



Yogini Kunal

Welcome to the world of Cosmos Nirvana
Promoting Physical & Mental Health all over the World



WELLNESS WORKSHOP



Healthy Har Pal



**Rejuvenate Yourself With Science Under
The Light of Holy Vedas**

World's only company to offer a whole range of
wellness services all under one roof

www.cosmosnirvana.in





ABOUT COSMOS NIRVANA

Since decades, mankind has witnessed tremendous development and in this dynamically changing life we have forgotten the importance of Life.

With the passing span of time and due to modern problems that we all have started facing, the need to transform ourselves and to connect with cosmos to heal our mind, body and soul that exists in each one of us has emerged. All of us are attracted by love, beauty, peace and wisdom or in other words towards positivity. Transformation techniques and meditation helps us develop that positivity within, to live in abundance and gratitude. All of us have come on this earth with a purpose, to contribute and enhance in our own unique ways.

Cosmos Nirvana is a Spiritual Retreat Center for transformation with holistic approach. In today's stressful era we bring you an excellent opportunity to rejuvenate your mind, body and soul with vibrant energy of Spirituality, Yoga, Herbs and many more to restore yourself and take on the life challenges head on.

Our Workshop is designed to overcome workplace stress which is the most common problem today. Stress in any workplace can be due to performance pressure, long working hours, excess work load, inadequate sleep, less time with family and self, deadlines, job insecurity and many more.





OUR WELLNESS WORKSHOP

Surrounded by lush green area, work your way through a rejuvenating menu of natural body healing treatments as you complement your wellness journey with invigorating fitness classes, nutritional advice, and restoring emotional therapies. By focusing on holistic therapies for the mind, body and soul, The Cosmos Nirvana aspires to achieve any notions of “healing” mind training and self-awareness instead of treating guests for specific illnesses or injuries.

Cosmos Nirvana strives to make Sattvic Living a way of life while both promoting the health of the already healthy and curing the "sickness" of the sick. Through the use of a holistic approach including Ayurveda, Wellness Activities, and Sattvic Diet, we design our workshops to infuse the discipline for Sattvic Life to promote longevity, rejuvenation, and energy.

” Our workshops are created to achieve each participant's personal wellness goals and to produce the best long-lasting outcomes.”





WORKSHOP OVERVIEW

Breath work, Meditation, Wellness Explorations Ayurvedic & Yogic Science and many more therapies that will help you to:

De-Stress & Relax
Sleep Well

Immune Reset
Detox

Mindfulness & Emotional Balance
Longevity & Anti-Ageing

Unleash the power of Holistic Science:

- Reiki Healing
- Meditation
- Yoga
- Lama Fera
- Energy Healing
- Zibu Symbols
- Spiritual Self Healing
- Inner Child Healing
- Law Of Attraction
- Music and Sound
- Crystal Healing
- Acupressure Healing
- Shiatsu Healing
- Zen Healing
- Deep Tissue Healing
- Aroma therapy
- Hot Stone Therapy
- Vedic Detox Diet

Yagyopasna





BENEFITS OF WORKSHOP

Workshop will help you to:

- Release accumulated stress in the body
- Combat sore, tired and tense muscles
- Better manage stressful situations in a more peaceful manner
- Increase energy levels
- Rest the organs through fasting
- Re-fuel the body with healthy nutrients
- Clear emotional and spiritual blockages
- Channel your energy productively
- Improve health and circulation
- Reinforce production of collagen
- Calm irritability and mood swings
- Gently detoxify the body and still the mind
- Boost your immune system
- Gain greater clarity of thought (less worry and anxiety)
- Improve blood circulation
- Find work-life balance
- Strengthen your discipline
- Improve sleep patterns and reduce insomnia
- Feel confident in the way you look and feel
- Target and tone specific areas of concern



TAILOR MADE PROGRAMS

Each workshop program is tailor-made to suit your Wellness needs in terms of length of stay, nutrition, holistic treatments, and workouts. Our Team will guide you at every step throughout the way.

CONSULTATION WITH EXPERTS

Every workshop includes a private consultation with one of our Wellness experts. These consultations are a perfect opportunity to discuss your goals in more detail and fine-tune your workshop.



WORKSHOP MENU

Our Healthy, Local, Western and Ayurvedic Kitchen, colourful, tasty and flavoursome, is one of our greatest assets and the dishes we prepare will surprise and delight your sense of taste every day of your stay.

With recipes based on ancient wisdom and experiences, the meals will be mainly made of organic, seasonal food from the region.

Our integrative philosophy means everything in moderation, as the body loves balance. Let us show you how to turn your everyday food and drinks into something that will nourish and support your body and mind.

