

ÍNDIA

NOKSHA

Libertação do ciclo da vida, morte e renascimento
Março 2026

**SPIRITUAL JOURNEY
INDIA
(14 OR 24 DAYS)**



Moksha2026 [India (North & South), Ayurveda Retreat]



Moksha Experience



narayan.poojari



11.982025236

INDIA

NOKSHA

Liberation from the cycle of life, death, and rebirth

An extraordinary journey of
self-discovery





why Moksha?

Moksha was born from a dream – a dream to honor my roots and the rich heritage of my ancestors from ancient India. It is a heartfelt offering shaped by the cultural and spiritual wisdom I've been blessed to receive throughout my life. More than just a journey, Moksha is a path for true seekers, a space to take the next step in conscious self-discovery and inner transformation.

My greatest desire has always been to truly convey the sacred pulse of this culture without filters or lenses the real India, not the one shown by Western media through pre-defined concepts. Our groups are truly life gatherings to grow together, to live profound experiences, to stir the soul deeply, and awaken questions about existence, death, life, and the search for meaning. On this journey, we engage in rituals and experiences that guide us inward.

The itinerary and experiences are sacredly curated to open doors that ordinary travel cannot—guiding you into the soul of India, into truths and realities known only to a few. This is not merely a passage through land, but a passage through spirit. The journey doesn't end upon returning to Brazil; rather, it begins to deepen. Everything you experience in India echoes long after, stirring within and expanding your being. The energy awakened on this path continues to flow, silently reshaping you from within, calling your soul toward its highest truth.

The true essence of this journey lies in its profound spiritual experiences—each ritual a vessel carrying the sacred pulse of life's evolution. Through them, we delve deep into reflections on death and rebirth, embracing the cyclical nature of existence. Every encounter, every sacred rite, every sharing circle becomes a powerful portal—an invitation to expand your consciousness and awaken to the divine within.

This is a journey of transformation. Moksha places you before powerful gateways such as meditation, yoga, traditional Hindu tantra, Ayurvedic medicine, and the awakening of the senses through unique aromas and flavors.

On this journey, don't try to understand or assimilate India with your mind, this experience is meant to be felt, not thought. Simply surrender and allow yourself to truly feel.



Narayan Poojari

A Sacred Invitation to Transform Your Life

Born in the sacred land of Kerala, the cradle of Ayurveda in Southern India, Narayan has lived in North America and Latin America for over 20 years, becoming a true bridge between worlds. A seasoned corporate executive by profession, his heart beats in rhythm with the Earth and Spirit. As a traditional Hindu Tantric therapist, he leads men's wellness circles focused on conscious masculinity.

Deeply rooted in the land, Narayan is also a passionate farmer and Permaculture practitioner, guiding others in building a harmonious relationship with nature. Spiritually devoted to his masters—*Sathya Sai Baba* and *Mata Amritanandamayi*, he facilitates sacred rituals and cultural encounters that awaken the soul. He is a master in harmonizing tradition and modernity, spirituality and practicality, inspiring transformation everywhere Narayan goes.

Now, with deep love and compassion, he invites you to a powerful spiritual immersion in **March 2026**.

A Journey of **LIBERATION** from the cycle of **LIFE, DEATH, and REBIRTH**.

This is more than a journey—it's an initiation.

You'll dive into sacred experiences and rituals in phenomenal, soul-stirring locations across India, guiding you into a deep process of self-discovery, death and rebirth, healing and awakening. Through each moment of silence, devotion, and presence, you'll be called to surrender, reflect, and expand beyond who you think you are.

This journey is for the brave.

For those who feel the call to awaken their inner fire, to embody fierce compassion, unshakable resilience, and a life brimming with passion, love, and sacred purpose — this is your moment it isn't just a journey.

It's your destiny.

And it was made for YOU



NOKSHA



Forget this idea of needing to
understand everything.
Instead, live,
instead, enjoy!
Don't analyze – celebrate!
-- Osho --



Moksha, a Sanskrit word meaning liberation or freedom—is deeply rooted in the sacred rhythm of Death and Rebirth. This cycle, known as **Samsara**, represents the endless flow of life, death, and rebirth that all living beings undergo. The ultimate goal of this journey is to break free from Samsara—to transcend the illusions, attachments, and suffering that bind the soul to the material world.

But Moksha is not merely an **END**. It is a sacred awakening, a heightened state of consciousness where the soul dissolves its chains and reunites with the Absolute—Brahman. It is the remembrance of our true essence, beyond ego, beyond the fleeting identities we gather over lifetimes. When the soul reaches Moksha, it escapes the cycle of reincarnation, entering a realm of eternal peace and pure awareness.

