



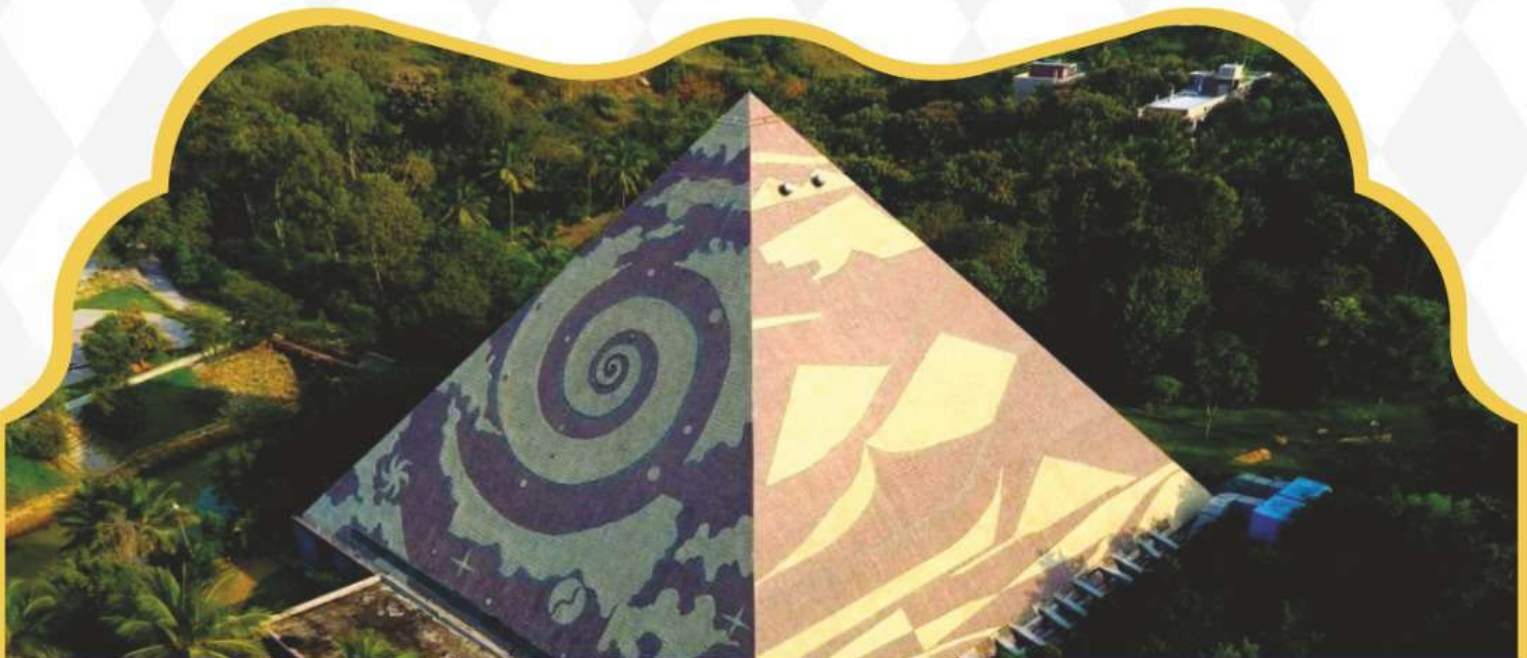
CHAITANYA Wellness Retreat

ReKindle your Physical Mental and Spiritual Well-being !
REJUVENATE YOURSELF HOLISTICALLY

Venue : Pyramid Valley International
Bangalore, India

MAY 19 – MAY 21

Only place where you can experience synergies of
Music, Dance, Yoga, Meditation along with Wellness Therapies!



Enroll your child to Children's Retreat program Age 5- 15

Highlights for childrens Retreat program

- Shabha Bedha Yoga Vidya
- Painting, Dance, Chanting
- Personality development

For Early Bird Registrations
***FREE AURA CHAKRA REPORT**

Choose budget/Luxury accommodation options
\$500 (includes basic shared accomodation for 3 nights)

* private rooms available at additional cost

Ask for
***GROUP DISCOUNTS**

OUR SPEAKERS



Dr. Ruchi Gulati



Sri Aditya Rangan



Dr. Lakshmi Srinivas



Mrs. Tripura Kashyap



Mrs. Rajam Shankar



Mr. M.V.Ravindra



Dr. Vinutha Rao



Dr. Sivaramappa



Master Srinivas



Master Mallanna

Program Highlights:

DAY 1

- 7 am : Yogic cleansing by Master Srinivas
- 8 am : Stretching with Yoga by Master Mallanna
- 10:30 am : Ice breaking session
- 11:30-1:30 pm : Chakra Dharana by Dr.Ruchi Gulati
- 2:30-4:30 pm : Wellness through Acupressure by Dr.Reshma Sooryavanshi
- 5:30 pm : Art Therapy by Dr.Sivaramappa

DAY 2

- 7 am : Yogic cleansing by Master Srinivas
- 8 am : Stretching with Yoga by Master Mallanna
- 10:30-12 pm : Healing through chanting by Sri Aditya Rangan
- 12-1:30 pm : Brain Gym Brain Yogi Srinivas
- 2:30-4:30 pm : Wellness through Mudras by Dr. Lakshmi Srinivas
- 5:30 pm : Dance & Wellness by Mrs. Tripura Kashyap

DAY 3

- 7-9 am : Pyramid Meditation and Trekking
- 10-12 pm : Music & Wellness by Mrs. Rajam Shankar
- 12-1:30 pm : Yogic Diet & Nutrition by Dr. Vinutha Rao
- 2-4 pm : Holistic Healing
- 5 pm : Cultural Program Mohiniyattom by Dharani school of Performing Arts Trust, Kochi

Join us for a 3 Day Wellness Retreat in Pyramid Valley International, Bangalore !

*Early bird pricing ends March 31

Organised By :



VEDIC WELLNESS
UNIVERSITY
FLORIDA, USA

Co-organised By :
Vedic Wellness Trust