

PSYCHE
ENTERTAINMENTS'



3 DAYS OF YOGA Body & Soul WORKSHOP



YOGA MIND. BODY. SPIRIT.

FALL IN LOVE WITH TAKING CARE OF YOURSELF.

March 11, 12 & 13 - 2022

YOGA. MIND. BODY. SPIRIT.

In this specially curated retreat, we will drive deep into understanding our Mind, Body & Spirit. Its the relationship with our body that defines, all other aspects of life & living.

Understanding and caring for our-self will help us immensely in the healing process. Body wisdom would be a definite take-home.

With the skillful inclusion of Yoga as part of our life-style, we are in attainment of

STRENGTH, STAMINA, BODY WISDOM, BALANCE, MINDFULNESS & INNER PEACE.

These are powerful tools for enhancing our well being and evolution as an individual.

Explore & Unlock **YOUR MIND, BODY & SPIRIT**

At this retreat, we will guide you into exploring and unlocking the massive potentials your Mind, Body and spirit holds using a range of yoga & other lifestyle practices.

YOGA

Kriyas
Asanas
Pranayamam
Meditation
Theory of yoga

Therapy
Drt
Thradakam
Kreeda yoga



3 Days & Nights of YOGA
Schedule

Day
1

March 10th
Thursday

Arrival & Check-in
High Tea
Intention Setting Session
Dinner

Day
2

March 11th
Friday

Asanas
Karma Yoga
Yoga Theory
Sookshma-kriya
Anguliya Thradakom
Kreeda Yoga
Yoga Therapy
Anoupacharikam



3 Days & Nights of YOGA
Schedule

Day 3

March 12th
Saturday

Asanas
Karma Yoga
Yoga Theory
Sookshma-kriya
Practice Session
Jan-Neti
Yoga Therapy
Anoupacharikam
Deepa Thradakom

Day 4

March 13th
Sunday

Asanas
Karma Yoga
Question & Answer Session

See you again session - 2.30 pm
Check out - 3 pm



Instructor

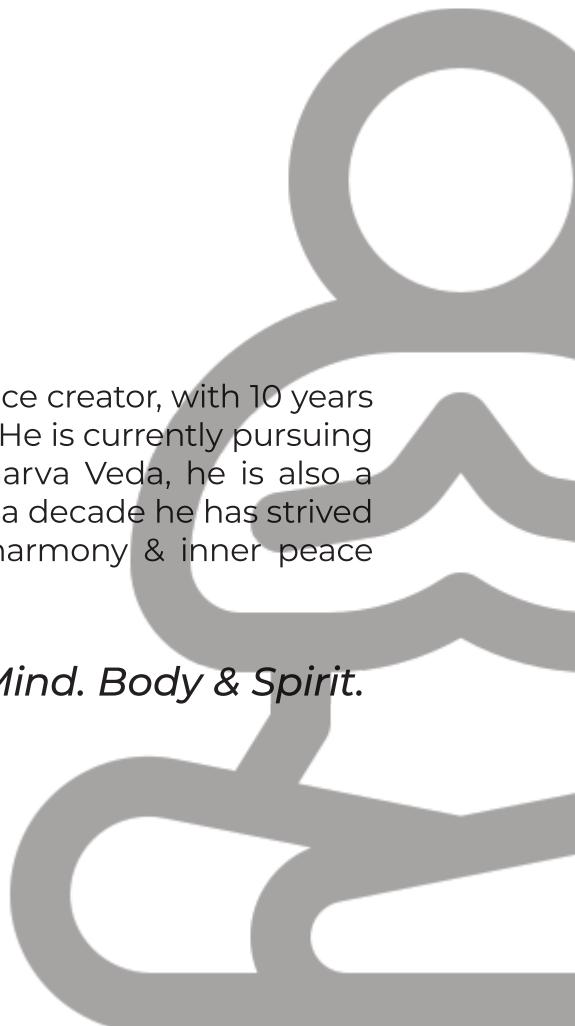
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Mentored by
Vimal Krishna

A certified yoga practitioner, trainer and holistic experience creator, with 10 years of teaching experience and 6 certificate courses in Yoga. He is currently pursuing his PhD in Yoga Therapy. Already a PhD holder in Adharva Veda, he is also a passionate musician and Kalaripayattu practitioner. Over a decade he has strived to combine the yogic practices with nature to bring harmony & inner peace beyond all visible and invisible borders.

Let's come together and learn to celebrate Mind. Body & Spirit.



Hospitality

Partner

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Hosted by
Wildlink.Camp,
Pazhathottam, Munnar.

Wildlink.camp is a campsite located at Pazhathottam, Vattavada, Munnar, India. The campsite is overlooking the Kolukkumala Mountain ranges. Chilendiyar waterfalls is just a drive away from the campsite.

