



organised by:

in association with:





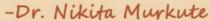




RETREAT HIGHLIGHTS..!

Aquatic Therapy Session

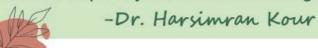
Experience the therapeutic power of water in our specialized aquatic therapy session. Designed to improve flexibility, strength, and relaxation, this low-impact exercise is perfect for all fitness levels, promoting healing and stress relief in a serene aquatic environment.







- Strengthen and protect your pelvic floor muscles.
- Address common issues like incontinence, prolapse, and post-partum recovery.
- Improve your posture, core strength, and overall confidence.
 Learn how your pelvic floor impacts your overall well being.





"Embrace your Mental Health"

Activities filled with fun and optimistic outcomes. The session is aimed to help you: Reconnect with your thoughts and emotions. Connect with who you are. Take a step towards positive mental well-being and self-acceptance with us. A journey towards a healthy mental state begins here.



-Charuta Barate



Yoga Therapy Session

Find your balance and peace in our guided yoga therapy session. Whether you're a beginner or experienced, this session is designed to help you relax, improve flexibility, and connect with your inner self in a welcoming and supportive environment.

-Siddhi Shende

Surprise Session at the end..!

WHAT'S INCLUDED?-

- Guided & a expert-led workshops in a serene, nature-filled setting.
- All meals and refreshments—nutritious, delicious, and wholesome.
- Fun group activities to energize your body and mind.
- Travel is included unless you want to travel individually.
- Wellness goodie bag..!

WHAT TO BRING...!

Comfortable clothing for yoga & fitness sessions.

Swimwear or Lycra T-shirt & pant for aquatic therapy sessions.

A water bottle, yoga mat, and any personal wellness tools.

Notebook or journal for reflections during the retreat.

An open heart and a willingness to embrace the experience..!

CHARGES:

2100/- PER PERSON 1999/- PER PERSON (FOR GROUP OF 5)

(Age Group: Above 25)



JOIN US At Venue: Varenya Resort, Mulshi. On Saturday, 14th December 2024

Time: 09:00 am to 05:30 pm

For Enquiry Call On: 75074 88797 / 98222 64449