

# Sama: A Wellness Immersion Under the Spring Equinox



Experience a Sound Healing & Yoga Retreat  
with Nyāsa Wellbeing & retreat leader  
Hormazd Siganporia

March 20th-22nd, 2026 | At Hotel Irada (near Pune)





## Sama: A Sound Healing Retreat



**Duration:** 2 nights, 3 days

The Spring Equinox is a rare pause in the year, a moment when nature resets its rhythm. Light and dark meet as equals, and everything begins again.

This retreat is designed to give your system the same reset. Over three days, we slow the body down through sound baths that calm the mind, classical yoga that releases stored tension, breathwork that resets the nervous system, and guided rest that lets the brain switch out of stress mode. These practices don't demand effort; they create conditions where your body can finally repair itself.

When that happens, clarity returns. Sleep deepens. Your thoughts become quieter. Your energy feels steady again, instead of scattered. You become more present and less driven by what came before.

If you're entering the year feeling stretched, distracted, or simply ready for a fresh start, the Equinox is an ideal moment. Join us for a weekend that helps you step into the next season feeling rested, refreshed, and ready for exciting possibilities.

**Celebrate the Spring Equinox with Nyāsa Wellbeing & Hormazd Siganporia.**

# PRACTITIONERS

## The Retreat Leader: Hormazd Siganporia

With over 23 years of experience in wellness and hospitality, **Hormazd**, (popularly known as Homi) brings a rare blend of mastery, presence, and warmth to every experience he curates. As the spa trainer and consultant for Nyāsa Wellbeing, he has played a foundational role in shaping its wellness concept and Signature Experience—integrating timeless healing principles with refined, contemporary sensibilities.

A seasoned and specialised sound healer, Hormazd is known for crafting deeply immersive sessions that open space for rest, emotional release, and recalibration. His retreat work spans diverse landscapes—from the lush serenity of Sri Lanka to the soulful hills of Tuscany, Italy—and across India, where he has led transformative journeys grounded in embodied practices, mindful movement, intuitive rituals, and elemental wisdom.

For this 3-day Sound Healing Retreat, Hormazd weaves together his global exposure, therapeutic skill set, and intuitive facilitation style to guide guests into a state of expanded awareness, inner softness, and energetic clarity. His approach is gentle yet profound, rooted in genuine care, meticulous attention to detail, and decades of hands-on experience working with individuals and teams across the wellness world.

Whether through sound, breath, silence, or subtle energetic cues, Hormazd holds a space that feels safe, elevated, and deeply nourishing—an invitation to slow down, reconnect, and realign.



# PRACTITIONERS

## Yoga and Meditation Teacher: Karthik Jayakumar

Karthik Jayakumar is a classically trained Yoga and Meditation Teacher with over a decade of experience sharing traditional yogic wisdom and holistic wellbeing. Trained at the esteemed Bihar School of Yoga, he blends deep, time-honoured teachings with a clear and contemporary approach.

With expertise in Hatha and Raja Yoga, Karthik is known for guiding participants beyond the mat, helping them integrate simple yet transformative practices into everyday life. He has taught across ashrams, corporate environments, and renowned wellness retreats, including Ananda in the Himalayas. He currently heads yoga and serves as a Wellbeing Advisor at Nyāsa Wellbeing.

For this Spring Equinox Retreat, Karthik brings a calm, intuitive presence supporting participants in harnessing the reflective and expansive energy of the full moon. Through mindful movement, breathwork, mantras, and meditative awareness, he helps participants deepen inner clarity, release what no longer serves, and realign with their natural rhythm. His sessions offer a nourishing space to reset, reconnect, and open to renewed wellbeing.





# Who Is It For & What To Expect

## Who Is It For

**This retreat is designed to help participants:**

- Renew and reset at the start of the year
- Cultivate inner clarity and intuitive awareness
- Experience deep somatic and mental relaxation
- Strengthen the connection between body, breath, and inner guidance
- Restore the nervous system through sound-based modalities
- Carry forward a sense of balance, purpose, and inner calm
- Bounce back from burn out
- Acquire a Reset mode

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## What To Expect

**Each day unfolds:**

- Sound Bath
- Mantra experience
- Yoga and Pranayama breathing
- Nada Yoga
- Yoga Nidra
- Nature walks



# SCHEDULE

## DAY 1

12:00 - 1:00 PM

Arrival &  
Welcome Tea

2:30 - 3:30 PM

Opening Circle

3:30 - 5:00 PM

Personal time to  
explore the Estate &  
Wellness offerings



5:00 - 6:00 PM

Yoga Nidra &  
Pranayama

7:00 PM

Sound Healing  
Journey Begins

8:30 PM

Dinner

## DAY 2

8:30 - 9:30 AM

Mantra experience & Morning  
yoga



9:30 - 10:30 AM

Breakfast

10:30 - 3:00 PM

Personal time to  
explore wellness  
offerings & Journaling

3:00 - 4:30 PM

Yoga Nidra with  
Chakra awareness

4:30 PM

Tea

5:30 - 7:00 PM

Guided Sunset Walk

7:00 PM

Sound bath

8:30 PM

Dinner & Bonfire  
with sharing circle  
(Optional)