The process of Death and Rebirth becomes, then, a divine opportunity, a sacred initiation, offering countless chances for growth, purification, and evolution. Through each lifetime, the soul reaps the fruits of its actions under the law of Karma, gathering wisdom and clarity. Moksha is the culmination of this sacred journey, when the seeker finally sheds desire, ignorance, and illusion, stepping fully into freedom.

In Moksha, there is no more rebirth, no more suffering, only the infinite liberation of the soul.



Liberation from the cycle of Life, Death, and Rebirth



Rebirth initiation in the Ganges River, 2020, with a traditional Indian ritual celebrated by Narayan Poojari

khajuraho

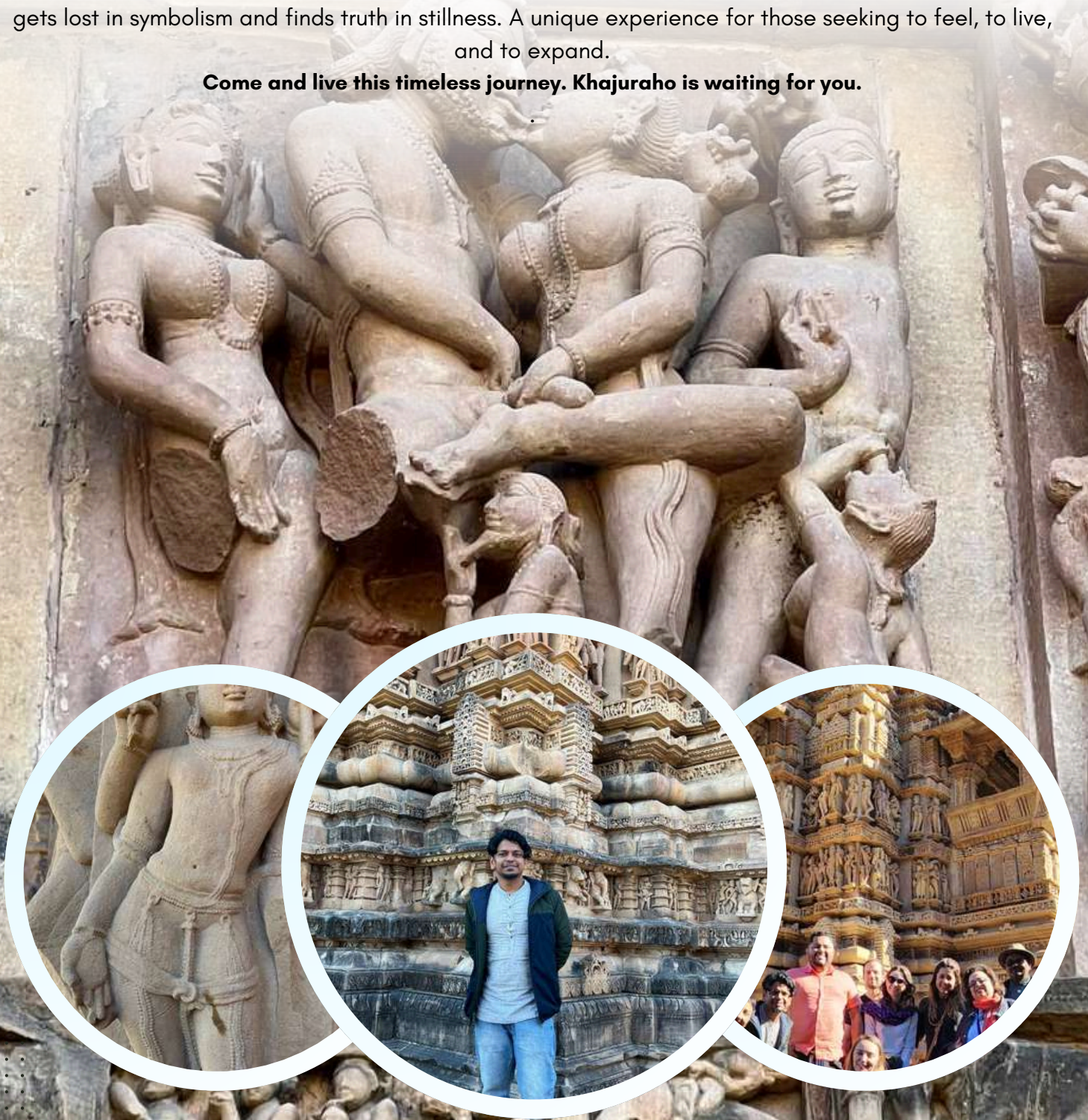
Khajuraho: where the body becomes a prayer, desire transforms into transcendence, and every sculpture whispers the secrets of the soul.

