

THE INNER STUDIO

A CURATED ART & EMBODIMENT RETREAT



RECLAIMING INNER BALANCE

Observe . Express . Integrate

26TH – 29TH MARCH '26

NORTH GOA, INDIA

Limited to 20 guests

Powered by **VIVERE Luxury Events**

THE INNER STUDIO

The Inner Studio is a curated retreat platform created by

VIVERE LUXURY EVENTS

a London-based luxury experiences company known for delivering refined, high-touch retreats and private gatherings for a global clientele.



Each edition brings together exceptional facilitators, beautiful locations and thoughtful pacing - designed with restraint, depth and discretion.

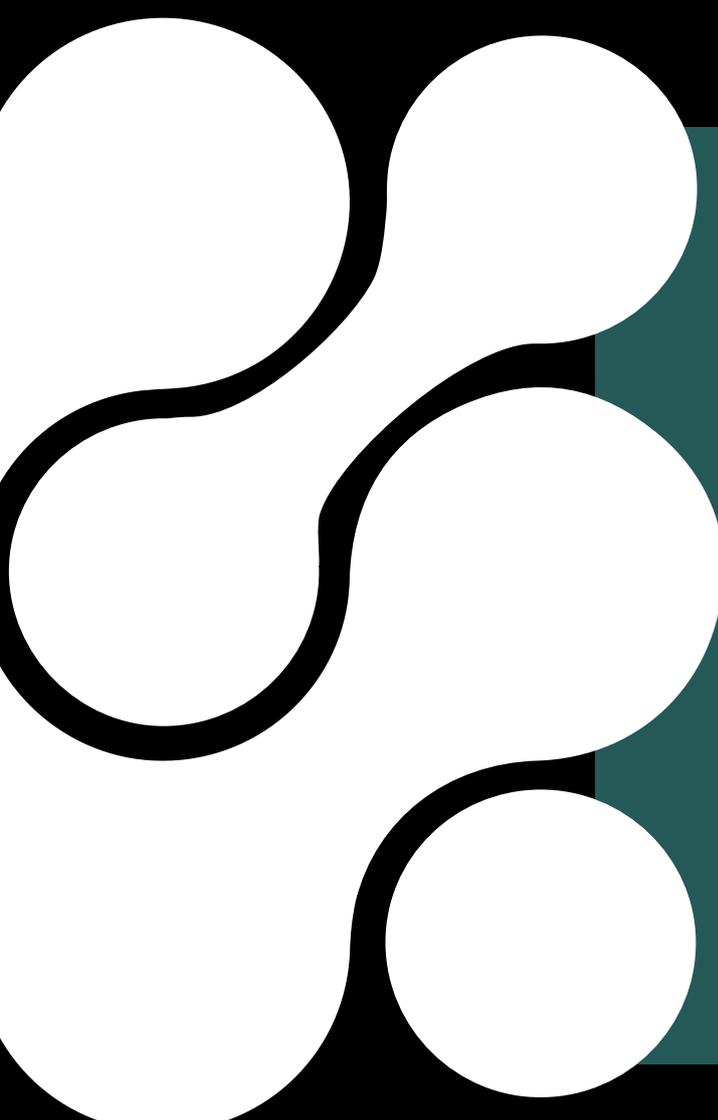
This is not a wellness programme.

It is a considered inner experience, held with care.

About This Edition

RECLAIMING INNER BALANCE

Reclaiming Inner Balance is a focused four-day retreat designed to help participants step away from the usual rhythm of external demands, reset and reconnect with a clearer way of being.



The experience unfolds through three simple phases:

OBSERVE

Noticing patterns, habits and internal signals.

EXPRESS

Engaging creatively and physically.

INTEGRATE

Consolidating insight and restoring balance.

Art-led and embodied experiences support clarity and perspective - without pressure, performance or spiritual theatrics.

This is about resetting and leaving with greater ease.

WHAT TO EXPECT?



This retreat is experiential by design.

Participants are actively engaged - working directly with creative, embodied and sensory processes rather than listening, analysing or being instructed.

Art is used as a practical entry point: a way to observe patterns, express what is often unspoken, and reconnect with instinct through doing. No artistic background is required.

Selected elements inspired by ancient **Tolteca traditions from Mexico, rarely taught, are introduced in a contemporary, grounded way, sensory experiences and attention-based experiences that support clarity and integration.**

The retreat unfolds with intention and space.

Guests engage at their own pace, with time to reflect, reset and integrate.

THE INTENTION

Step out of constant mental noise and regain perspective

Process experience without over-intellectualising

Reconnect with instinct, creativity and ease

Restore internal balance and steadier energy

Leave with practical ways of working with attention

Return feeling clearer, grounded and more composed



ART

A practical way to observe and express

EMBODIMENT

Working directly with perception and awareness

NATURE

Space, stillness and natural reset

THE SETTING

A private, design-led boutique estate set on a cliff-top in North Goa, overlooking the sea.



DESIGNED TO SUPPORT

immersion in nature

Calm and mental spaciousness

Privacy and discretion

RETREAT FACILITATORS



Parama Libra
Artist & Facilitator

Italian artist whose work bridges European artistic sensibility with cross-cultural symbolic traditions. His practice explores archetype, perception and inner balance, informed by long - standing study within Tolteca lineages from Mexico - practices that are rarely taught and approached here with discretion and precision.

At The Inner Studio, Parama works through art-led and embodied processes, introducing selected Tolteca-inspired techniques as practical tools for awareness and integration, designed to be applied beyond the retreat.

Belgium-born mixed-media artist known for her tactile, sculptural work using hand-formed and upcycled paper. Her practice explores texture, emotion and inner states through a deep engagement with material, form and space.

At The Inner Studio, Shruti guides hands-on creative processes that emphasise curiosity, instinct and attention over outcome, alongside sound-based and gentle embodied integration to support grounding and consolidation throughout the retreat.



Shruti Jhaveri
Artist & Creative Guide

PRACTICAL DETAILS

26th – 29th March (3 nights / 4 days)

Location: North Goa

Group Size : Max 20 Guests

INVESTMENT

₹82,000 per person (Double Occupancy)

₹99,995 per person (Single Occupancy)

The investment includes accommodation, all meals and the full retreat programme.

WHAT'S INCLUDED

Everything is provided on-site to allow you to fully settle into the experience

Accommodation at a private boutique estate

All meals (vegetarian, retreat-style)

Full retreat programme and facilitation

All creative materials and shared artworks

Use of the property and natural surroundings

WHAT'S NOT INCLUDED

Travel to and from the venue is not included

BOOKING CONFIRMATION

**A 50% deposit is required to reserve your place.
The remaining balance is payable by 20 February 2026.**

**The retreat requires a minimum number of participants
and will be confirmed by 20 February.**

**In the unlikely event the retreat does not go ahead,
all payments will be fully refunded.**

OPTIONAL ADD-ON

Private / Small-Group Atelier Session with Parama

**For guests who wish to engage more deeply,
a limited number of private or small-group sessions
with Parama are available during the retreat.**

**These sessions offer focused, high-touch engagement using
symbolic and embodied tools, designed to support continued
balance and self-connection beyond the retreat.**

**Sessions are limited and offered at an additional cost.
Details and availability are shared privately.**

CONTACT US

Please click on the link below to visit the website
and complete the registration form :

www.viv-ere.com/retreats/innerstudio

Email: events@viv-ere.com

WhatsApp: [+44 7956 492226](https://wa.me/447956492226)



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