Mind Soul Bridge
By Akanksha Mehta

14–21 January 2027

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

Six days in Udaipur to hear *yourself* think.

A small-group therapy retreat led by a counselling psychologist. Real sessions, unhurried days, and a city built around water — lakes, hills, old streets worth getting lost in.

Counselling Psychologist · WhatsApp +91 98183 12201

Dates

14–21 Jan

2027

Where

Udaipur

Return travel from Delhi

Duration

6 days

5 nights in Udaipur · 2 on the road

Group

10–14

Limited slots

From

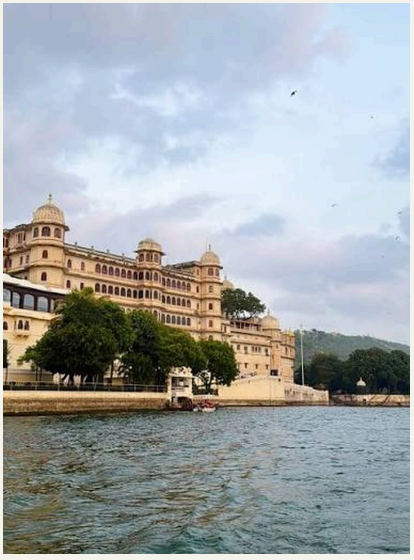
₹25,000

Travel from Delhi included

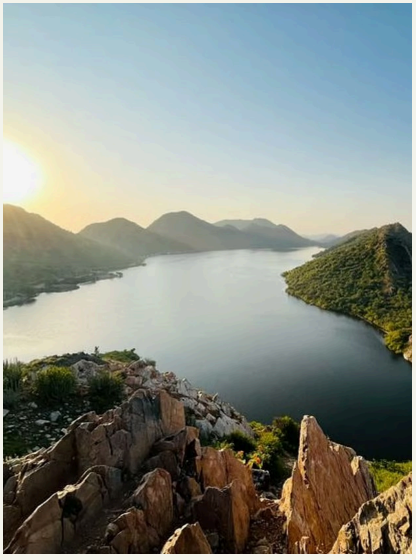
Includes

Travel & meals

Return coach, breakfasts, dinners, every session



The City Palace from Lake Pichola



Sunrise from Bahubali Hills



Jagmandir, the island palace

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 lake that keeps the light long after the sun has gone, a sunrise from Bahubali Hills, and a fort at Chittorgarh big enough to lose an afternoon in.

Six days, a small group, and enough quiet to hear yourself think.

Who this is for

You're tired in a way sleep doesn't fix.

You're in the middle of a decision, a transition, or a stretch of work that has stopped meaning anything.

You've been functioning, but not really feeling.

You want a week that is genuinely restorative and genuinely enjoyable.

You're looking for a holiday that means something — one you come back from changed, not just rested.

You'd like company — a small group who will know you properly by the end of the week.

You've done some inner work and want a shift that words alone haven't brought.

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.

Some clarity about what's actually wrong

Most people arrive knowing they're tired and not much else. Naming the thing underneath is usually the week's first real relief.

A quieter nervous system

Daily breath and movement practice, unhurried mornings, and five nights of proper sleep. The physiological part matters more than what people expect.

Language for what you're feeling

Emotional vocabulary you didn't have before, which turns out to be most of what makes a feeling manageable.

Two or three things you can actually use

Grounding, boundary-setting, a way of noticing a pattern before it runs. Small, portable, and yours to keep.

A clearer sense of direction

Not a five-year plan. Usually one decision that had been stuck, and some idea of why.

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 place to explore, and the city in between.

Day 0
14 Jan
Thursday

Delhi, and the road south

Night	We meet at the pickup point in Delhi and travel overnight by luxury tempo traveller or sleeper bus, depending on group size, with water and snacks for the road. The exact departure time will be confirmed with you nearer the date.
Overnight	A short orientation on board, then the night is yours to sleep through. Dinner stop en route, at your own expense.

