



Testimonial

"Pragyaan Nexus 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: 7 Days/ 8 Nights

To confirm your seat visit:

www.pragyaannexus.org.in/health-tour

Contact Us

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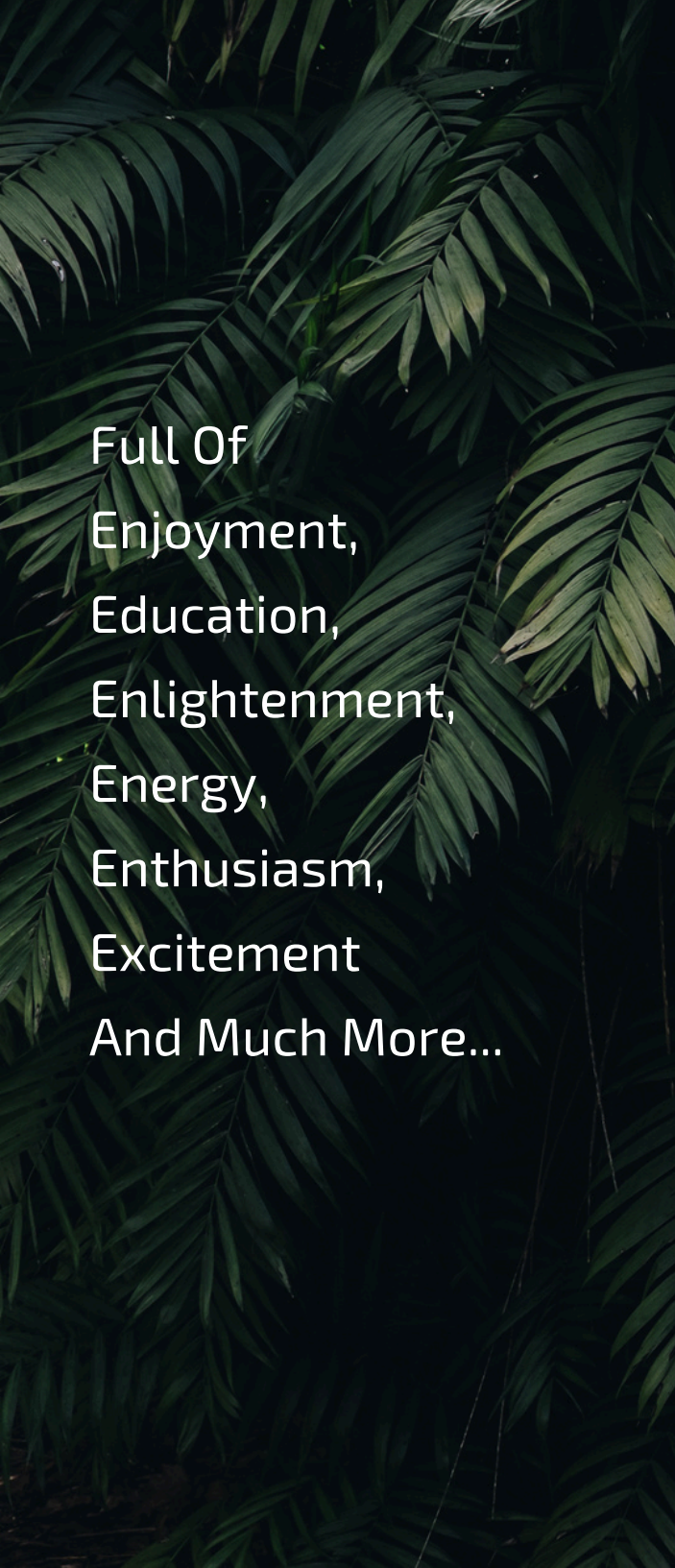
Health Tour

By
Pragyaan Nexus



Pragyaan Nexus

Change Your Story, Change Your Life



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



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.