably cheaper, and the last stretch across the Thar is worth being awake for. Sleeper berths go early in season.

By road

Via Jodhpur

About 285 km from Jodhpur, roughly five hours on good road, with regular buses and taxis. Delhi by road is a long haul and we wouldn't recommend arriving that way the same day.

Delayed and missed the opening session? Join us the following morning at your own cost. If you miss the departure for the desert on the 12th, we're unfortunately unable to bring you out separately.

Making your booking

Straightforward, and generous where it matters.

Booking and payment

₹10,000 confirms your place. The balance is due 21 days before departure — by 19 November.

Please book your travel only after your place is confirmed.

Want to talk before you book? Message or call us on WhatsApp — ask anything at all.

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Once your place is confirmed we'll book you a 30-minute session with Akanksha before you travel. It's where you can ask anything, and where we make sure the retreat fits where you are — worth doing properly, since the desert camp is some distance from the nearest hospital. If that session makes clear the retreat isn't right for you now, you get everything back in full, including the ₹5,000 that is otherwise non-refundable.

Cancellation policy

₹5,000 of the deposit is non-refundable in all circumstances. Cancel more than 10 days before departure and everything else comes back — no reason needed, no questions asked. Or carry the full amount forward to a future retreat, whichever you'd prefer.

Inside 10 days our bookings are committed and we're unable to refund. Your own travel costs aren't recoverable through us. If something serious has happened, talk to us. We'll do what we can.

You can also pass your place to someone else up to 7 days before, at no charge, once they've had their session with Akanksha.

Good to know

The small print, in plain words.

Timings are fixed. Please arrive in Jaisalmer by 2 PM on 10 December, and be ready when the group leaves for the desert at 11 AM on 12 December. Keep us updated on WhatsApp if you're running late. We can't hold the group, and a missed departure isn't refundable.

Photo ID. Please carry a valid government photo ID. Hotels and the desert camp will ask for it at check-in.

Plans can change. Weather, road conditions, the group's needs or someone's physical comfort may mean adjusting the schedule. Any change is made with safety, comfort and wellbeing first.

Respect for the group. This is a small, close group and it runs on mutual respect. Behaviour that makes others unsafe or uncomfortable means we'll ask you to leave, at your own cost and without a refund.

Things outside our control. We can't be responsible for delays, changes or extra costs caused by weather, natural events, accidents, vehicle breakdowns, road or political closures, or anything similar.

Activities affected by weather or restrictions. If one can't go ahead, we'll do our best to arrange a good alternative. We're unable to refund for it.

Insurance. We don't provide travel or medical insurance. We'd recommend arranging your own cover for illness, accidents and loss.

Unused inclusions. If you choose to skip a meal, a session or part of the programme, we're unable to refund it.

Your belongings. Please look after your own luggage and valuables. We can't be responsible for anything lost or stolen along the way.

Before you go

The desert gets genuinely cold at night.

Early December days sit near 25°C and nights fall to around 10°C, sometimes lower with wind chill. Please take this seriously.

- A warm jacket — not just a hoodie
- Thermal or long-sleeved base layers for the camp nights
- Layers you can add and remove through the day
- A scarf or shemagh — wind and sand, and it doubles as warmth
- Closed walking shoes with grip for dune walking
- Socks, more than you think
- Sunscreen, sunglasses, a hat
- A small torch
- Power bank — charging at camp is limited
- Any personal medication, in original packaging
- Wet wipes and basic toiletries

Questions

The things people ask before booking.

Do I have to give up my phone?

No. Phones stay with you. We ask that they're off and away during sessions and circles, so the time together is really together. The group agrees to this together on the first afternoon. Signal in the desert is patchy regardless, so let people at home know in advance.

What's the desert camp actually like?

Permanent Swiss tents with beds and bedding, bathrooms attached or adjacent depending on the category. Electricity and phone signal are limited and sometimes absent. The camp runs its own folk music evenings on most nights — you're welcome to attend or not, and no one will notice which you choose.

Is it worth ₹27,000 plus travel?

You get ten facilitated sessions, a one-to-one before you travel, six days away, and your stay, breakfasts, dinners and all internal transfers. Similar facilitated retreats in India run ₹40,000 to ₹80,000, and aren't led by a counselling psychologist. We also run this in December on purpose — the best month there is to be in the Thar, clear and dry and around 24°C by day, and the one time of year the desert is comfortable enough to walk by afternoon and sit out in after dark. **All of that sits inside the price.**

What if I'm introverted?

You'll probably find it easier than you expect. There's no forced sharing, the group is small enough to feel safe quickly, and there's always room to step back when you need to. A lot of quieter participants say the friendships were what surprised them most.

Is it safe to come alone as a woman?

Yes. Rooms and tents are same-gender by default and allocated by us in advance rather than picked on arrival. If you are coming with a partner, a friend or your own group, tell us and we will room you together whatever the mix. You're with the group and a facilitator throughout, including the transfers.

What if something comes up for me out in the desert?

Everyone gets an individual check-in on the Sunday afternoon at camp, and you can extend it. If something comes up at any other point, say so and we'll make time. The camp is 45 minutes from Jaisalmer town if anything needs more than that.

Are the camel rides and desert bikes compulsory?

No. They are not part of the retreat and nothing in the programme depends on them. They are offered at the camp on the Saturday afternoon. If you'd like to do one, tell us and we'll help you arrange and coordinate it — you book it at the camp and pay the operator directly, and nothing you pay for it comes to us. Resting with a book is an equally good use of that afternoon.

How is this different from a desert tour with a wellness element?

It's led by a qualified counselling psychologist, there's a conversation before you travel, and the sessions are real therapeutic group work rather than guided relaxation. The places are chosen for what they do therapeutically — Kuldhara for what a place holds after everyone has gone, the fort for inheritance, the open dunes for scale. The desert is the instrument, not the itinerary.

A small group. Two nights at camp, and one night out under that sky.

Message us with anything you want to ask, or send your details and we'll come back to you. Either way, nothing is owed until you decide.

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