The workshop offers various levels of intermittent fasting and juice cleansing. Intermittent fasting involves restricting food intake to a window of 6, 8, or 10 hours and refraining from any caloric intake outside of this window (water and herbal tea are acceptable).

Fasting is a great technique that gives the body a rest from any digestive process for an extended period that, in turn, allows the cells to be deeply cleansed regularly while still enjoying delicious meals. You may be encouraged to skip some meals throughout the workshop and enjoy water, fresh cold-pressed juices, or teas for more of a fasting experience.



WORKSHOP SLEEP

Healthy quality sleep is one of the most important aspects required for maintaining and achieving a healthier body, mind, and soul, and especially for helping to prevent premature ageing. We understand how frustrating it can be when you find yourself exhausted at the end of a long day, only to be unable to sleep when the time comes to go to bed.

The workshop program will help you to address underlying health imbalances that may be contributing to your sleeping concerns. Our workshop aims to improve and regulate your sleeping patterns, so you not only sleep better during workshop but also once you return home as well.





REIKI HEALING

Reiki is a Japanese form of energy healing, which is a subset of alternative medicine. Reiki practitioners use a technique called palm healing or hands-on healing through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

The word "Reiki" means "mysterious atmosphere, miraculous sign." It comes from the Japanese words "rei," meaning universal, and "ki," meaning life energy.

Reiki allegedly aids relaxation, assists in the body's natural healing processes, and develops emotional, mental, and spiritual well-being.

Each session is enjoyable and easy to follow. We demystify and logically examine individuals to enable everyone to better understand themselves and live simple, productive lives based on answers and not questions.



MEDITATION

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation, reduce anxiety and stress reduction, which can potentially cause positive changes in your body.

Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.

Meditation has many benefits for the mind and body. For individuals who are suffering from any of the problems and wish to find relief from them, in our workshop, you will be taught the correct way to practise meditation technique, the positive effects of which will be observed within a few days. It aids in removing the root cause of most modern diseases - stress.

Intelligence and creativity increases; the body feels balanced and light; you are more productive with lesser effort and thoughts and actions are positive. Relationships improve. This is how a normal human is - healthy, happy and compassionate.



ENERGY HEALING

Energy healing or Chakra Balancing is a form of healing that focuses on channelizing energy into the seven chakras. When we talk about treating chakras we are referring to treating your energetic body. The body is not only made up of the physical body, we have an energy that extends beyond our physical wellbeing. Energy healing is always ongoing, which is why unblocking and balancing different chakras of body changes life, it is more like spiritual hygiene.

The goal of energy healing is to balance the energy flow in the patient. It is used to reduce stress and anxiety and promote well-being. Energy healing improves quality of life, boost the immune system and reduce negative effects of surrounding.

By working consistently and connecting to the energies around us, we slowly start to connect with the vibratory and auric world around us. As we keep practicing, we start to raise the level of our awareness and take one step ahead on our journey to attain success, health and peace of mind.



YOGA

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.

Yoga is a group of physical, mental, and spiritual practices or disciplines and aim to control the mind, recognizing a detached witness-consciousness untouched by the mind and mundane suffering. There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism, and traditional and modern yoga is practiced worldwide.

Daily yoga classes during workshop offer convenient lesson plans for all participants to awaken their consciousness and purify their souls using the ancient craft of yoga. With expert yoga professionals and faculties, we provide authentic yoga education in our state of the art yoga workshop.



SPIRITUAL SELF HEALING

The Spiritual Self Healing means healing through “MUDRAS”. In our body, there are meridians and pranic energy flows through it. “Energy is emitted from the tips of your body — nose, chin, fingers, ears and so on. This energy dissipates into the cosmos.

“Mudras are gestures of the hands, face and body that promote physical health, psychological balance and spiritual awakening. The word mudra is derived from two root words: mud which means delight, pleasure or enchantment and rati, which means ‘to bring forth’. Mudras bring forth our own inherent delight and enchantment, which are always present and waiting to be awakened.”

The basic premise of healing through mudras is that each finger of your hand represents one of the five elements—fire, water, space, earth and air. Diseases happen when there is an imbalance in any of these elements and mudras help to balance them. Each mudra channels the breath to a particular part of the body and, “the breath is the primary vehicle for prana, the life force energy. By channelling the breath into specific areas of the body, mudras enhance our sensitivity to the flow of the subtle energy, removing energy blockages and thereby re-establishing the free flow of prana.”



LAW OF ATTRACTION

The law of attraction is a philosophy suggesting that positive thoughts bring positive results into a person's life, while negative thoughts bring negative outcomes. It is based on the belief that thoughts are a form of energy and that positive energy attracts success in all areas of life, including health, finances, and relationships.

The belief is based on the ideas that people and their thoughts are made from "pure energy" and that a process of like energy attracting like energy exists through which a person can improve their health, wealth, and personal relationships.