The dewy sunrises and the misty dusks are a sight to the sore eyes. An ideal place to bring about harmony to our body, mind & spirit. Blessed with nature's glory, being is best possible in such a setting. The camp has hosted music, filmmaking, new years and other events. Yoga would be a first & the hosts are as thrilled as you all!

Hear

from our participants

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Padmaja
Past Mentee/ Student

Vimal Sir is an amazing tutor with immense dedication.. He gives us an insight into the idea behind each asana and how each posture can refresh our mind & body.

“

He tries to understand our exact body & health state and guide us through a set of balanced asanas that are best suited for us.

His classes always focuses on boosting our physical and mental well being. I have been following his guidelines during my last trimester of pregnancy and can undoubtedly say it had helped me a lot. It have helped me to become an inspiration to many in my circle as well. Thank you sir for your valuable guidance. Keep up the good work. God bless you..



Sharmila Muralidharan
Past Mentee/ Student

Our Yoga guru Sri. Vimal takes classes with utmost sincerity and dedication. Each of us will be personally attended and give instructions to do Asanas in perfect form.

“

He will also do Asanas along with us and we also try to reach do it correctly. He also explains the benefit of doing Asanas in the correct posture.

We wish continue with his classes and strongly recommend others to attend the Yoga classes by him

Hear

from our participants

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Akhil

Past Mentee/ Student



Santhosh

Past Mentee/ Student

Vimal Sir has expert knowledge of body movement, vast experience and techniques to improve flexibility.

“

Unlike most instructor he does all yoga asanas to perfection & encourages his students to attain the perfect poses.

His attention to detail make him a great instructor. He uses that perception to help students to correct and improve techniques. He also has the critical ability to challenge students while keeping the classes enjoyable, informative and fun. I highly recommend his classes.

I really enjoy the yoga sessions with my teacher Mr. Vimal. He communicates so well & makes you feel very comfortable and an active part of it. His class is fun and at the same time he really pushes you. He is very professional and works with all levels.

“

I always thought my body is not made for yoga, too stiff. But he patiently worked with me to help me relax and make all yoga poses.

Now I gained so much flexibility & strength. Thank you so much for your dedication & passion about yoga. I recommend everyone that if you have the opportunity, do not hesitate to join a class with him. 100% recommendable teacher. Thank you

Stay

& Facilities

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Cabin facilities

Total Capacity : 10 people



Enjoy the nature & tranquility from the comfort of a modern cabin with attached toilet.

Total Capacity : 10 persons

2 Shared cabins,
5 Persons per cabins



Tenting facilities

Total Capacity : 20 people



Get closer to nature,
Feel the vibrations of earth.
Get in tune with the universe.

Total Capacity : 20 persons

10 Shared tents,
2 Persons per tents



Costing

Inclusion & Exclusion

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You experience includes

- | Stay for 3 nights & 3 days | | Breakfast + Lunch + High Tea + Dinner |
- | All workshop, sessions & experiences |
- | Nature walks | | Facilitators Fee | | Bonus Surprises |

Your experience excludes

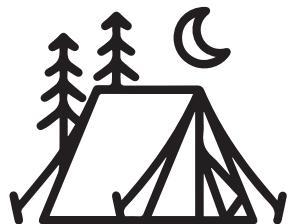
- | Airfare | | Airport transfers |
- | Any personal/medical requirement |
- | Personal expenditure done during the tour |

Your Investment

Cabin Facilities



Tenting Facilities



 **Early bird Price** (till 24 February)

Rs. 6750/head

Available Accommodation
(2 Cabins, 5 persons/cabin)

Rs. 5250/head

Available Accommodation
(10 Tents, 2 persons/tent)

Regular Price (after 24 February)

Rs. 7250/head

Available Accommodation
(2 Cabins, 5 persons/cabin)

Rs. 5750/head

Available Accommodation
(10 Tents, 2 persons/tent)

How to confirm your seat?

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Step 1

Kindly fill this online form before the 5th March 2022, if you decide to take part.

<https://docs.google.com/forms/d/1WA1OndR0xYx6f-3TkjBnJXR-4zVwEdiVzB2viwjNGGY/edit>

Step 2

You may make the payment of for Tent or for Cabin by :



PhonePe

OR



Gpay or Phonepe @
+91 85475 55113

NEFT bank transfer to
Soumya S

Account Number : **20077423643**

State Bank of India, Pattom Ed Heights,
Trivandrum Kerala Pin - 695004

IFSC Code : **SBIN0003355**

Please finish the 2 step of registration process before March 5th.

Step 3

Once this payment is done kindly email us a copy of the transaction as proof of payment.

mail id : **sousadanandan@gmail.com**

Step 4

That's It! See you at the workshop.

If you face any difficulty please contact us at **+91 85475 55113**

First come, first serve basis! Looking forward to hearing from you!