Journey with Nikita

KARMA TO DHARMA RETREAT

A private three-night residential immersion with Nikita Thakrar

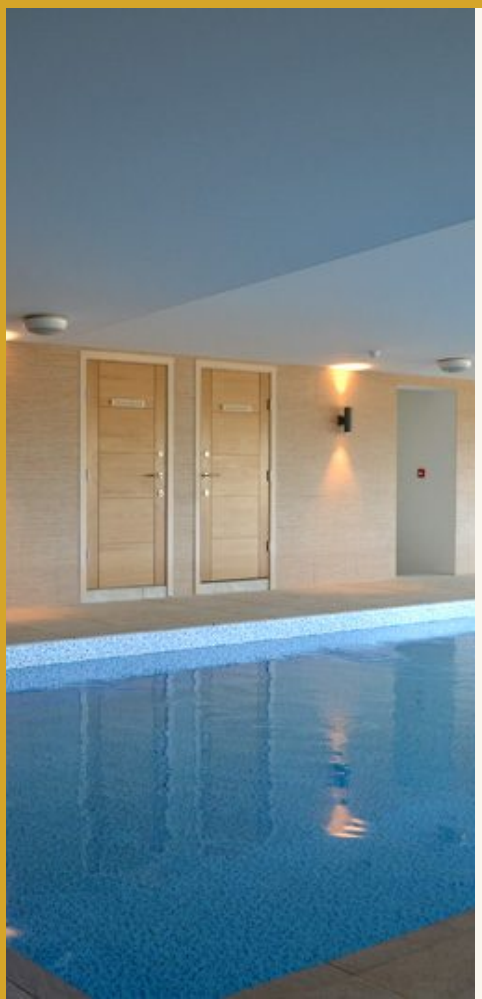
“Transformation begins when the identity that brought you here is no longer asked to lead what comes next.”

