

The background of the entire page is a vibrant landscape. In the foreground, a white, cylindrical stone structure sits on a patch of green grass. The middle ground is filled with a field of tall green grass and numerous yellow flowers. The background shows a clear blue sky with a few wispy clouds. In the bottom left and right corners, there are blurred pink flowers.

# *The* **Becoming Project**

A 4-day soulful immersion to help young adults  
reconnect with who they are and who they're becoming.

At Bir, Himachal Pradesh from 21 - 24 May 2026

By  
*Jass and Gurmeet*

# *What is this Retreat about?*

This 4-day retreat is thoughtfully designed for young adults (ages 20-35) who are in the middle of life's big shifts completing college, figuring out their next steps, exploring career options, and navigating questions around identity, relationships, and self-worth. Whether they're feeling lost, overwhelmed, curious, or just unsure about "what's next," this retreat offers a much-needed pause- a space to breathe, reflect, and build the clarity and confidence they need to move forward.

*This is not just a getaway- it's a guided journey inward.*

In a safe, screen-free environment surrounded by nature, we'll explore everything and learn:

- How to listen to yourself
- Understand your mind and body connection
- Make choices that actually feel like you



# *Here's what you'll walk away with:*

A clearer sense of who you are

Emotional awareness & self-trust

Clarity on your goals and direction

Go beyond labels and reconnect with your true self

Understand your mind-body connection and energy alignment

Stronger boundaries & decision-making

Lifelong memories & meaningful friendships



# *What to expect?*



*Sound Healing*



*Self exploration*



*Safe Sharing Circle*



*Real Connections*



*Group Exploration*



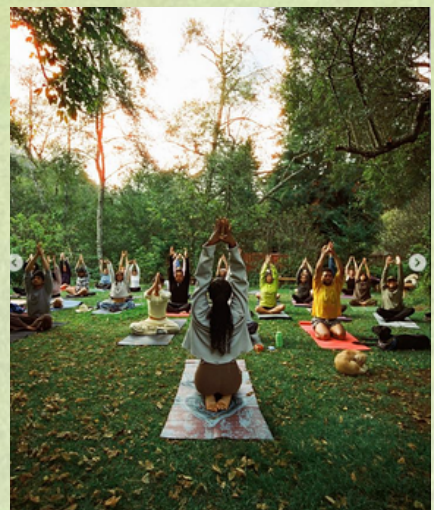
*1:1 Coaching*



*Hiking activities*



*Meditation Sessions*



*Yoga Sessions*

# *Why it's a Safe & Valuable investment for You?*

- Fully facilitated by two experienced and qualified professionals.
- Balanced blend of introspection, fun, movement, and structured learning, supervised environment with clear safety protocols.
- Designed to build self-awareness, confidence, emotional strength, and leadership skills
- Supportive peer group, zero-pressure environment
- All participants are carefully screened before confirmation



# *Inclusions & Exclusions*

- Healthy vegetarian meals (Breakfast & lunch)
- 3-night comfortable stay in shared accommodations
- Pick-up & Drop from Chandigarh
- A welcome kit and lots of soulful goodies
- All self-exploration workshops and sessions, creative activities, mindfulness practices & curated experiences
- 1:1 coaching and guidance during the retreat
- Post-retreat accountability support

## *Exclusions*

- Personal expenses (shopping, souvenirs, etc.)
- Any medical expenses or emergencies
- Any other local activities
- Any extra meals

# *Retreat Snapshot*



## ***Day 1 – Arrival & Intentions***

*Welcome | Icebreakers | Self-Discovery | Sunset Exploration*

## ***Day 2 – Inner Work & Energy Awareness***

*Yoga | Sound Healing | Self Exploration Workshop | Moonlight circles*

## ***Day 3 – Expression & Exploration***

*Nature Trip | Life Skills Workshops | Guided Meditation | Music Night*

## ***Day 4 – Closure & Celebration***

*1:1 Sessions | Sound Healing | Reflections | Depart with Clarity*

*Location: Bir, Himachal Pradesh*

*Check in: 21 May 2026  
Check out: 24 May 2026*

# *Be a part of it by*

Registering at our website  
[www.Jasthinks.com](http://www.Jasthinks.com)

or call us at +91 9780086701

 @Jas.thinks

 @bossladygeet1133



Feel free to drop an email at  
[gurmeetsoftskillmatter@gmail.com](mailto:gurmeetsoftskillmatter@gmail.com)

# Meet your Coaches



Gurmeet Kaur Dhaliwal is an award-winning Soft Skills and Communication Coach with 13+ years of experience, having trained and transformed over 60,000 lives across India.

