

# 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**



**Janhavi Alhat**

**Yoga Trainer**

**Yoga Instructor**

**Sarth Ayurveda Retreat and Wellness Centre**

Janhavi, a highly qualified yoga instructor possessing a Master's degree in Yoga. Specializing in the transformative techniques of Hatha Yoga, Pranayama, and Yoga Nidra, Janhavi also brings insightful knowledge of the Bhagwat Geeta. Her comprehensive expertise will empower you to cultivate yoga as a sustainable lifestyle.

# 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.



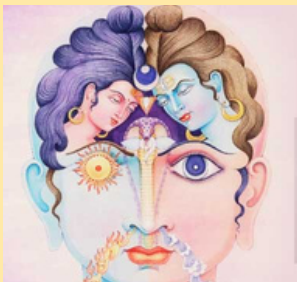
## Ayurveda & Panchakarma

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 & Panchakarma in day to day life through easy home based techniques.



## Stress Management

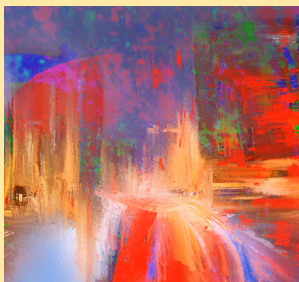
Stress nowadays enters in our life with our first breath and ends with our last breath of life. We address stress from its onset, utilizing various techniques to alleviate past burdens and promote awareness."



## 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**



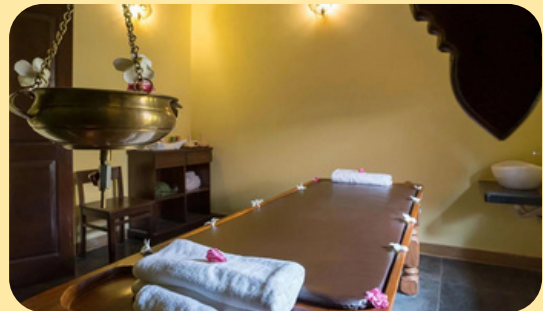
**Library**



**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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Website: [www.pragyaanioe.org](http://www.pragyaanioe.org)

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

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QR Code to  
register