The temples of Khajuraho are not just monuments — they are living portals that connect body, mind, and spirit in an eternal dance of consciousness. Often misunderstood as merely erotic, their sculptures are sacred expressions of an ancient teaching: the spiritual path is revealed through the integration of the material and the divine.

On this sacred ground, love is seen as a path to enlightenment, and the body, a sacred temple for the soul. Khajuraho invites us to experience spirituality in its wholeness — where beauty and divinity walk hand in hand, and where the sensual and the mystical coexist in profound harmony.

Walking through Khajuraho is more than a visit — it's a meditation in motion. It's a journey where one gets lost in symbolism and finds truth in stillness. A unique experience for those seeking to feel, to live, and to expand.

Come and live this timeless journey. Khajuraho is waiting for you.



Sacred Death Ceremony



In 2023, on the sacred banks of the Ganges in Varanasi, Débora honored her late husband with a profound Sacred death ceremony, lovingly conducted by Narayan, a farewell woven in reverence, love, and deep spiritual tradition.

2024



2023



2020



2019

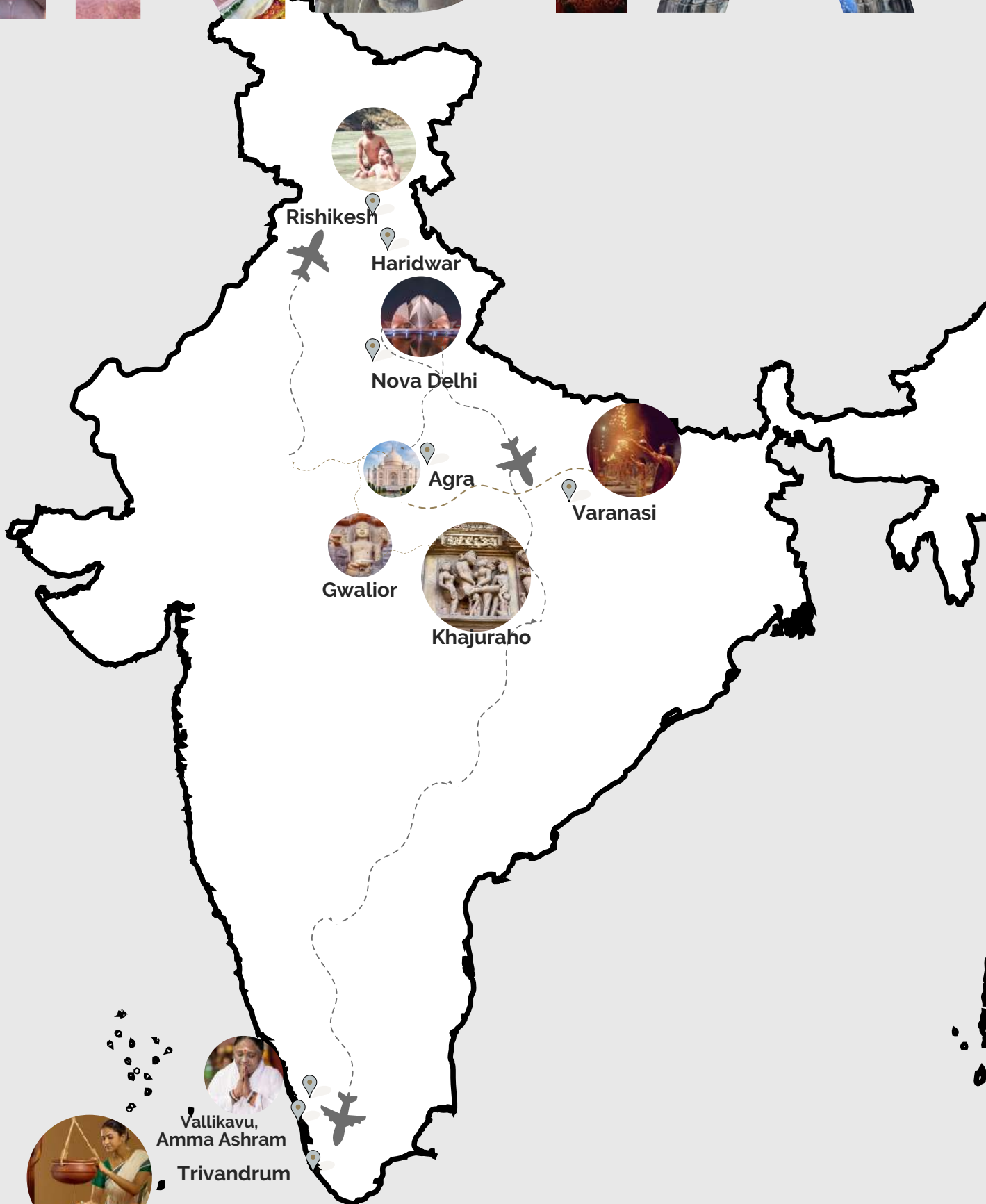


2018



2017





Majestic Taj Mahal – Love etched in stone



Nara captured in a stunning photo at the majestic Taj Mahal in 2020, beautifully shot by Carla

Feel the warm embrace of a truly hospitable people.....

