



Beyond Balance

Journey to Personal & Professional Mastery



Immerse yourself in a journey of wellness. Embark on a Health Tour, where every step is an opportunity to discover new ways to nourish your body and mind. Leave feeling invigorated, empowered, and ready to embrace a healthier, happier you.



Pragyaan Institute of Excellence and Coaching Centre is a knowledge hub where latest Soft Skills, like, N.L.P., E.F.T., Personality Development and much more are taught. We are accredited with the European Committee of N.L.P.(E.C.N.L.P.). Pragyaan also conducts Spiritual based courses, like Yoga, Sapta Chakra Shuddhi Kriya, Pranic Healing, Past Life Regression, Swara Yoga and much more which comes from the hidden secrets of Indian Culture.

Your Trainers



Anagha

NLP Trainer & Life Coach

Owner

Pragyaan Institute of Excellence

Since 2000, she has helped her clients break through the obstacles that seem to be holding them back in life. She has helped clients to achieve a more positive outlook on life. She has helped people learn and develop better ways to handle the issues that are standing in the way of their goals.

Chief Consulting Doctor

Sarth Ayurveda Retreat and Wellness Centre

Dr. Ajit Rajigare is a leading Ayurvedic consultant with over 20 years of experience. He specializes in treating chronic health issues and uses detailed consultations and nadi parikshan to identify the root cause of ailments. His deep knowledge of Ayurveda sets him apart and helps patients achieve complete recovery.



Dr. Ajit Rajigare

M.D. Ph. D., D.Y.A



Pooja Bhosale

Yoga Trainer

Yoga Instructor

Sarth Ayurveda Retreat and Wellness Centre

Pooja, a certified Yoga Instructor (5 years), specializes in Restorative Yoga, Pranayama, and Yog Nidra. Her background in biology makes her classes informative & easy to understand, allowing her to tailor sessions to individual needs. With over 3,000 students including celebrities, Pooja brings a wealth of experience to your practice.

Contents Overview



Subconscious Musical Therapy

In Subconscious Musical Therapy we learn the art of how instruction therapy combined with proper musical frequencies can help you succeed in life.



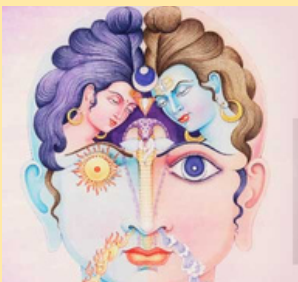
Ayurveda & Panchakarma

Our auto mode lifestyle, full of wrong eating habits, no exercise, etc are an invitation to thousands of diseases. Here with Sarth, we guide you to make use of Ayurveda & Panchkarma in day to day life through easy home based techniques.



Stress Management

Stress nowadays enters in our life with our first breath and ends with our last breath of life. We address stress from its onset, utilizing various techniques to alleviate past burdens and promote awareness."



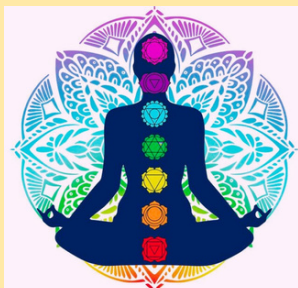
Miracles of Breathing Cycle

This unique technique of ancient yoga helps us balance our right and left brain activities. It also helps to maintain a healthy physical body. It's a secret inner force to take proper decisions and work in miraculous ways.



Creative Visualization

Creative visualization is a marvelous experience. It's a process to create and visualize your dream life, making use of all your five senses and also make your subconscious mind to believe your dreams.



Sapta Chakra Shuddhi Kriya

Spiritual science of yoga always talks about maintaining balance and well being of body and mind through seven chakras. You will learn to clean energize and balance the chakras.



Subconscious Goal Setting

We all set goals but very few come true. Here we give you the key to achieve your goals and get the desired success in life by imprinting your goal into your subconscious mind, with the extraordinary technique.



Emotional Freedom Technique

This technique is believed to help release emotional blockages, alleviate stress, and promote emotional well-being by restoring balance to the body's energy system.

Yogasana



"Yogasanas, or yoga postures, are physical exercises designed to enhance flexibility, strength, and balance while promoting mental clarity and relaxation. By combining mindful movement with controlled breathing, yogasanas cultivate holistic well-being."

