

World Retreat Day on 19th September Invites People Everywhere to Step Away and Return to Themselves.

World Retreat Day, initiated by XplorKaro, invites people to retreat in their own way, join an optional 60 Minutes of Silence, and carry the practice forward with 15 Minutes for Yourself.



Noida, Uttar Pradesh Sep 15, 2026 ([Issuewire.com](https://www.issuewire.com)) - **XplorKaro**, a marketplace for discovering and booking retreats, today announced the launch of **World Retreat Day**, a new annual observance inviting people everywhere to step away from their everyday routines on 19th September and make intentional time for themselves.

Conceived as an open, self-guided observance, World Retreat Day encourages people to retreat in whatever way suits them — a quiet afternoon at home, a distraction-free walk, time spent painting or writing, an unhurried conversation, or simply resting.

A retreat need not involve travel, an organised programme or any expense. What matters is the intention: creating space to reconnect with yourself or what matters most to you.

"We wanted to create a reminder that time for yourself deserves a place in everyday life," said Vibhor Kumar Singh, Founder of XplorKaro. "For one person, that might mean picking up a paintbrush. For another, it might mean sitting quietly to journal or spending unhurried time with someone they love. We started World Retreat Day, but we hope people everywhere will make it their own."

60 Minutes of Silence at 9 PM local time

Alongside personal retreats, World Retreat Day invites participants to spend **60 minutes** of silence from 9 to 10 PM local time on 19th September. As 9 PM arrives in different places, the invitation moves across time zones, creating a shared moment that circles the globe throughout the day.

The hour is self-guided. Participants find a comfortable place to sit or rest quietly, and, where possible, set aside conversation, music and screens. No livestream, teacher or meditation experience is required — everyday sounds and thoughts are welcome, and there is nothing to achieve.

Participation in the silence hour is entirely optional but encouraged. People may take part for as long as they wish, and those unavailable at 9 PM are welcome to find another time to make space for themselves. The rest of the day can include creativity, movement, conversation or any activity that supports their personal retreat.

15 Minutes for Yourself, beyond the day

The invitation continues after 19th September with 15 Minutes for Yourself, every day at 9 PM local time — a small, repeatable habit that makes room in everyday life for rest, reflection, creativity, or anything personally meaningful.

An open invitation

Individuals, families, retreat providers, workplaces and communities are all welcome to take part or organise their own gatherings. No booking, payment or registration is required to participate independently; organised events may have their own arrangements and charges.

Retreat providers worldwide are invited to celebrate World Retreat Day by hosting gatherings, offering experiences that reflect the day's spirit, or inviting their communities to join the shared silence at 9 PM local time.

World Retreat Day welcomes people of all faiths and none. Participants are not required to document or share their experience. Those who wish to invite others or share afterwards can use [#WorldRetreatDay](#).

Our manifesto for World Retreat Day ends with a simple invitation: "Step away. Return to yourself."

Read the manifesto and find participation guidance at xplorkaro.com/world-retreat-day.

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