18–21 JANUARY 2027
SOMERSET, NEAR GLASTONBURY, UK

ONLY TWO ROOMS REMAINING

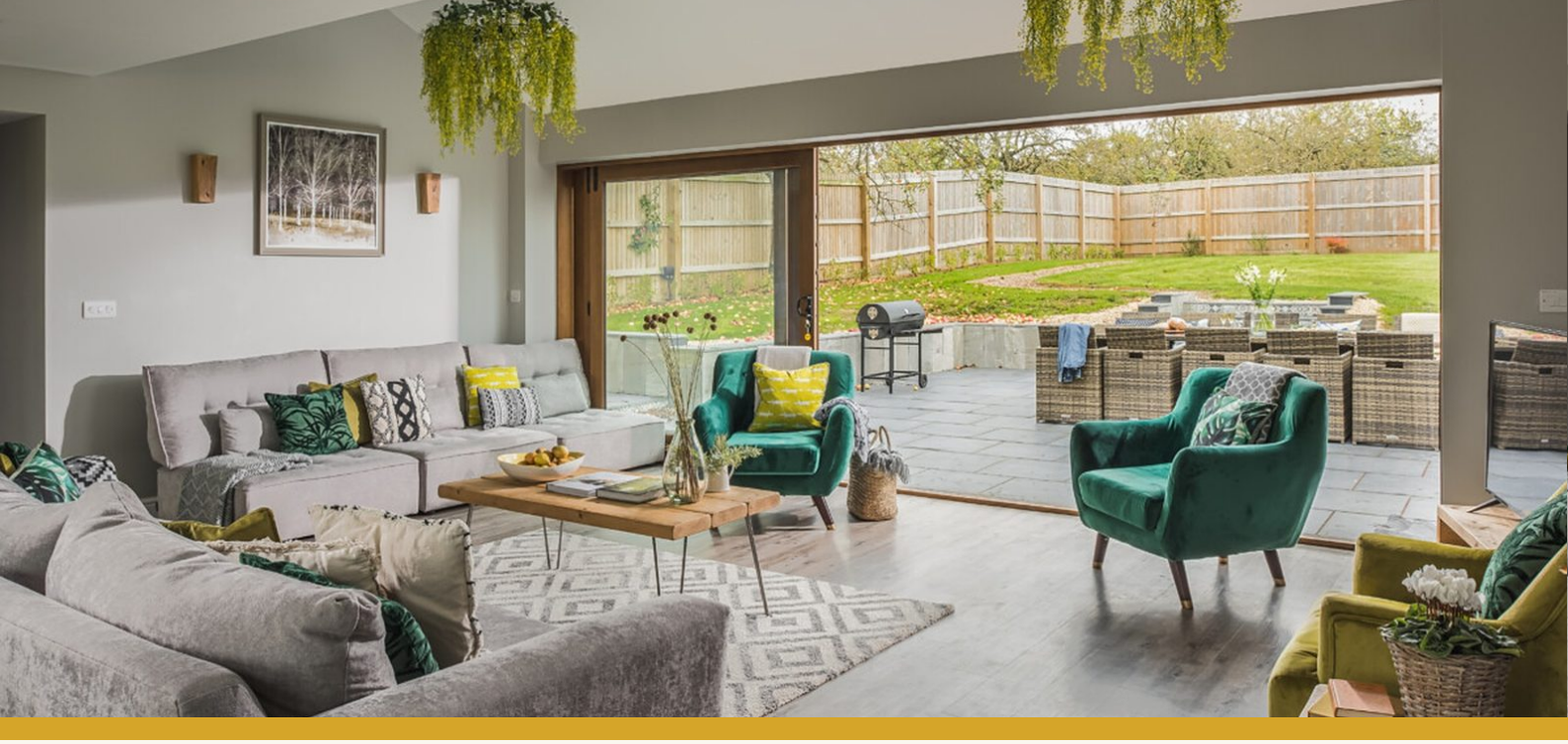


BOOK A PRIVATE RETREAT CONVERSATION





journeywithnikita.com



THE THRESHOLD

You are standing between one chapter and the next.

Perhaps something has ended, or is quietly ending. A role, a relationship, a business, a home, a version of yourself that once made sense. Or perhaps nothing is visibly wrong, yet something is no longer entirely true.

Change can be chosen or it can arrive uninvited. Either way, it asks a question that busy life rarely leaves room to answer: who am I becoming now?

> This retreat is for people navigating change, transition and the threshold of a new chapter, who want to step through it consciously rather than simply survive it.

It 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.

Leave with clarity and confidence, ready to meet 2027 with steadiness 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 recognise the patterns, remember what is true and discern what comes next.

WHY THIS RETREAT

What if you shaped your next chapter from truth rather than momentum?

Transitions and new beginnings can arrive with pressure to reinvent, decide and move on quickly. 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 what comes next.

A threshold is not only a time to set new goals.
It is a time to question who is setting them.

WHO IT IS FOR

For people navigating change, transition and the threshold of a new chapter.

You may look fine on the outside, yet on the inside you feel stuck, unsettled or quietly called towards something different. This retreat may be right for you if:

- You are moving through a significant transition in work, relationships, family, health, home, creativity or identity.
- Something has ended, or is ending, and you want to understand what it is making space for.
- You sense a new chapter beginning but are not yet clear what it is asking of you.
- You recognise a repeating pattern and want to understand why it continues to shape your choices.
- You want spiritual depth without vagueness, and practical clarity without being rushed.
- You value privacy, personal responsibility, beautiful surroundings and thoughtful guidance.

Do not let your next chapter be organised by an identity you have already outgrown.



THE RETREAT RHYTHM
18–21 JANUARY 2027

Four days.
One coherent journey.

MONDAY

Arrival and the Threshold

Afternoon tea, welcome talk, first session, private group spa and light refreshments.

TUESDAY

Pattern and Pilgrimage

Gentle yoga, morning session, a half-day in Glastonbury, an early seasonal dinner and evening spa.

WEDNESDAY

Remembrance and Dharma

Gentle yoga, deeper facilitated work, spacious integration, optional one-to-one time and a private celebration dinner.

THURSDAY

Closing and Return

Optional morning spa, closing brunch, final reflection and a grounded departure.

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

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THE MILKING PARLOUR

THE METHOD

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, especially at times of change.

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 Glastonbury to initiate your next chapter

On day two, the inner work travels into Glastonbury for a carefully curated half-day of sacred space, local character and shared dining.

