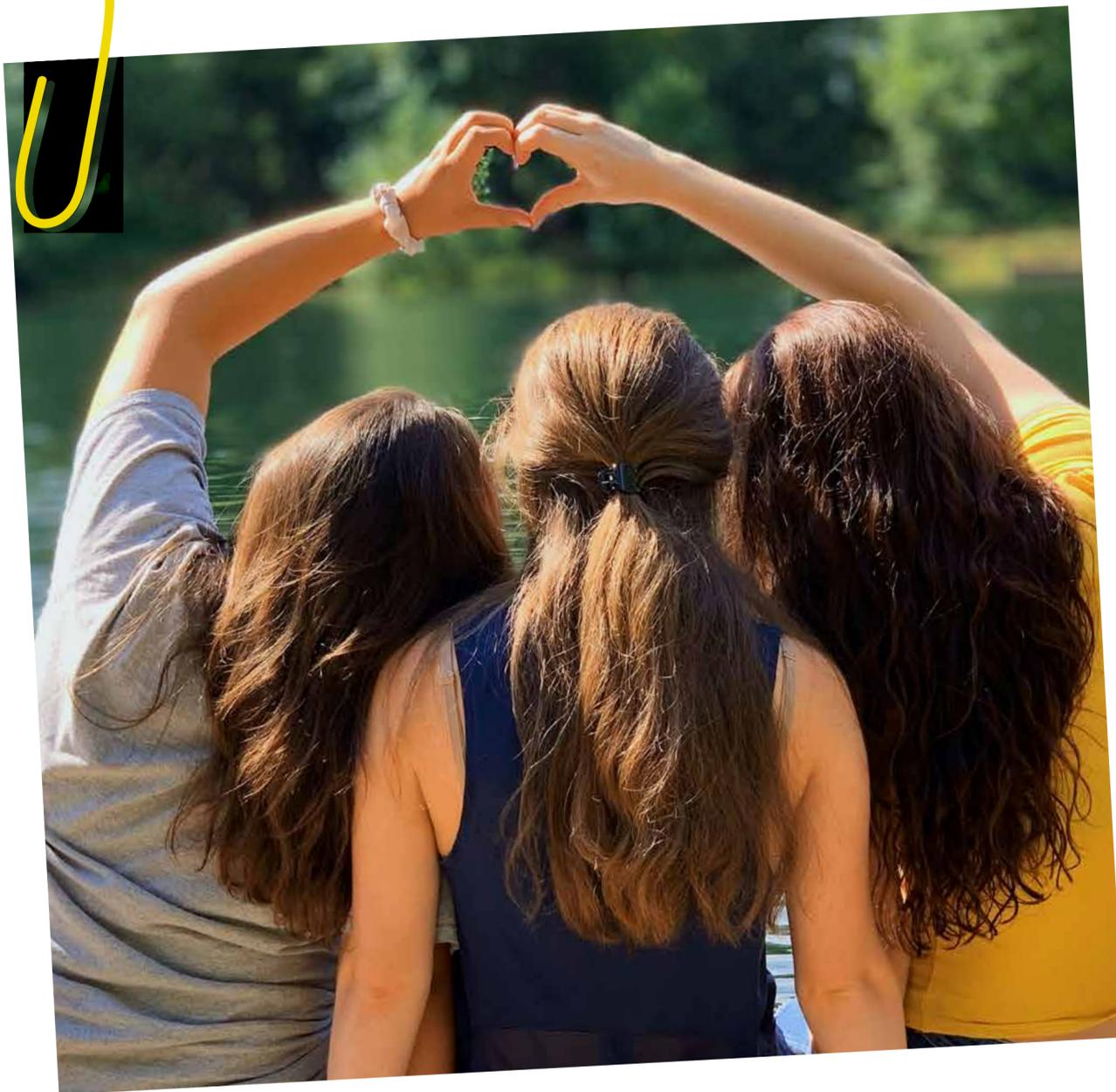


SECONDACT™ *Retreat*

A five-day pause to
listen, realign, and design
what comes next.