Learn manifestation techniques which will teach you how to train your brain to create abundance and attract prosperity it includes the secrets of the law of attraction, how to focus on the positive, as well as an audio creation system that will help you transform your mind-set into a growth and success through self-discipline and daily habits.





INNER CHILD HEALING

I nner Child Healing, also referred to as inner child work, is a way to address our needs that haven't been met as children and heal the attachment wounds we've developed. We all have a younger part of ourselves that was "never quite loved the right way or the way they needed as a child,"

"Inner child healing, like any type of inner work, involves creating a space where your subconscious is allowed to take the lead," Inner work is the act of going inside ourselves, to explore our true feelings and parts of us that may have been rejected and labelled as "inappropriate" or "too much" by others. By allowing ourselves time to go within, we begin peeling back our everyday coping mechanisms and are able to fully accept and integrate our subconscious into consciousness.

As adults, we walk around carrying wounds from our childhood, whether it's simple or complex trauma, from emotional neglect to physical abuse.

Inner child healing therapy is about self confidence and taking life the way we want, which we so desperately seek in others. We learn how to take care of ourselves, love ourselves, be kind and gentle to ourselves.





LAMA FERA

Lama Fera - Straight from the Monks of Himalayas !!

The energy healing method known as Lama Fera Healing is incredibly rapid and strong. Himalayan Buddhist monks have been utilising it for generations. It is a distinct therapy that purifies the body's energy flow system. It has an impact on the mind, body, emotions, and soul.

Lama-Fera is the union of two words. Both the words have their own identity and importance. Lama means follower, who follows the philosophy of Buddha, Fera means making it part of his life from the core of his heart.

Lama-Fera is essentially a Buddhist therapeutic method that has been practised since 620 B.C. It entails requesting Lord Buddha's intervention to resolve the issue. In Lama-Fera, his healing energy passes through the healer and heals the patient. There are 12 symbols to learn. Reiki and other healing modalities do not use this way of treatment or healing, but its symbols have a tremendous amount of ability to deal with even the most extreme bad energies.



ZIBU SYMBOLS

Zibu Symbols are ancient Angelic Symbols which are used for healing and assisting your daily lives.

There are 78 unique symbols that are drawn to acquire the feelings like love, passion, faith, health, wealth, prosperity, happiness etc. These Symbols are used to transmit energy to a person which he/she is lacking. Zibu Symbols are art which are used to give you emotional stability and strength and enhance your energy to reach your goals.

To energise these magical symbols, there are various procedures like usage of colourfull candlesticks. You can lighten up some candles of specific colours (according to the symbol) around the symbol and use some healing affirmations and prayers to energise that symbol. There are many more methods like this but they all should be practiced with pure intentions and faith.

There is no secret that can be concealed but the truth is, the giver and the receiver of the energies released from the process of these therapies, should be aware and honest about their intentions before performing them. Belief is another salient matter that should be present while executing these therapies.

It has therapies for every misery which needs your belief to work. If you have belief in Zibu Symbols then you are eligible to experience the miracles that no other people have even imagined.



MUSIC & SOUND HEALING

Sound healing therapy uses aspects of music to improve physical and emotional health and well-being.

Sound can be incredibly powerful. A favourite song can lift you out of a low mood. A violin concert can bring tears to your eyes. The sound of the ocean can instantly transport you to your favourite vacation spot from childhood.

As it turns out, sound can be therapeutic as well. In fact, sound therapy is an effective tool for boosting the mind, body and soul.

Resonating with the eternal sound of the planet & adding joy and melody into people's lives worldwide, Sound Healing is excellent meditative, therapeutic & transformational healing tool guiding seekers on their path to spiritual enlightenment, play a positive role & highly effective in the treatment of virtually any medical disorder. Singing Bowls is a scientific & proven modality and has been accepted with tremendous approval in Europe, Orient and United States in last 2-3 decades is becoming the forerunner of sound therapy, worldwide.



CRYSTAL HEALING

Crystals (fossilized minerals) are believed to contain several healing properties. From bringing peace to the mind to fighting depression.

Crystal healing is an alternative medical technique in which crystals and other stones are used to cure ailments and protect against disease. Proponents of this technique believe that crystals act as conduits for healing which can boost low energy, prevent bad energy, release blocked energy, and transform a body's aura this enables positivity, healing energy flows into the body and negative energy flows out.

Crystals are made up of different elements or compounds, which our bodies react to in different ways, Crystals are minerals that hold energy, and as we as humans are made up of energy, we can exchange energy with the crystal when we work with it. When it comes to crystals and our body, all they're doing is balancing out the frequency of the electromagnetic currents in our body which helps in healing one's Health, Wealth and Love.