With **Moksha**, you don't just visit India—you live it. Experience the authentic daily life of local communities by visiting traditional Indian families in their homes for a warm afternoon chai, indulge in a genuine feast of regional delicacies hosted by close friends of Narayan, and even step into the heart of a vibrant Indian wedding celebration held right where we stay—welcomed warmly as honored guests. This journey goes beyond sightseeing; it immerses you deeply into the soul of India.

Welcome at a traditional wedding celebration

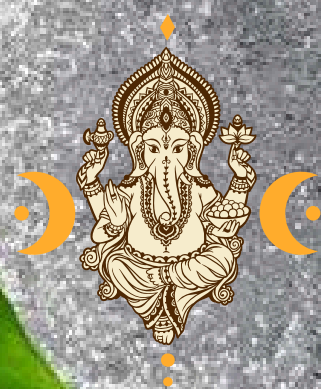


Dinner at the home of Narayan's close family friend



At Narayan's parents' home

Ayurveda



Ayurveda, the ancient medical science originating from Kerala, in southern India, literally means the “science of life.” Rooted in timeless wisdom, Ayurveda offers a holistic path to health, emphasizing natural therapies and lifestyle practices that preserve wellness, prevent illness, and complement modern medicine.

Unlike conventional treatments, Ayurvedic medicine relies solely on natural remedies such as healing herbs, completely free from synthetic chemicals or pharmaceuticals—even in rejuvenation and weight-loss therapies.

This profound science invites a transformative approach to life: redefining nutrition, embracing medicinal plants, and experiencing exclusive body therapies unique to Ayurveda’s universal tradition. Its powerful, integrative healing methods balance body, mind, and soul—offering you not just a treatment, but a journey toward deep, lasting well-being.

Join us to immerse yourself in this ancient healing wisdom, unlocking vitality and harmony in a way only true Ayurveda can provide.

Brief Itinerary

Day 1 & 2 New Delhi

New Delhi: The vibrant capital of India and the country's second-largest city, New Delhi is a timeless mosaic of history and modernity. Wander through centuries-old ruins, majestic palaces, sacred temples, and grand mausoleums seamlessly blended with contemporary architecture. Experience the bustling Jama Masjid, the lively markets of Chandni Chowk, the iconic India Gate, the serene Sikh Temple, and the breathtaking Lotus Temple — each a gateway to India's rich heritage.

Day 3 & 6 Rishikesh

Rishikesh: Nestled at the foothills of the majestic Himalayas, Rishikesh is a revered pilgrimage site that has, since ancient times, drawn saints and seekers from around the globe. Known worldwide as the Yoga Capital, it offers a sacred space for spiritual awakening, deep learning, and inner transformation amid serene natural beauty.

Day 7 & 8 Jaipur

Jaipur: Where tradition bursts into vivid color and life. Every street is a living canvas painted with pink façades, vibrant embroidery, delicate murals, and the shimmering artistry of local crafts. The city pulses with the rhythm of skilled hands molding clay, weaving stories into fabric, and transforming metals into unique jewels. The intoxicating scents of exotic spices fill the air, inviting you to savor a cuisine rich in flavor and contrast. Jaipur is a celebration of the senses — a living art form that stirs the eyes, palate, and heart.

Day 9 & 10 Agra Gwalior

Agra: Once the capital of a great empire, Agra is home to the world-renowned Taj Mahal — a masterpiece of white marble and one of the New Seven Wonders of the World. This UNESCO World Heritage site stands as an eternal symbol of love and breathtaking architectural genius.

Khajuraho: Located in the very heart of India, Khajuraho is where spirituality and art unite. Its ancient temples, carved with astonishing detail, honor the body, soul, and the divine connection within us all. More than a tourist destination, Khajuraho is a sanctuary for self-discovery and contemplation — a place where the beauty of life is celebrated in every stone. Discover these incredible destinations and immerse yourself in the profound soul of India — a journey that promises to transform your spirit and awaken your senses.