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

SACRED SPACE

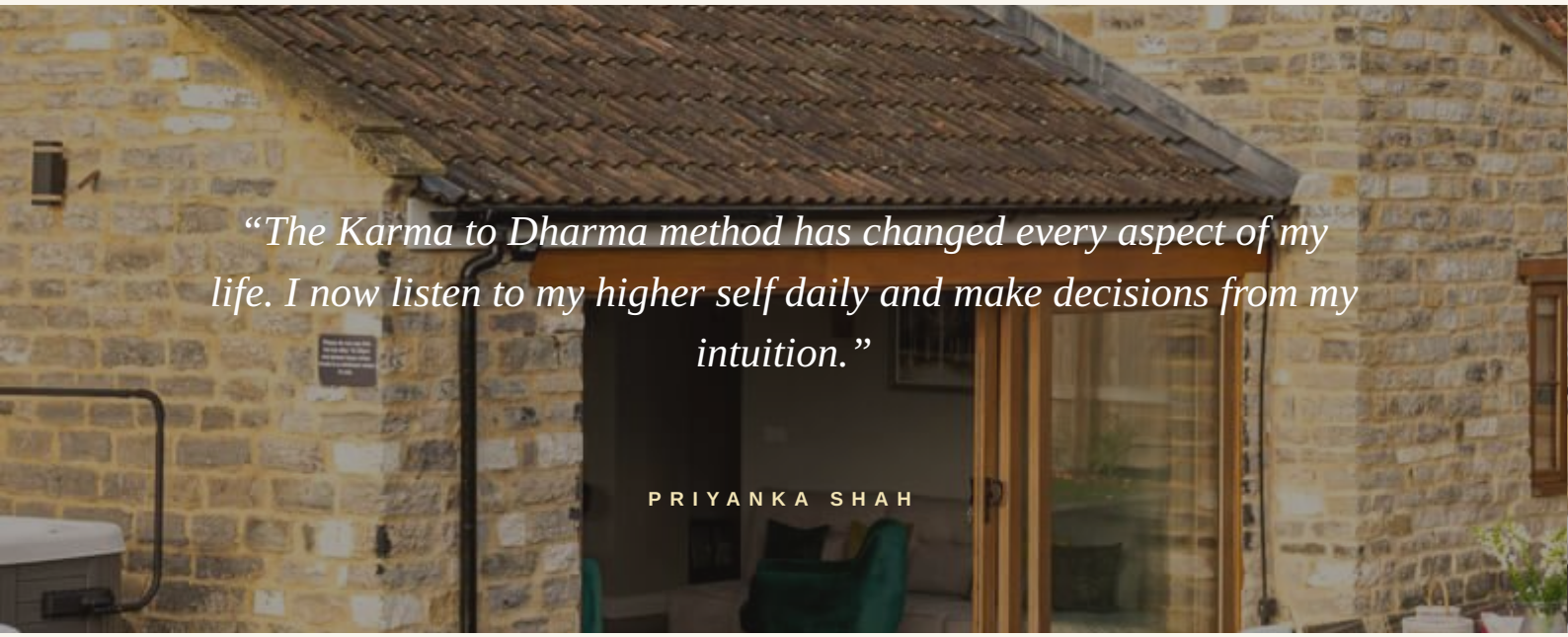
Quiet contemplative time in Glastonbury, at an unhurried pace.

LOCAL CHARACTER

Space to experience the town without rushing.

SEASONAL DINING

An early shared dinner at Queen of Cups.



“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

THE SETTING

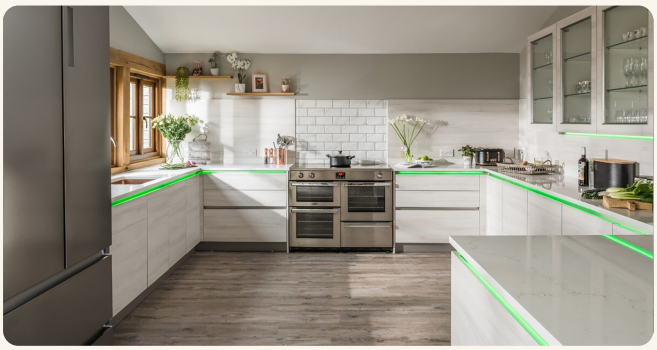
A private Somerset residence near Glastonbury

Selected personally by Nikita, The Cider Barn at Upper Woodlands combines historic character, contemporary comfort and enough space for a small group to gather without losing privacy.











EN-SUITE BEDROOMS

Beautifully styled rooms, with shared twin and private occupancy options.

