



WE WELCOME YOU TO LADIES SPECIAL

THE WELLNESS RETREAT
|| PRANA ||



organised by:



Step Towards Independence

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.

-Dr. Nikita Murkute



"Empower Your Core: A Pelvic Floor Health session"



- 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.

-Dr. Harsimran Kour



"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