Day 11 & 12 Khajuraho

Varanasi: the sacred city of Hinduism, stands as one of India's most revered spiritual destinations. Nestled along the banks of the Ganges River, it is known as the "Gateway to Heaven," symbolizing access to eternal life. For millions of Hindus, Varanasi is the ultimate place to perform purification rituals and offerings, especially funeral rites. Here, ancient traditions come alive, drawing pilgrims from across the globe who seek spiritual cleansing through sacred baths in the Ganges and ceremonies on its ghats. Varanasi is more than a destination—it is a profound journey into the heart and soul of Hinduism, where life and death intertwine in a continuous cycle of rebirth and liberation.

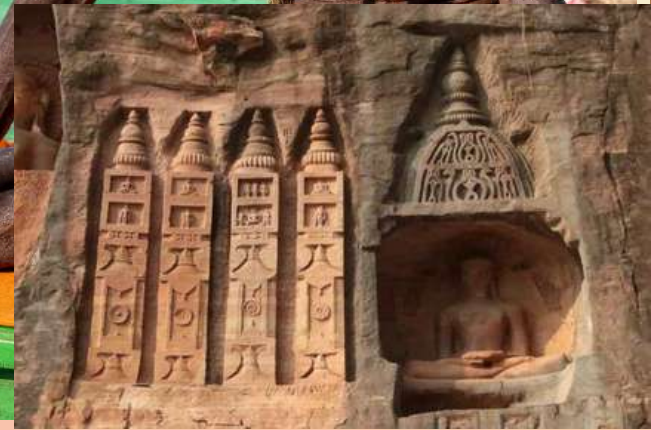
Day 13 & 14 Varanasi

Kerala : a southern state known as "God's Own Country," is the birthplace of Ayurveda—the ancient Science of Life. Renowned for its serene backwaters, coconut-based cuisine, rich spice heritage, and stunning beaches. Trivandrum, the capital of Kerala, is a vibrant city where temples, churches, and mosques coexist in harmony, offering a unique spiritual diversity. It also boasts beautiful beaches and world-famous Ayurveda resorts, specializing in authentic Ayurvedic treatments and detoxification therapies such as Panchakarma.

Day 15 until 24 Kerala, India, Ayurveda retreat

End of the journey



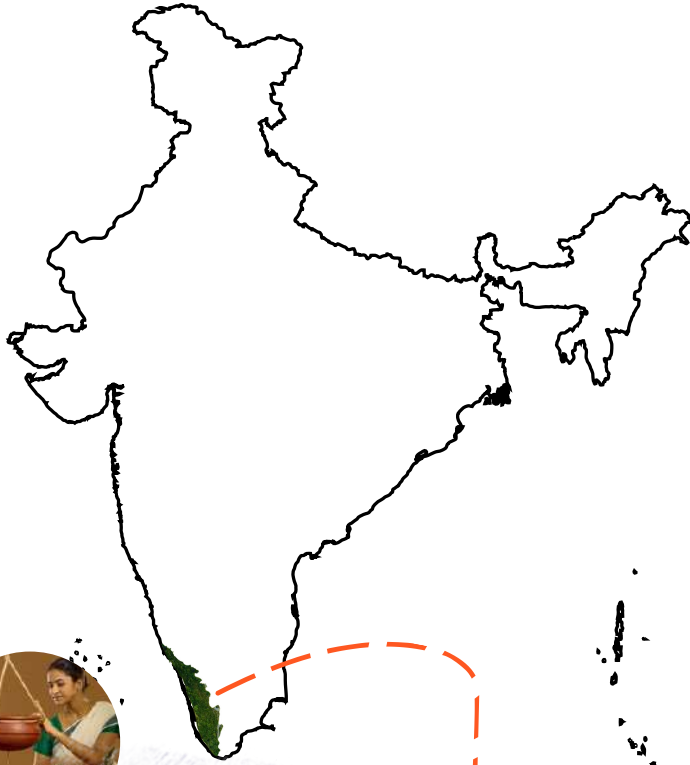




KERALA

Theyyam - "Dancing with the Indian Gods"

These powerful rituals, practiced in the Malabar region of northern Kerala, are deeply rooted in the natural world. Over 400 ancient ceremonies portray the feats of gods and goddesses, spirits, ancestors, heroes, animals, and trees. Performed in open-air settings, the audience becomes fully immersed, surrounding the performer and sharing in a profound, transformative experience.

