

A woman with dark hair tied in a bun, wearing an orange textured top, is holding a traditional mate cup with a metal straw. She is looking off to the side with a thoughtful expression. The background is a lush green foliage.

REE

A RETREAT FOR WOMEN

From Doing to Being

18-20 SEPTEMBER 2026 | ARBOR ROAD ESTATE

THE ESSENCE

Three days rooted in Yoga, Kalaripayattu, chanting, and the classical arts — to learn what no holiday teaches: how to be replenished from within.

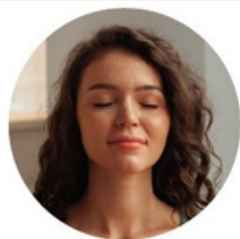


RETREAT HIGHLIGHTS



NATURE IMMERSION

Walk slowly. Sit beneath a tree. Let morning light, open skies and quiet spaces restore your natural rhythm.



MOMENTS OF JOY

Music, shared laughter and experiences that awaken ease, warmth and connection.



TIME TO BE

Structured coursework that teaches you how to replenish from within

THE PRACTICES

CLASSICAL HATHA YOGA

Precise, experiential practices to bring balance, stability and a deeper awareness of the body.

KALARIPAYATTU

An encounter with the discipline, vitality and grace of one of India's ancient martial traditions.

SACRED CHANTS

Sound and vibration as a doorway into stillness, attention and a subtler experience of yourself.

MUSIC & CLASSICAL ARTS

Moments of beauty and expression that allow the inner world to soften and unfold.

MEDITATIVE PROCESSES

Simple guided processes to create space between constant movement outside and the stillness within.



NOURISHMENT & SANCTUARY

NOURISHING SATTVIC MEALS

Thoughtfully prepared vegetarian meals that are light, wholesome and supportive of the retreat rhythm.

- Freshly prepared, seasonal food
- Simple flavours and mindful portions
- Tea and nourishing refreshments



A PRIVATE NATURE RETREAT

Arbor Estate is reserved exclusively for REE, allowing the group to settle into a quiet, intimate environment surrounded by nature.

EVENINGS, HELD GENTLY

Bonfire warmth, music, reflection and quiet conversation bring each day to a soft close. Nothing is rushed. Nothing needs to be proved.



YOUR STAY

A QUIET SPACE TO RETURN TO



Set amidst nature, your stay at REE is designed to feel intimate, restful and unhurried.
The property is reserved exclusively for the retreat.

TWIN SHARING

Rs. 48,000 per person

Share your space with one other retreat participant.

PRIVATE STAY

Rs. 64,000 per person

A space entirely your own throughout the retreat.
Limited availability.

BOTH STAY OPTIONS INCLUDE

- Two nights of accommodation
- Ensuite accommodation
- All nourishing sattvic meals & refreshments
- The complete REE retreat experience

Accommodation varies across the property. Rooms and suites are allocated based on occupancy and retreat logistics.

RETREAT DETAILS

DATES

18-20 SEPTEMBER 2026

LOCATION

ARBOR ESTATE

GROUP SIZE

LIMITED TO 12 WOMEN

Stay Options

Twin - INR 48,000 PER PARTICIPANT
Private - INR 64,000 PER PARTICIPANT

INCLUDES

2-NIGHT STAY, ALL MEALS, PRACTICES, EXPERIENCES & MATERIALS

FACILITATORS

SRIUSHA KALLURI, MANASA GANGA & ADHARSH

12 women. Three days. One journey.



WHO REE IS FOR



*For the woman who
holds everything
together*

The work, the home, the people who depend on you - you hold it all up, gracefully, and somewhere along the way the tiredness stopped going away with sleep. That is not weakness. That is what happens when everything flows out and nothing flows back in.

A holiday distracts you from it, for a while. Ree does something else entirely: it teaches you to replenish from within, through practices that Indian traditional sciences have refined over centuries — so that the steadiness returns home with you, and stays.

A SMALL, INTIMATE RETREAT

REE is intentionally limited to 12 women. The intimacy of the group allows the retreat to remain personal. This is not a packed wellness itinerary. Every element - including the spaces between sessions - is thoughtfully curated.

From activity to awareness. From constant doing to simply being.

YOUR FACILITATORS



SRIUSHA KALLURI

CLASSICAL HATHA YOGA TEACHER

SriUsha Kalluri is a Classical Hatha Yoga teacher trained at Sadhguru Gurukulam, having undergone over 1,750 hours of intensive teacher training in the classical tradition of Hatha Yoga. She has been teaching for over 5 years.

Leaving behind a career in software engineering to pursue Yoga, SriUsha has since dedicated herself to offering these practices in their classical form, creating spaces where people can experience Yoga beyond physical movement—as a means to bring greater balance, awareness and inner wellbeing.

At REE, SriUsha anchors the retreat through Classical Hatha Yoga and meditative processes, gently guiding participants from the constant momentum of everyday life towards a deeper experience of stillness and presence.

From doing to being.



MANASA GANGA

ISHA SAMSKRITI ALUMNA | Music|Chants|CO-FACILITATOR

Having spent her formative years immersed in the rich traditions of Indian classical arts at Isha Samskriti, Manasa Ganga brings with her a deep connection to the discipline, beauty and subtlety of these ancient forms.

Her years of dedicated training have shaped not only her artistic expression, but also an experiential understanding of how classical arts can become a means to cultivate grace, awareness and inner balance.

At REE, Manasa offers participants a glimpse into this world—inviting them to experience classical arts not merely as performance, but as a pathway to deeper involvement and expression.



ADHARSH

ISHA SAMSKRITI ALUMNA | Kalari| CO-FACILITATOR

Adharsh has been immersed in Kalaripayattu, the traditional martial art form of Kerala, for over 15 years. Introduced to Kalari at a very young age, his years of dedicated training have allowed him to experience and embody the form in its authentic, raw expression.

He has received several accolades at state and national-level competitions, reflecting his long-standing discipline and commitment to the practice.

At REE, Adharsh brings participants an opportunity to experience the strength, grace and dynamism of Kalaripayattu.

CONTACT | SRIUSHA KALLURI | +91 63006 97485

A woman with dark hair and a bindi is sitting in a meditative lotus position on a large, grey rock. She is wearing a white long-sleeved tunic with red floral embroidery on the chest and a red and white striped skirt. Her hands are resting on her knees in a mudra. Behind her, a waterfall cascades over rocks into a pool of water. The background is a lush, green forested hillside under a clear blue sky.

THREE DAYS AWAY

A DIFFERENT WAY TO RETURN

REE

From Doing to Being

18-20 SEPTEMBER 2026 | ARBOR ESTATE | 12 WOMEN ONLY

RESERVE YOUR SPACE