Journey with Nikita

KARMA TO DHARMA RETREAT

A private three-night residential immersion with Nikita Thakrar

"Transformation begins when the identity that brought you here is no longer asked to lead what comes next."

18-21 JANUARY 2027
SOMERSET, NEAR GLASTONBURY, UK

Journeywithnikita.com

BOOK A PRIVATE RETREAT CONVERSATION

Nothing is visibly wrong.
Yet something is no longer entirely true.

You may have built a life of substance, responsibility and external success. You may be capable, respected and deeply grateful for what you have created. And still, a quieter truth may be asking to be heard.

If you are moving through a significant transition, this retreat is your space to remember who you are beneath the identity you have outgrown.

This retreat is not an escape from your life. It is a private space in which to understand the deeper pattern beneath your present transition, reconnect with your inner authority and listen for what the next chapter is asking of you.

Walk away from this retreat with clarity and confidence, ready to embark on 2027 with ease and grace.

THIS IS NOT A SELF-CARE RETREAT OR A HOLIDAY.

It is a private threshold between the identity that brought you here and the life now asking for a different direction.

START 2027 WITH CLARITY ABOUT YOUR NEXT CHAPTER

This is your space to understand what life is asking of you now.

> *I attended Nikita's retreat last year, which was wonderful. I met like-minded people in a beautiful setting, and I learnt so much about myself.*
>
> ELAINE | RETREAT GUEST

Three nights to reacognis the patterns, remember what is true and discern what comes next.

JOURNEY FROM KARMA TO DHARMA™ | JANUARY 2027

WHY THIS RETREAT

What if you shaped the New Year from truth rather than momentum?

January can arrive with pressure to reinvent, decide and begin again. This experience offers something quieter: time to arrive, soften and recognise what is already changing within you.

ARRIVE	Space to settle in after travelling, without being expected to perform.
LISTEN	A gentle rhythm that allows insight to emerge without urgency.
INTEGRATE	Time for the body, mind and inner world to absorb what has been revealed.
RETURN	A considered close, so you leave with coherence and clarity about the year ahead.

The beginning of a year is not only a time to set goals. It is a time to question who is setting them.

THE RETREAT RHYTHM

Four days.
One coherent journey.

MONDAY — Arrival and Welcome

Afternoon tea, welcome talk, first session, spa and a light supper.

TUESDAY — Pattern and Pilgrimage

Morning session, half-day in Glastonbury, an early seasonal meal and evening spa.

WEDNESDAY — Remembrance and Dharma

Embodiment, spacious integration, deeper facilitated work and a fine-dining celebration dinner.

THURSDAY — Closing and Return

Breakfast, final reflection and a grounded departure.

The detailed flow remains responsive to the group and the work unfolding.

BOOK A PRIVATE RETREAT CONVERSATION

WHO IT IS FOR

This private immersion is designed for accomplished, discerning individuals navigating a meaningful identity transition.

- Your external life may be established yet no longer reflects the whole of who you have become.
- You are entering a significant next chapter in work, family, creativity, contribution or legacy.
- You recognise a pattern intellectually but want to understand why it continues to shape your choices.
- You seek spiritual depth without vagueness or simplistic answers.
- You value privacy, personal responsibility, beautiful surroundings and thoughtful guidance.

Do not let another year be organised by an identity you have already outgrown.

Journey from Karma to Dharma™

A spiritually intelligent framework for seeing the pattern beneath the problem and returning to a more truthful expression of identity and purpose.

01	**PATTERN**	Recognise the identity or repeated dynamic shaping the present threshold.
02	**KARMA**	Understand how the pattern was formed, what it protected and how it once served you.
03	**REMEMBRANCE**	Reconnect with the truth beneath conditioning, responsibility and performance.
04	**DHARMA**	Discern the next chapter from inner authority rather than habit or expectation.

Not fixing. Not performing. Remembering.

A PILGRIMAGE WITHIN THE RETREAT

Sacred sights to initiate your next chapter

On day two, our inner work travels through a carefully curated half-day of sacred monuments, pilgrimage and shared dining.

This is not just sightseeing. It is a change of perspective: time to listen, notice and carry one private inquiry beyond the familiar architecture of daily life.

SACRED SIGHTS

Quiet contemplative time in Glastonbury's garden.

LOCAL CHARACTER

Space to experience the town without rushing

SEASONAL DINING

A relaxed meal at a renowned local restaurant.

THE SETTING

A private Somerset residence near Glastonbury

Selected personally by Nikita, the residence combines historic character, contemporary comfort and enough space for a small group to gather without losing privacy.

EN-SUITE BEDROOMS

Shared twin and limited private occupancy options.

COUNTRYSIDE SETTING

A secluded Somerset base close to central Glastonbury.

SPACE TO GATHER

Generous living and dining areas for conversation and shared meals.

WELLBEING FACILITIES

Private group spa sessions with pool, sauna and hot tubs.

AN IDEAL WAY TO START 2027

Private residence. Thoughtful hospitality. Space to breathe and be you.

This luxury retreat is held within a private countryside setting, with en-suite accommodation, generous shared spaces and designated spa.

Meals follow the rhythm of the experience: afternoon tea on arrival, relaxed brunches, a curated Glastonbury dining experience, nourishing refreshments and a closing celebratory dinner.

The Karma to Dharma method has changed every aspect of my life. I now listen to my higher self daily and make decisions from my intuition." – Priyanka Shah

WHAT IS INCLUDED

You will be supported and held from arrival to departure

- ✓ Three nights' en-suite accommodation
- ✓ All meals, snacks and refreshments
- ✓ Facilitated Journey from Karma to Dharma programme
- ✓ Curated half-day Glastonbury experience with group transport
- ✓ Yoga, Meditation & Dance sessions
- ✓ Seasonal dining in one of Glastonbury's most highly rated restaurants
- ✓ Spa facilities – Indoor heated pool, sauna, plunge pool and hot tubs
- ✓ Luxury retreat workbook and materials
- ✓ Pre-retreat welcome gathering online
- ✓ Post-retreat integration session online

Journey with Nikita

Nikita Thakrar is a TEDx speaker, author and creator of the Journey from Karma to Dharma methodology. The work draws upon two decades of embodiment and dance teaching, a decade spent in India, spiritual study and lived experience.

Journey with Nikita

Priority reservation rates below. The investment increases by £200 per guest from 18th September 2026.

SHARED TWIN EN-SUITE

£900

priority rate per guest

From 18 September: £1,100

PRIVATE EN-SUITE

£1,800

priority rate, exclusive occupancy

From 18 September: £2,000

Your exclusive retreat includes

- Three nights' luxury en-suite accommodation within a private Somerset residence
- A curated half-day pilgrimage experience in Glastonbury
- Thoughtfully prepared hospitality, including afternoon tea, leisurely brunches, fine-dining meals and refreshments
- Karma to Dharma™ masterclasses with Nikita
- Reserved group access to the onsite spa facilities
- A beautiful gift to accompany your journey and act as a life-long memory of your retreat

Travel to and optional treatments are not included. To explore whether this retreat is right for you, book a confidential conversation.

BOOK A CALL WITH NIKITA

Journey with Nikita

JOIN NIKITA FOR THIS EXCLUSIVE RETREAT

Make 2027 the year that you transition from Karma to Dharma.

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