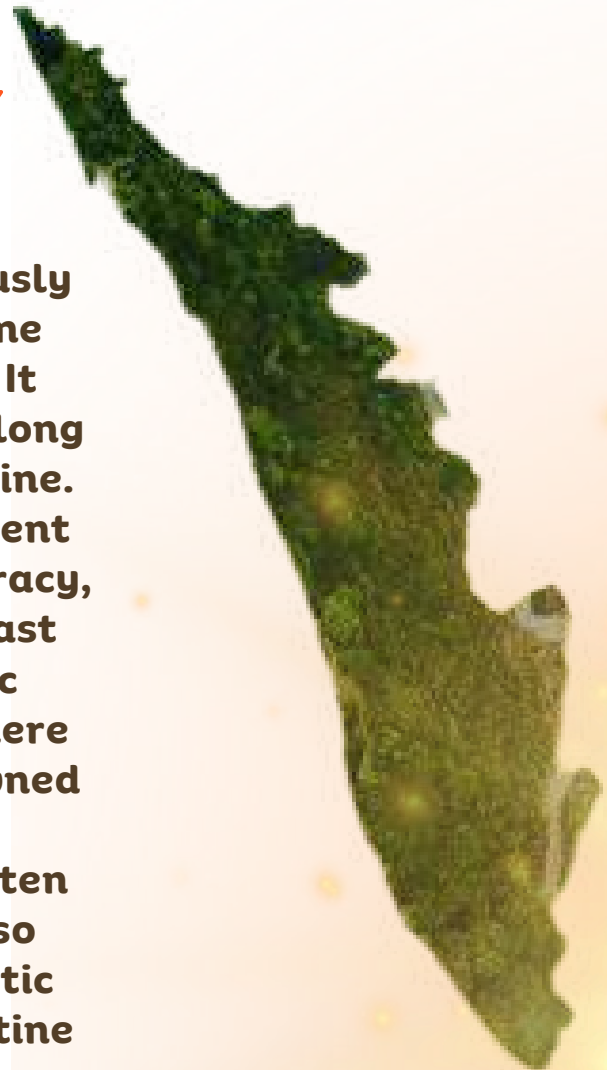


kerala



Trivandrum

Kerala is a state in southern India, famously known as "God's Own Country." The name Kerala means "Land of Coconut Trees." It boasts a tropical climate and stretches along nearly 600 kilometers of stunning coastline. Kerala has the highest Human Development Index (HDI) in India, with nearly 100% literacy, and is recognized as the cleanest and least corrupt state in the country. Ayurvedic medicine is believed to have originated here over 6,000 years ago. The region is renowned for its 900 kilometers of navigable waterways known as the Backwaters, often called the "Venice of Asia." Kerala is also home to vast tea plantations, the majestic Western Ghats mountain range, and pristine turquoise beaches along the Arabian Sea.



Welcome reception with traditional Indian flower garlands and assistance upon arrival at Trivandrum International Airport, Kerala, by our local representatives.

Start your day with a yoga session, followed by a day dedicated to immersive experiences, Ayurvedic treatments, and relaxation at the resort facilities or enjoying walks and excursions along the beach



The treatment includes:

- Daily medical consultations;
- Laboratory blood tests if necessary;
- Personalized treatment plan based on your dosha and clinical evaluation, where the patient shares health concerns and treatment goals;
- Customized therapy including diet, massages, and medication;
- First week focused on cleansing and detoxification;
- Following weeks begin medicinal treatment;
- Daily Ayurvedic massages lasting up to 3 -4 hours, performed by the same therapists;
- Daily morning yoga classes.

A minimum recommended stay of at least 7-21 days for the full treatment experience on site

Ayurveda Treatment

Comprehensive Ayurvedic Healing Experience in Kerala – “God’s Own Country”

- Full board system: All meals included, following an Ayurvedic vegetarian diet tailored by your doctor to support your healing journey.
- Daily medical consultations: Your health is continuously monitored by experienced Ayurvedic doctors throughout your stay.
- Detox and purification process: The treatment begins with a deep internal cleansing to prepare your body for therapeutic rejuvenation.
- Dedicated therapists: Each guest is assigned two personal therapists who will accompany them throughout the entire treatment – no switching, ensuring continuity and trust.
- Daily Ayurvedic massages (up to 3-4 hours per day): Using therapeutic oils customized to your dosha and condition, designed to restore balance and vitality.
- Appropriate therapeutic attire: Provided for all guests during treatments for comfort and authenticity.
- All oils and herbal medicines included in your stay – expertly prepared based on ancient Ayurvedic traditions.
- Air-conditioned accommodation: Stay in a serene, climate-controlled room designed for peace and comfort.
- Unlimited natural juices and mineral water to support hydration and internal balance.
- Daily yoga sessions in the early morning to enhance body-mind-spirit alignment.
- Swimming pool and sun terrace available for your relaxation.
- Beachside location: We recommend calming walks along the shore to connect with nature and support grounding.
- Sacred surroundings: Nearby, you'll find both a Hindu temple and a Christian chapel – perfect for introspection and quiet meditation.
- Optional extension support: If desired, we can assist in sourcing Ayurvedic medicines and cosmetics for continued treatment in Brazil.
- Special experience included: Enjoy a peaceful boat ride through Kerala’s enchanting backwaters, a magical landscape of canals, palms, and village life.