She is the founder of Soft Skill Matter, a creative learning platform offering soft skills training, faculty development workshops, and theatre-based life skills sessions. Renowned for her engaging and transformative style, Gurmeet builds empowering spaces that nurture confidence, emotional intelligence, and self awareness. A solo traveler and avid reader, she constantly explores fresh, out-of-the-box methods to inspire and connect with youth.

Jass is a certified life coach trained in REBT (Rational Emotive Behaviour Therapy), focused on helping individuals understand themselves on a deeper level and navigate life with more clarity and emotional balance.

She has worked with 1500+ individuals (ages 16–50), supporting them through challenges like stress, anxiety, overthinking, low self-esteem, and emotional overwhelm. Her approach combines psychology with simple, practical tools to help build healthier thought patterns and responses.



# *Know more about the location*



# *The Hood, Bir, Himachal Pradesh*

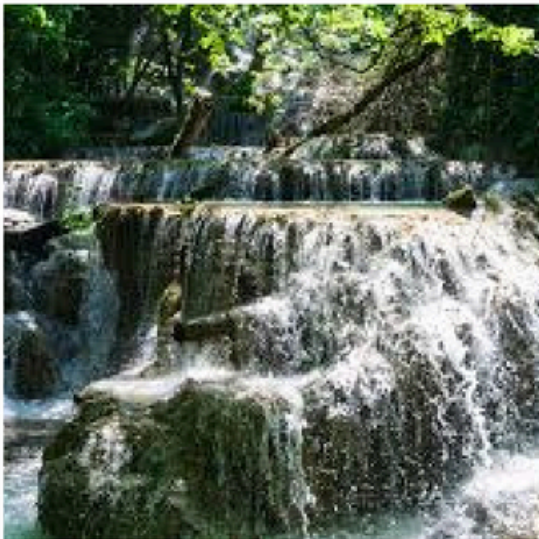
# *Things to do around Bir (Optional during free time)*



*Sunset at landing site*



*Cafe hopping*



*Bongaru Waterfall*



*Rajgunda Valley*

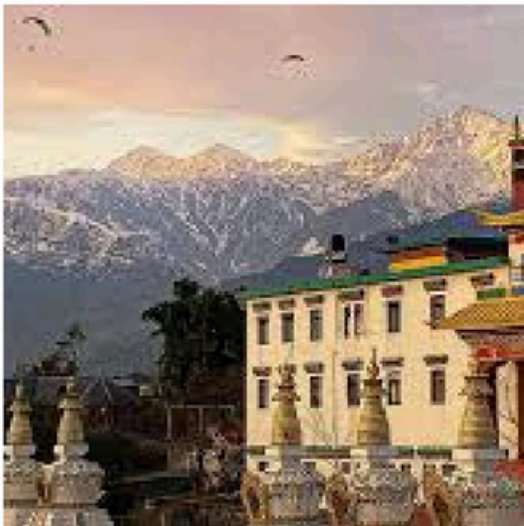
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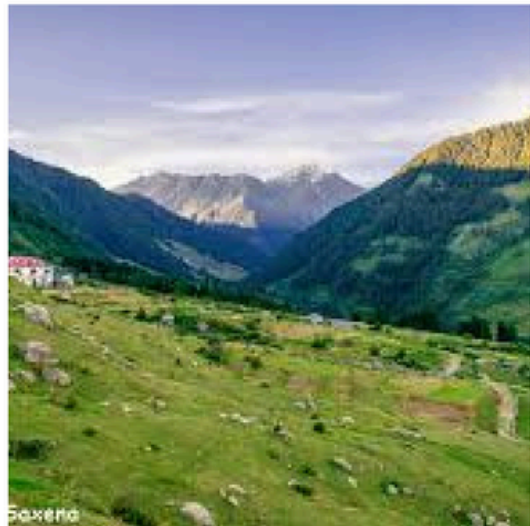
*Paragliding*



*Macchial lake*



*Chokling Monastery*



*Bir 360 trek*