24 March - 29 March, 2026

New Delhi



*Some phases of life don't call for urgency.
They call for attention.*

SecondAct is for women who have lived full lives, carried responsibility well, and now sense a quiet shift within. Not dissatisfaction. Not burnout. Just a knowing that the way forward needs to be more intentional, more honest, more aligned with who they are today.

This retreat is a space to slow down, reflect deeply, and explore what your next chapter wants to look like, without pressure to decide or perform.

Why SecondAct?

Many women reach a stage where their outer life looks stable, even successful, but their inner questions have changed.

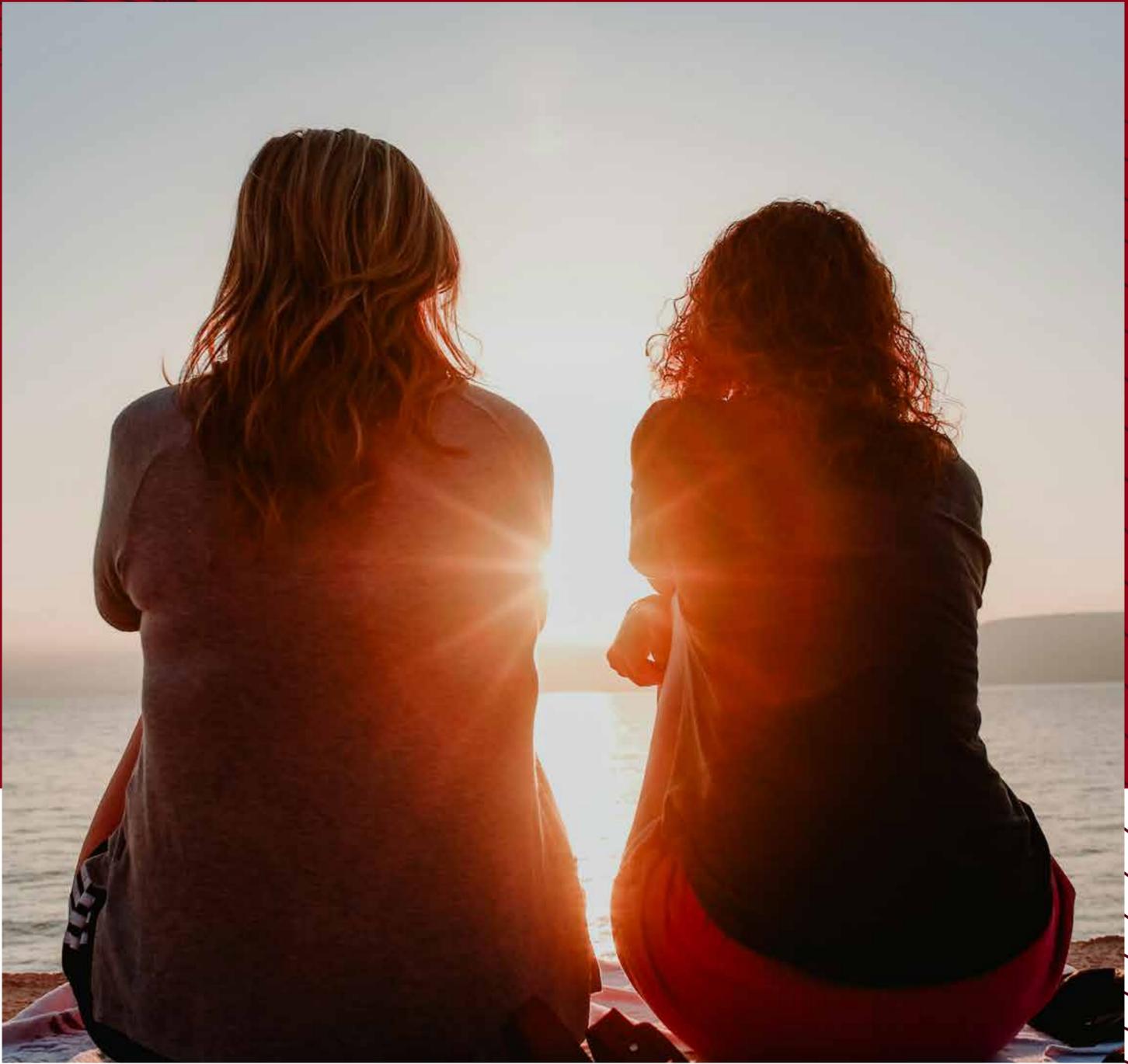
**What once mattered feels less relevant.
What feels meaningful now hasn't yet taken shape.**

SecondAct exists to honour this transition. Not to push answers, but to create the conditions where clarity can emerge naturally. This is not about reinvention for the sake of change. It is about realignment.