Not Included in the Package

- International airfare, including issuance and airport taxes
- Excess baggage fees
- Expenses related to travel documentation (passports and visas)
- Travel and health insurance — both are mandatory. We recommend that passengers acquire these insurances through our partner agency, as they cannot be obtained in India
- Vaccinations
- Meals and beverages not mentioned in the itinerary
- Visits and tours not specified in the program
- Tips for luggage porters and at restaurants
- Any personal expenses such as phone calls, laundry, beverages, camera usage fees, etc.
- Any services not explicitly mentioned above



Observation

- The above quotation, prepared based on the rates valid on this date, is provided for reference purposes only and may be subject to changes until the time of service confirmation.
- The prices listed for the North and South India itinerary are valid for a group of at least 10 paying adults, with confirmed reservations made by October 28, 2025.
- Reservations will be accepted upon confirmation that all of the above points have been read and understood.
- Documentation, airfare, visas, and vaccinations are the responsibility of the traveler.
- If the hotels listed in the itinerary are unavailable, similar accommodations of the same rate and category will be booked.
- Double accommodations will be assigned in the order in which registrations are confirmed and passengers are received (except in cases of couples or passengers already designated as traveling together).
- At the close of group reservations, if there is no second passenger to share a double room, the single occupancy supplement will be charged.