Day 1
15 Jan
Friday

Arriving, slowly

Morning	Into Udaipur, and breakfast first. Check in. Nothing is scheduled until you have rested enough.
Afternoon	Grounding practice, then our opening session and circle — what you've come for, what we're agreeing to, how the group will hold what's shared.
Sunset	A slow walk down to Gangaur Ghat to watch the light go over Lake Pichola.
7:00 PM	Dharohar at Bagore ki Haveli, right on the ghat — an hour of Rajasthani folk dance and music in the courtyard of an eighteenth-century mansion.
Night	Our first dinner together.

Day 2
16 Jan
Saturday

The old city, and what we're living for

8:00–10:00 AM	Breakfast, at an easy pace.

11:00 AM	Morning practice — breath, gentle movement, grounding. Then a slow walk through the lanes of the old city to the City Palace — the largest palace complex in Rajasthan, with courtyards and balconies looking straight down over Lake Pichola. Lunch somewhere in the old city along the way.
Afternoon	By vehicle out to Saheliyon ki Bari — the garden of the maids of honour, built for a princess and her companions: fountains, lotus pools and marble elephants, and a good deal quieter than the old city.
Evening	Our first working session: *values and vocation*. What am I actually spending my life on, and what would I choose if I were choosing freshly. Then dinner together.

Day 3

17 Jan

Sunday

Bahubali Hills at sunrise

4:00 AM	We collect you and drive out to Bahubali Hills in the dark. A short climb, silent on the way up, so that you are at the top as the light comes — the lakes and the Aravallis opening out below. Weather permitting, we catch the sunrise.
After	Back down, and breakfast.
Afternoon	> *Yours, and you will want it. Sleep it off, or head into the markets and eat wherever you like. One-to-one check-ins run through this window. Back with the group by five.*
5:00 PM	Out to Fateh Sagar. A slow walk along the water as the light goes, with the hills turning dark around the lake — the calmer, more local of Udaipur's lakes.
Night	Evening circle — what the hill brought up — then dinner together.

Day 4

18 Jan

Monday

Making

8:00–10:00 AM	Breakfast, at an easy pace.
10:00 AM	Morning practice, then the creative session — hands busy, guided, no artistic experience required and no one judging your brushwork. It's surprising how much comes up when you're not looking directly at it.

11:30–12:30	Straight into the processing session while it's still close. The deepest work of the retreat usually lands here.
1:00 PM	We leave for Jagmandir, the island palace out on Lake Pichola — the boat across, the courtyards, water on every side. There is no session here. It is simply a place worth giving an afternoon to.
Night	Evening circle, then dinner together. A quiet one — most people are tired by now, in a good way.

Day 5

19 Jan

Tuesday

Chittorgarh

8:00–10:00 AM	Breakfast, at an easy pace.
11:00 AM	Morning practice, then we leave for Chittorgarh.
Afternoon	The fort — the largest in India, and a place that carries its history heavily. We walk it, then lunch, and then a working session on the ground: what it is like to stand somewhere that has carried so much, and what rises in us when we do.
Night	Back in Udaipur. Closing circle and final takeaways, then dinner together.

Day 6

20 Jan

Wednesday

Taking it home

8:00–10:00 AM	Breakfast, then check out.
11:00 AM	Closing circle, unhurried. What holds once you're home, what changes, what support you have.
Afternoon	> *Yours. A last wander through the old city, the ghats, the bazaar — whatever you didn't get to.*
6:00 PM	Everyone at the departure point by 6. We leave for Delhi overnight and arrive early on Thursday morning, 21 January.

Rooms and prices

Travel from Delhi, your stay, breakfasts and dinners — all in the price.

Come individually, with someone, or as a group. Rooms 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

₹29,000

per person

A room shared with one other person.

Shared

₹25,000

per person

A room shared with 3–4 people.

Private

₹35,000

per person

A room to yourself.

