



GOA UNIVERSITY

School of Sanskrit, Philosophy & Indic Studies

In association with

Indian Knowledge Systems Centre

Presents

PHILORETREATS™



Reflect, Reconnect & Rejuvenate

A day of inner exploration, holistic well-being
and meaningful connection



Meditation & Mindfulness

Cultivate presence, peace and clarity



Indigenous Wisdom

Reconnect with timeless knowledge
& nature's intelligence



Ayurvedic Culinary Experiences

Nourish your body with
wholesome, mindful food



Socratea™ Sessions

Engage in thought-provoking
philosophical dialogues



Yoga & Mental Health

Balance your body, mind
and emotions



Location:

Bambolim Beach Resort Goa



Date:

September 05th 2026



Time:

09:00 AM to 05:00 PM

Register here



Traditional
Local Cuisine



INCLUDES:

Refreshments



Guided
Sessions



For reservations & more information, contact:
Dr. Walter Menezes, Assistant Professor
8970294284/8879027233.