



## Testimonial

"Pragyaan Institute of Excellence and Coaching Centre. saved my life. I had experienced changes in my life that were affecting my mood and ability to function. It helped me work through what I was feeling and now I'm on the path to feeling healthy and productive once again"

Pandharinath V

**Eligibility:** 16 years+

**Duration:** 5 days/ 4 night

**To confirm your seat visit:**  
[www.pragyaanioe.org/health-tour](http://www.pragyaanioe.org/health-tour)

## Contact Us

Call: +91 7039200152  
[www.pragyaanioe.org](http://www.pragyaanioe.org)  
E-mail: [pragyaanioe@gmail.com](mailto:pragyaanioe@gmail.com)

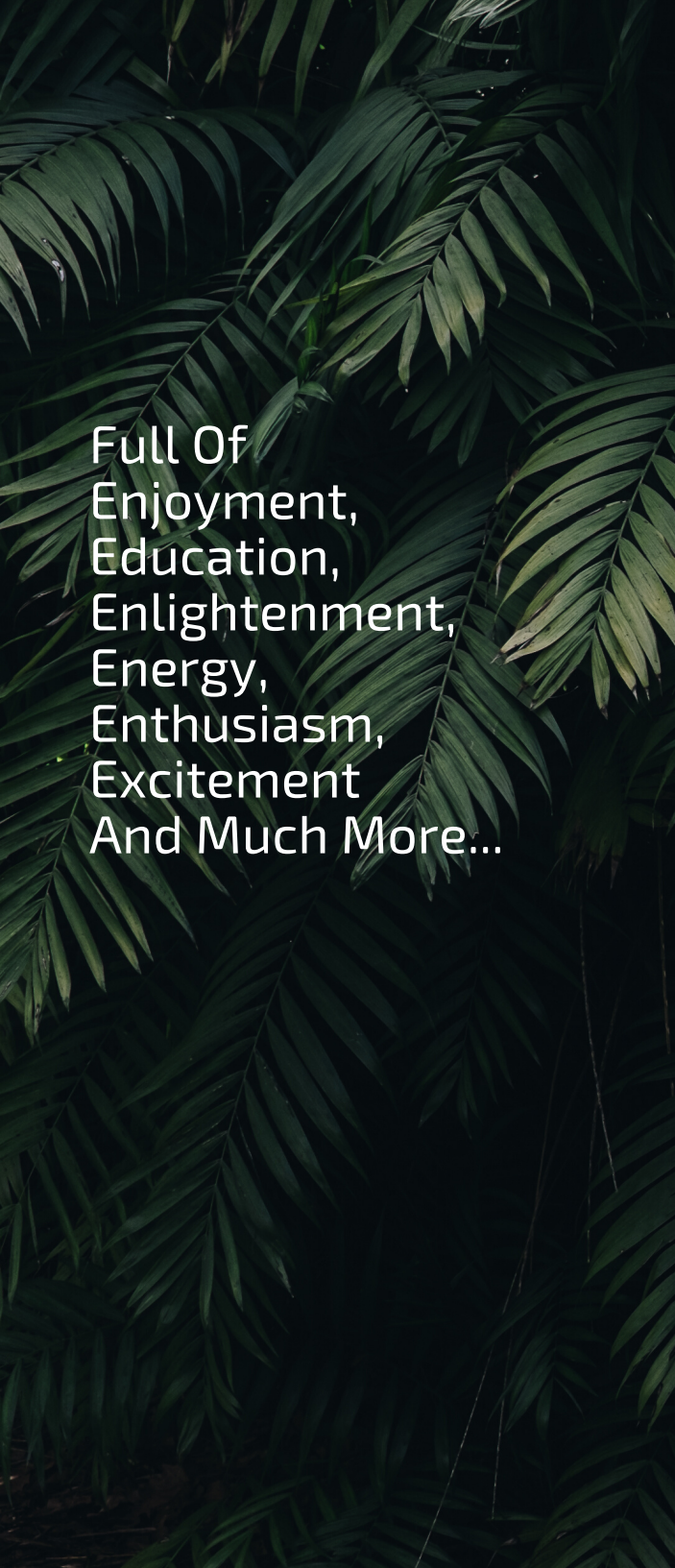
# A Health Tour

By

Pragyaan  
Institute Of  
Excellence







Full Of  
Enjoyment,  
Education,  
Enlightenment,  
Energy,  
Enthusiasm,  
Excitement  
And Much More...

## What's in it:

Subconscious Musical Therapy

Ayurveda And Panchkarma

Stress Management

Miracles Of Breathing Cycle

Creative Visualization

Subconscious Goal Setting

Sapta Chakra Shuddhi Kriya

Yoga Nidra

Yogasana

Mudra Yoga


## For Enjoyment And Recreation

Camp Fire

Musical Masti

Spot Seeing

Beach Visit



A Health Tour is a unique tour in itself, where education walks hand in hand with enjoyment to enlighten your mind, body and soul. At the end of the tour you will be filled with energy and enthusiasm, which will give an altogether new excitement for your future.