## DAY 3

8:30 - 9:30 AM

Nada yoga

9:30 - 10:30 AM

Breakfast

10:30 - 12:00 PM

Integration Sound  
Healing

12:00 PM

Final journaling



12:30 PM

Closing Circle &  
Departure



# ABOUT IRADA

hotel irada

Hotel Irada is a 66-acre working winery, cradled by 4000 acres of reserve forest, bringing soul to every detail through wine trails, forest rituals, and the creative spirit of a new India.

Palm-lined drives open into grand staircases, tower views, and sunlit terraces, while suites feature warm wood, textured fabrics, and thoughtful, art-led detailing.

Surrounded by vineyards and forested plateaus, the estate offers a quiet sense of escape with walking trails, open-sky decks, a striking poolside setting, and modern leisure spaces like padel and pickleball courts. With its emphasis on craft, calm, and slow living, Irada offers an elegant yet unhurried environment that pairs seamlessly with a transformative wellness immersion.



# What's Included

- Retreat inclusions, mentioned in the schedule
- Luxurious accommodations at Irada
- Breakfast & Dinner at the Irada all-day dining restaurant; lunch can be at your own leisure at any of the 3 Irada dining venues on an a la carte payment (not included in the retreat price)
- Complimentary access to all the hotel facilities –pool, jacuzzi, steam, sauna, etc.

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## Prices

- **INR 30,000** plus taxes per night for single occupancy
- **INR 40,000** plus taxes per night for double occupancy

\*Suite accommodations are also available at additional rates.

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## How To Get There

### **Hotel Irada is located:**

- 2 hour drive from Pune International Airport
- 4 to 5 hour drive from Mumbai
- 4 to 5 hour drive from Mumbai

For travellers from other Indian cities, the best route is to fly into Pune.



# NYĀSA WELLBEING

*Purity. Divinity. You.*

A sanctuary where tradition meets the contemporary soul, Nyāsa Wellbeing is Irada's wellness partner. It is a movement that invites you to honour the past and live fully in the present.

## *Rooted in Yogic Wisdom*

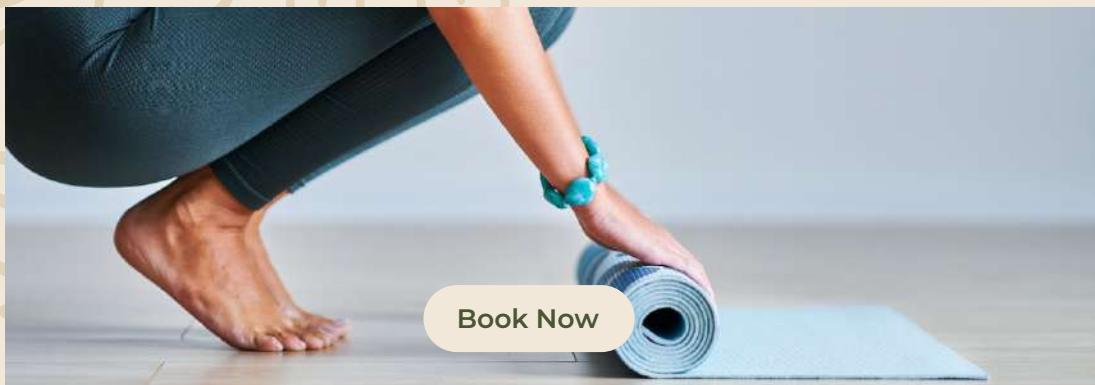
At Nyāsa, we honour the depth of India's ancient traditions — not as rituals of the past, but as living tools for balance, clarity, and transformation. Yoga, breath, and mindful presence form the heart of our philosophy, inviting you to move inward with intention.

## *Designed for the Modern Soul*

Nyāsa reimagines wellbeing for today's world: fluid, approachable, and joyful. Social wellness is at the heart of everything we do. We strip away the noise to help you return to what truly matters: balance, connection, and living life together.

## *Wellness as a Way of Life*

Through expertly designed yoga, spa therapies, and daily rituals, we create space for renewal. Our programmes are curated for depth, integrating ancient practices into modern routines so that wellbeing becomes something you carry home.



Visit our website for further details.

[www.nyāsawellbeing.com](http://www.nyāsawellbeing.com)

For details about the retreat, reach out to us.

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