What You Leave With

*Clear perspective on where you are and
what matters now:*



Language for the shifts you've been sensing but not naming

Multiple possible paths forward, not just one rigid plan

A grounded, realistic direction you can test before committing

A trusted circle of women walking similar life questions

*Women who complete this journey often describe feeling steadier,
clearer, and more confident in the choices they make next.*

The day-wise journey

Day 1: Your First Act

We begin by looking back, not to judge or fix, but to understand. This day is about making sense of the life you have lived so far. The roles you stepped into, the choices you made, the milestones that shaped you. Through reflection and conversation, you will reconnect with your story with compassion, letting go of regret and replacing self judgment with clarity and acceptance.

Day 2: The Inner Shift

We begin by looking back, not to judge or fix, but to understand. This day is about making sense of the life you have lived so far. The roles you stepped into, the choices you made, the milestones that shaped you. Through reflection and conversation, you will reconnect with your story with compassion, letting go of regret and replacing self judgment with clarity and acceptance.

Day 3: Design Your Act

Here, insight meets imagination. You gently reframe limiting thoughts and outdated narratives. You explore what balance really means for you, and what flow looks like in your everyday life. Using the Design Your Life methodology, you start experimenting with new ways of thinking and being, without pressure to get everything right.

Day 4: Clarity and Direction

This is where things begin to crystallise. You identify what truly matters at this stage of your life and separate noise from signal. Possibilities are distilled into clearer direction. You move from abstract ideas to creating a simple, low risk prototype that helps you test what feels aligned, before committing fully.

Day 5: Designing What Comes Next

The final day is about integration and forward movement. You translate insights into a grounded, realistic roadmap. One that honours who you are today, not who you used to be. You leave with clarity, confidence, and a plan that supports what you are genuinely ready to create next, at your own pace.

Facilitated by Archana Dutta



For over two decades, I worked in global corporate environments with organisations like Lufthansa and Hyatt. Structured roles, clear expectations, measurable success.

What changed my life was not a dramatic exit, but learning how to pause. Retreats. Stillness. Spaces where I could listen inward without needing answers.

SecondAct is shaped from that lived understanding.

I will be anchoring and facilitating this retreat with care, depth, and respect for each participant's journey. This is not a space to fix yourself. It is a space to meet yourself honestly and move forward with clarity.

Designed with the Best

Day 3 is anchored in the globally recognised Design Your Life methodology.

Co-facilitated by Navyug Mohnot, Stanford-trained Life Design educator and one of India's pioneers in life design, this day helps participants move from reflection to possibility.

You will explore multiple life paths, challenge limiting assumptions, and experiment with small, low-risk ways of moving forward.



Life is not a problem to solve. It is something you design.

Investment and Commitment



INR 69,999+ applicable
taxes

Twin sharing | All meals included

Includes:

- *Five-day residential stay*
- *All workshops and materials*
- *Lifetime access to the SecondAct community*

SecondAct requires full five-day presence. This work builds over time and cannot be picked in parts. Flexible payment options are available.

The Venue

Zorba The Buddha, on the green outskirts of South Delhi, offers a setting that naturally slows you down.

Earthy architecture, open spaces, nourishing food, and quiet corners create the right environment for reflection and inner work.

Check-in by 1 pm on 24 March.

Departure after breakfast on 29 March.





*Choosing time like this for yourself often comes with questions.
About timing. About fit. About whether this is the right moment.*

We welcome those questions.

*If you'd like to talk it through, understand the retreat better, or simply sense
whether this space is meant for you, please reach out.*

**Email us at info@secondact.in
Or call Manasi at +91 995 831 2427**