

Cultivating Equanimity and Focus

MINDFULNESS RETREAT

A 5-day retreat residential for Academicians, Working Professionals, Independent Consultants, Leaders and Future Leaders.



24th Feb 2025 to 28th Feb 2025

5 day retreat (30 hours)



Fee for Indian Participants: INR 35000 + GST

Fee for Foreign Participants: USD 1000 + GST

Programme fees is inclusive of lodging and boarding charges for 5 days. The program fee does not include the participants' travel expenses.

Program Directors



Dr. Nidhi Mishra



Dr. Teena Bharti

For more details visit: <https://iimbg.ac.in/mindfulness-retreat/>