



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

- Phone:** +91 91670 12182
- Email:** pragyaannexus.org.in
- Mail:** anagha.a@pragyaannexus.org.in

Health Tour

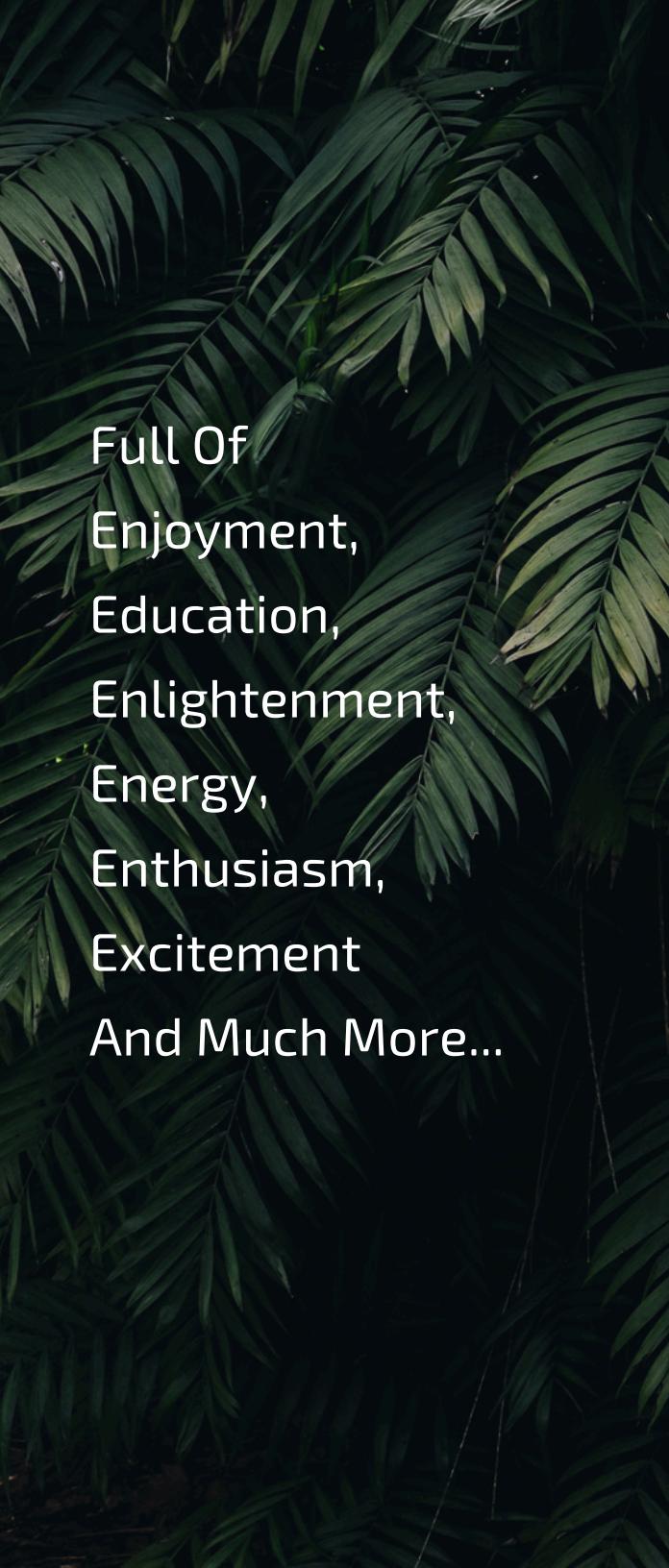
By

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.