Included

Return travel from Delhi by luxury tempo traveller or sleeper bus · 5 nights' accommodation · **all breakfasts and dinners in Udaipur** · all internal transfers · all programme materials · a 30-minute session with Akanksha before you travel.

Not included

Lunches · meals on the road to and from Delhi · entry tickets to the City Palace, Saheliyon ki Bari, Chittorgarh Fort, Dharohar and other sites · boat rides, including to Jagmandir · personal expenses. Entries and the Jagmandir boat come to roughly ₹1,000–1,500 per person across the week, paid as we go.

₹3,000 off for anyone who came to our Jaisalmer retreat in December.

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 24 December.

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

+91 98183 12201

+91 81300 78485

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. 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. 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.

Departures are fixed. The group leaves Delhi at 9 PM on 14 January and Udaipur at 6 PM on 20 January. Please be at the departure point on time and 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. It's checked before boarding, and you won't be able to travel without one.

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

What to bring

January in Udaipur runs about 9–24°C — genuinely cold before sunrise, pleasant by midday.

- Comfortable walking shoes with grip — there's a short hill climb and a fair amount of uneven ground
- Warm layers, and a proper jacket for early mornings, evenings by the lake and the boat
- Sunscreen, sunglasses, a hat
- A refillable water bottle
- Any personal medication, in original packaging
- A torch
- Basic toiletries — shared bathrooms in some room categories
- Government photo ID, checked before boarding
- A notebook if you'd rather use your own — one is provided

Travelling from outside Delhi? Reach Delhi before 3 PM on 14 January, and book your return from Delhi after 12 PM on 21 January.

Questions

The things people ask before booking.

Do I need to have been in therapy before?

No. Plenty of people arrive having never done any of this. You'll have a 30-minute session with Akanksha before you travel, which is where we make sure the retreat fits where you are.

Will I have to share things I'm not ready to share?

Never. There's no forced sharing at any point, and no expectation that you speak in every circle. Some of the most useful days people have here are quiet ones.

Is it safe to come alone as a woman?

Yes. Rooms 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. The group travels together and there's a facilitator with you throughout.

What's actually the difference between this and a wellness retreat?

This is led by a qualified counselling psychologist, not a wellness facilitator or a coach. The sessions are real therapeutic group work with a clinical structure behind them, there's a one-to-one session with Akanksha once you've booked, and a check-in during the week. If you'd like to talk before booking, message her on WhatsApp. The travel is the setting, not the substance.

Can I bring my partner or a friend?

Yes — tell us and we'll room you together. One thing worth knowing: we'll usually seat you apart in circle. It's easier to speak freely when the person who knows your daily life isn't sitting beside you, and you'll both get more out of the week for it.

Is it worth ₹25,000?

You get twelve facilitated sessions, a one-to-one before you travel, six days in Udaipur, return travel from Delhi, and your stay, breakfasts, dinners and all internal transfers. Comparable facilitated retreats in India start around ₹50,000 and climb from there, and aren't led by a counselling psychologist. We also run this in January on purpose — the best month to be in Udaipur, dry and clear and around 24°C by day, and the most expensive time of year to travel and stay there. **All of that sits inside the price.**

What if I'm introverted?

You'll probably find this easier than you expect. There's no forced sharing, no icebreakers, and no expectation that you speak in every circle. There's always room to step back when you need to, and nobody will chase you out of your room. A lot of our quietest participants say the silence was the part they valued most.

What's the group like?

Deliberately small — small enough that everyone gets real airtime in a circle and nobody disappears. Aged 18 and up with no upper limit, mixed backgrounds, mostly working professionals, mostly first-timers.

What if I need to talk to someone one-to-one during the week?

Everyone gets an individual check-in mid-retreat as standard, and you can extend it. If something harder surfaces, say so and we'll make time.

A small group. One week in January.

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.

WhatsApp or call +91 98183 12201
+91 81300 78485