Mudra Yoga



Mudras are the symbolic gestures made with the hand and fingers. These are easy to perform anywhere and anytime of the day. These are based on the meridian lines of acupressure.

Meditation



Meditation is a practice that involves focusing the mind on a particular object, thought, or activity to achieve a state of mental clarity, emotional calmness, and inner peace.

Yoga Nidra



Yoga Nidra is a powerful way to relax your mind and body. It also works as a power nap, and transforming you into a superhuman.

Recreational Activities



Camp Fire*

What's better way to end the tour than a camp fire, under moonlight watching the dazzling stars. Experiencing the joyful night sharing the stories and experiences of this tour.



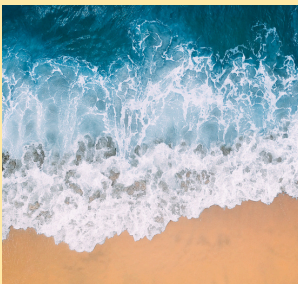
Musical Masti

A Treasure Hunt of the bathroom singer within you. Open all your limiting beliefs and live a life with joy of music.



Spot Seeing

Enjoy the nature in the arms of mother earth. Experience the traditional food, cultural variety, and taste the beauty of surrounding.



Beach Visit*

The beach visit is to give you an experience of completely emptying your emotional badges and inhaling fresh new positive energy.

***Subject to climatic conditions**

More Than Just Accommodation



Swimming Pool



Satvik Bhojan



Dhanvantari Yoga Hall



Vanaspati Herbal Garden



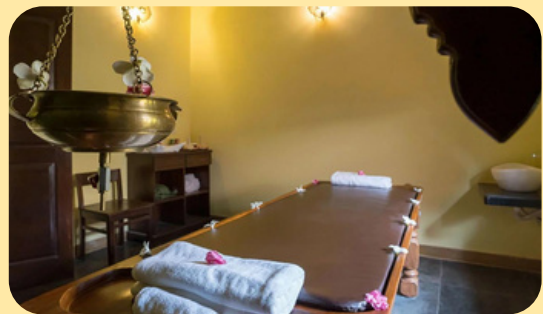
Library



Air Conditioned Rooms



Running Track



Panchkarma Room



Additional Inclusions:

- Free one on one Dr. Consultation
- All resort facilities included
- All Satvik meals included
- Free pick up & drop up from Sawantwadi Railway station and bus stop
- Walking/ Running Track
- Badminton Court
- One Abhyang Snanam free.


Addons From Sarth*:

- Sarth Panchkarma Therapies (At 10% discount rates)
- On demand Laundry

Distances from Nearby Locations:

- 1 hour from the MOPA airport (GOX)
- 2 hours from Daboblim airport (GOI) both in Goa
- Sawantwadi Road railway station is 30 minutes (17km) from Sarth
- Kudal railway station is 40 minutes (29 km) from Sarth
- The closest bus stand is Sawantwadi, 10 km away from Sarth

*Seperately Chargable







Pack for comfort and rejuvenation!

We recommend bringing:

- **Comfortable clothing for workouts, yoga, and relaxation**
- **Supportive footwear for hikes and activities**
- **Reusable water bottle to stay hydrated**
- **Sun protection essentials**
- **Personal toiletries and medications**
- **Journal and pen to capture your experiences**
- **Yoga mat, napkin, etc**
- **Optional: Swimsuit, healthy snacks, travel blanket, books/magazines, etc**

To fully embrace the wellness experience, we recommend leaving the following at home

- **Laptops and work materials**
 - **Smartphones (if possible)**
 - **Fancy clothes and jewelry**
 - **Strong perfumes and synthetic scents**
 - **Alcohol and drugs**
 - **Unnecessary medications**
 - **Negativity and judgment**
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Contact Information

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**Venue: Sarth Ayurveda Retreat & Wellness Centre,
A/p - Madkhol, Tal - Sawantwadi,
Dist - Sindhudurg, Maharashtra, India- 416510**

Check in: 24th May, 2025, 10am

Check out: 31st May, 2025, 7am

**Scan this
QR Code to
register**

