

FOOTSTEPS IN THE FOREST

DELHI | 13TH TO 15TH MARCH (FRI, SAT, SUN)

Footsteps in the Forest is a three-day immersive shamanic retreat that invites you to walk an ancient path of presence, healing, & remembrance -a journey back to your authentic self. Rooted in the Sagh'ic animist tradition, it weaves ceremony, ancestral healing, & nature-aligned practice into a powerful experience of transformation & release. Through ritual, guided journeys, & foundational self-healing tools, you'll step toward wholeness with curiosity & an open heart. This is not just a retreat -it's a calling home to your own song.

DAY 1 – RECONNECTION & AWARENESS

The Forest of the Sagh'ic – Remembering that you belong

Modern life can make anyone feel alone -whether at work, at home, or in between. This opening experience helps you reconnect with a deeper sense of belonging through nature-based practices & shared ritual.

Participate in guided trances, grounding exercises, & sensory connection with elements, followed by simple emotional reflection. Discover a calm nervous system, emotional steadiness, & the felt sense that you are supported -not isolated.

The Great Song – Listening to truly listen

We spend so much time talking, planning, & doing that we forget how to truly listen -to ourselves & to others. This session teaches the art of presence.

Practice breath-based awareness & guided listening exercises, without advice, fixing, or interruption. Discover the Vibration that pervades all creation. Find deeper emotional clarity, better communication, & stronger, more meaningful relationships, along with a sense of interconnectedness with everything around you.

Resonance – Restoring Inner Balance

Stress builds quietly -through responsibilities, expectations, & unspoken emotions. This experiential session teaches you how to restore internal balance & clarity without overthinking.

You will learn the ancient healing art of Resonance – a simple yet powerful process – that can be practiced on yourself & others safely to heal & restore balance. You discover a practical way to calm overwhelm & return to clarity when life feels heavy.

DAY 2 – COURAGE & POWER

The Forest Warrior – Confronting the core fear

Every human carries quiet fears -fear of rejection, being left, or not being enough. This guided inner journey helps you recognise & move through them instead of being controlled by them.

You will go through a structured guided journey, identify your key fears, & symbolically reclaim your strength through ritual action. Discover confidence, emotional resilience, & the courage to act from self-trust rather than fear.

The Warrior Ritual – Releasing what holds you back

Old doubts, painful memories, traumas & limiting beliefs can quietly shape how we live. This powerful fire ritual helps you consciously let them go & move forward unburdened

Through a powerful process, you will symbolically release what has been "chasing" or limiting you, working with meaningful warrior symbolism & fire ceremony. You will discover emotional lightness, renewed clarity, & a strong inner anchor you can return to in difficult moments.

DAY 3 – HEALING THE PAST & OPENING THE FUTURE

Ancestral Healing – breaking old patterns

Many of our reactions & habits come from family conditioning, expectations & cultural stories passed down to us. This module helps you identify patterns that stop with you. You become a "path repairer," consciously shaping what moves forward.

In this process, we externalize & reflect on inherited emotional patterns & consciously choose what ends with you. Discover freedom from repeating old cycles & a stronger sense of personal direction.

Bone Mother – The art of letting go

True strength is not control -it is knowing when to soften & trust. This closing ritual works with your past, present, & future, helping you release resistance & accept growth.

We will witness & participate in an ancient ritual of letting go by invoking ancient energies to let go what no longer serves us. You'll experience deep peace, emotional integration, & a renewed sense of forward movement.

Sacred Fire Ritual – Anchoring your shift

The retreat concludes with a collective fire ceremony where intentions are sealed & insights are grounded. You will Offer your commitment into the fire & close the journey in shared strength & reflection. Discover clarity, confidence, & a steady inner direction to carry back into everyday life.

THE JOURNEY

You arrive carrying responsibilities, expectations, & questions. You leave lighter, clearer, & more rooted in yourself. This experience is for anyone who feels:

- Tired of carrying old emotional weight
- Ready to face fear instead of avoiding it
- Longing for deeper connection
- Is tired of feeling fragmented
- Feels a deep sense of emptiness

You do not need prior healing experience.

You only need willingness.

& the forest will meet you there.

Register at: <https://wolfindark.org/footsteps-in-the-forest/> | More details: +91 99999 17005

More about Sagh'ic Tradition: <https://www.saghicindiaincommunity.org/about>