COUNTRYSIDE SETTING

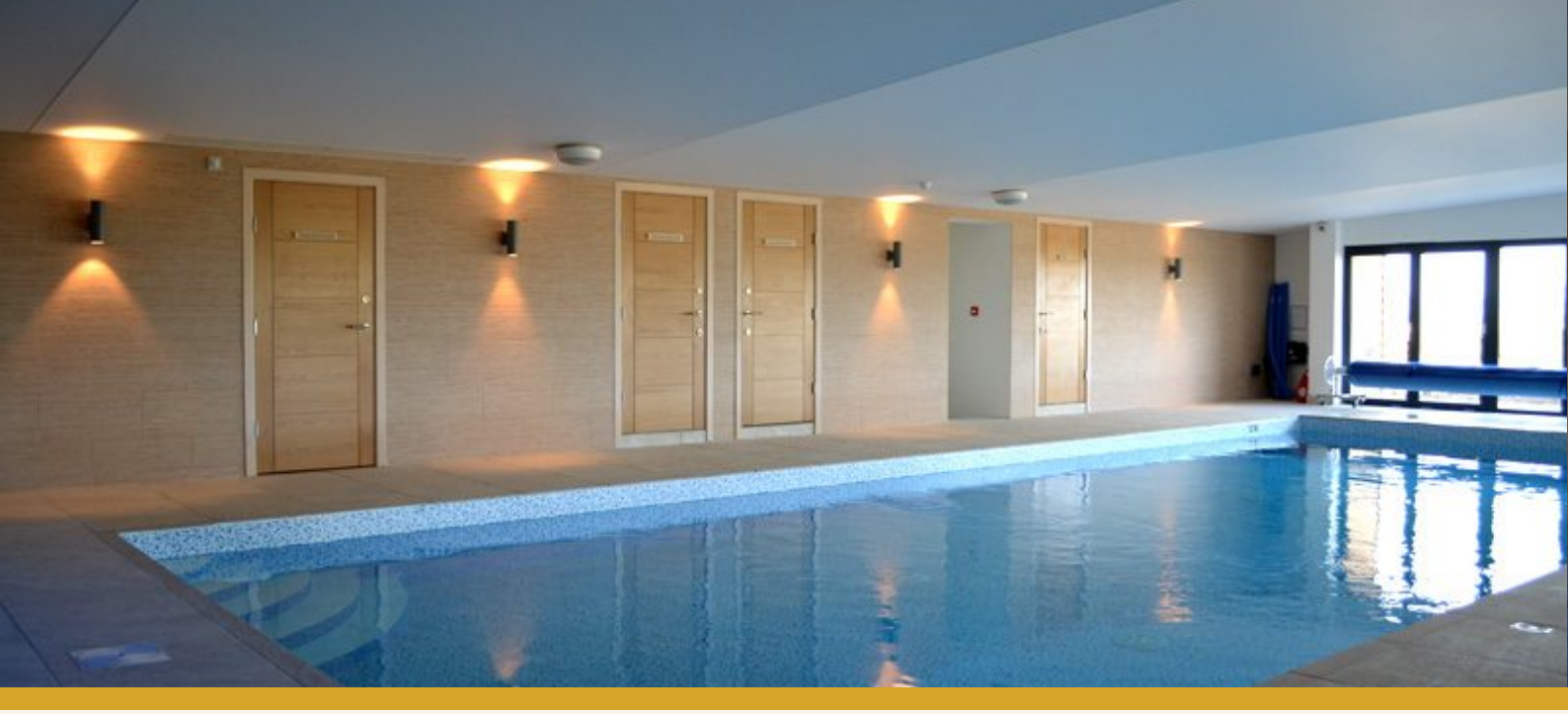
A secluded Somerset base within easy reach of Glastonbury.

SPACE TO GATHER

Generous living and dining areas, plus the Milking Parlour for sessions.

WELLBEING FACILITIES

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



SPA AND HOSPITALITY

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

Reserved group spa sessions give you time in the indoor heated pool, sauna and hot tubs, with robes and towels provided. Optional treatments can be booked separately.

Meals follow the rhythm of the experience: afternoon tea on arrival, leisurely breakfasts, a curated Glastonbury dining experience, nourishing refreshments, a private celebration dinner and a closing brunch.







WHAT IS INCLUDED

Supported and held from arrival to departure

- ✓ Three nights' en-suite accommodation
- ✓ All meals, snacks and refreshments, from afternoon tea on arrival to closing brunch
- ✓ Facilitated Journey from Karma to Dharma® programme
- ✓ Curated half-day Glastonbury experience with group transport
- ✓ Gentle yoga, meditation and embodiment practices
- ✓ Seasonal dining at Queen of Cups, Glastonbury
- ✓ Reserved group spa sessions: indoor heated pool, sauna and hot tubs
- ✓ Retreat workbook, materials and a gift to remember your journey
- ✓ Pre-retreat welcome gathering online
- ✓ Post-retreat integration session online



YOUR GUIDE

Nikita Thakrar

Nikita is a TEDx speaker, author and creator of the Journey from Karma to Dharma® methodology. Her work draws on two decades of embodiment and dance teaching, a decade spent in India, spiritual study and lived experience of her own transitions. Her gift is seeing the pattern behind the problem.

INVEST IN YOUR NEXT CHAPTER

Final rooms for January 2027.

Six of eight places are now booked and early bird rates have closed. **Only two rooms remain**, available as shared twin or private occupancy.

SHARED TWIN EN-SUITE

£1,100

per guest

PRIVATE EN-SUITE

£2,000

exclusive occupancy



Not included: travel to and from the residence, and optional treatments.

Booking terms: all bookings are non-refundable, and payment plans are not available.

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

Step into your next chapter from Karma to Dharma.

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