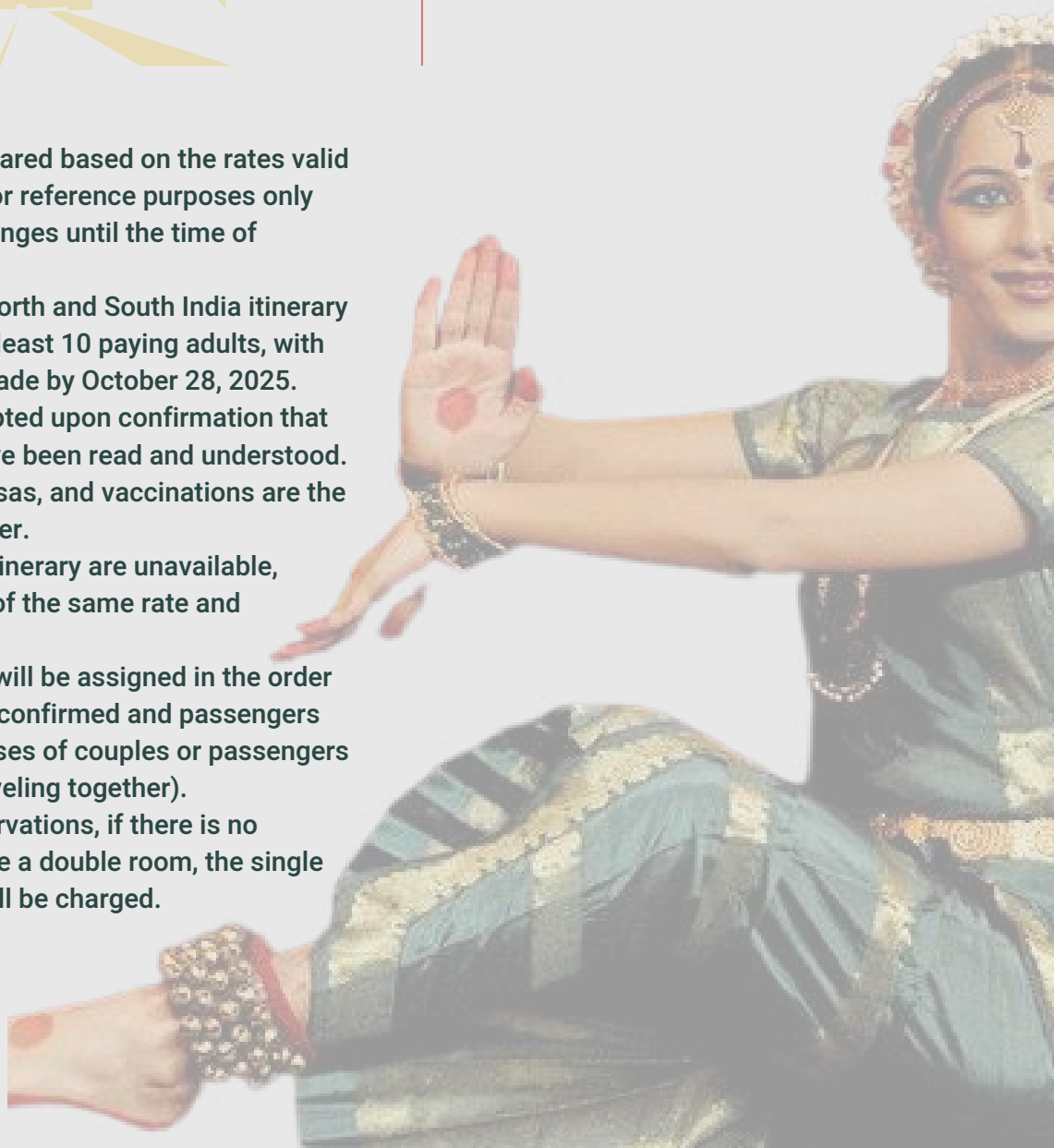
Important and Mandatory Documents

Passport:

- Must be valid for at least 6 months — in other words, valid until at least September 2026.
- International Yellow Fever Vaccination Certificate (Guests from Brazil):
- Must be issued at least 13 days before departure. Check ANVISA (Brazilian Health Regulatory Agency) offices in major cities or at airports:
- <http://portal.anvisa.gov.br/civp/unidades-emissoras>

Indian Visa:

- Apply for the visa online before your trip at: <https://indianvisaonline.gov.in/visa/>
- Estimated cost: approximately USD 25.
- Requirements: a recent digital photo with a white background, and a digital copy of the passport's first page containing personal information and passport number.



Included

Domestic Flight Tickets in India:

- Delhi – Varanasi / Khajuraho
- Delhi – Trivandrum (only for the South India extension)

*All domestic flights allow checked baggage up to 15kg and hand luggage up to 7kg.

Included in All Itineraries

- Meet and greet with assistance upon arrival and departure at airports and hotels by our local representatives.
- Guided spiritual experiences and meditations led by Narayan Poojari.
- Tikka and Garlanding Ceremony, a traditional Indian welcome ritual.
- Welcome celebration hosted by our Indian partners.
- Daily yoga sessions with a qualified instructor.
- Accompaniment by a local tour guide fluent in English.
- Entry fees to all monuments mentioned in the itinerary.

Transportation

- Private ground transportation with a dedicated driver and assistant, including airport transfers and all site visits as mentioned in the itinerary.
- Auto-rickshaw (tuk-tuk) ride for a local experience.
- Sunset and sunrise boat rides on the sacred Ganges River in Varanasi.
- Executive class train journey for a scenic and comfortable travel experience.



Accommodation

- Single or double room (for the North and South India itinerary), including daily breakfast.
- Stay at a spa located just 50 meters from the beach, including daily Ayurvedic treatments (massages, medical consultations, and medication), four daily vegetarian Ayurvedic meals, and yoga classes.



SIGHTSEEING



HOTELS



TRANSPORT



TAXES/
MONUMENTOS



BREAKFAST



Investment

Payment can be made in up to 4 interest-free installments via bank transfer. The amounts mentioned are in US dollars.

Prices apply for registrations completed by October 28, 2025.



14 days
Only North India +
Immersive
experiences

\$3444

Para Quarto individual, a consultar

24 Days
North and South India +
Ayurveda Retreat +
Immersive experiences

\$4994

Para Quarto individual, a consultar

Cancellation Policy

Up to 7 days after payment, a 100% refund of the amount paid is available.*

Up to 15 days after payment, a 50% refund of the amount paid is available.*

However, if the domestic flight tickets have already been issued, it will not be possible to refund the cost of the issued tickets. Therefore, only a partial refund is guaranteed, meaning the refund percentage minus the cost of the ticket issuance.



The ritual of Nagaraja, the King of Serpents, is a sacred tradition that celebrates the power of nature, the renewal of life, and spiritual energy. Serpents (nagas) symbolize Kundalini, the vital energy that, when awakened, leads to enlightenment.

This powerful force is directly connected to Shiva, the Lord of Transformation, who is often depicted with a serpent around his neck – a sign of his mastery over time, the ego, and the cycles of life. Participating in this ritual is an immersion into a profound experience of purification, connection with nature, and inner awakening. It takes place in natural sanctuaries surrounded by sacred groves. It is a unique spiritual journey that blends tradition, symbolism, and self-discovery.



MOKSHA

Namaste



[narayan.poojari](#)



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