ACCUPRESSURE HEALING

Acupressure is an alternative medicine technique often used in conjunction with reflexology. It is based on the concept of life energy which flows through "meridians" in the body. In treatment, physical pressure is applied to acupuncture points or trigger points with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow, or with various devices.

Medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting, insomnia, low back pain, migraines, constipation, among other things.

Benefits of Acupressure:

- Restoration of your mind and body health
- Improves blood circulation of the body
- Helps to prevent and cure diseases
- Cures any problem related to spine, joints, muscles, and nerves.
- Treats all kinds of pain and suffering



SHIATSU HEALING

The word shiatsu means finger pressure in Japanese. You may also hear it called shiatsu massage or shiatsu body work. The principle behind shiatsu is related to the energy flow, known as Ki or Qi (pronounced chee), through your body. According to shiatsu therapists, disruption to this energy flow can cause illness and disease.

Like acupuncture, shiatsu claims to free blockages to the Ki flow and restore energy to areas where it is low. A shiatsu specialist does this by pressing on or stretching points on your body that lie along the lines of energy called meridian channels.

Shiatsu practitioners believe that the therapy stimulates the circulation of your blood, helps to release toxins and tension from your muscles, and stimulates your hormonal system. This is believed to help the body heal itself.



DEEP TISSUE HEALING

Deep tissue massage involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue.

It can help relieve tight muscles, chronic muscle pain, and anxiety. During a deep tissue massage, your massage therapist will use slow strokes and deep finger pressure to relieve tension from the deepest layers of your muscles and connective tissues.

Relax, Refresh and Rejuvenate your senses at our workshop which is finest and most exotic body massage destination Cosmos Nirvana offers professional spa therapies that are sure to melt your stress away. Get pampered by our trained and professional therapists to feel balanced, rejuvenated, and looking your best. We offer a variety of treatments where we cater to the outer well being of an individual which is as important as a calm inner state by providing comfortable and soothing environment in surrounding of exotic workshop location and over 180+ oils are volatilized or diluted in carrier oil and used in massage to make you feel relax.





ZEN HEALING

The crux of a Zen approach to life is to accept the present moment in its fullness. When the moment is warm and sunny with a light breeze in the air, it is an enjoyable thing to do but when the moment is full of pain to perform common daily acts like walking, sitting, lying down, or standing, it is not so enjoyable.

So, Zen offers ways of being that embed daily activities with a wisdom that understands the heart-wrenching, demoralizing, and sometimes, infuriating challenges of living with conditions that are not desired.

The key to empowering one who lives with chronic illness is a mode of healing that weaves ritualized activities into one's daily life, imbuing them with power and meaning as they help one experience one's interdependent connections to a vast web of compassion in the universe.



AROMA THERAPY

Aroma therapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Aroma therapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health.

Practitioners of Aroma therapy believe that fragrances in the oils stimulate nerves in the nose. Those nerves send impulses to the part of the brain that controls memory and emotion, the result on the body may be calming or stimulating.

The oils are thought to interact with the body's hormones and enzymes to cause changes in blood pressure, pulse, and other body functions. Another theory suggests that the fragrance of certain oils may stimulate the body to produce pain fighting substances.



HOT STONE THERAPY

A hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body.

During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat. Stress and anxiety are lessened by receiving a hot stone massage. Break the code of sleeplessness, and sleep is encouraged. The drop in arginine-vasopressin, a hormone that controls blood pressure and aids in water retention, may increase immunity.

After receiving the massage, blood samples may be checked. It's possible to alleviate an auto immune condition. Your muscle discomfort and ache go away. The muscle tightness would disappear even with the fibromyalgia, a chronic painful condition.

The arrangement of the skin is improved by detoxifying massage. Your joints' flexibility is improved. The feeling of warmth and comfort is lost more deeply the lighter the hot stone massage is.



VEDIC DETOX DIET

Detox diets are generally short-term dietary interventions designed to eliminate toxins from your body.

A typical detox diet involves a period of fasting, followed by a strict diet of fruit, vegetables, fruit juices, and water. Sometimes a detox also includes herbs, teas, supplements.

Detox diets helps to:

- Rest your organs by fasting
- Stimulate your liver to get rid of toxins
- Promote toxin elimination through feces, urine, and sweat
- Improve circulation
- Provide your body with healthy nutrients



ASTROLOGY

Astrology is a system for forecasting life events that uses calculations of the celestial bodies, particularly the planets and stars, taken into account in their arbitrary configurations or combinations, to either determine or indicate changes in the sub-lunar world that have an impact on life on Earth.

Cosmos Nirvana understands the importance of horoscope and its importance on the life of participants, thus, for those who are interested, the participant's horoscope will be thoroughly examined, solutions and remedies will be given through Yagyas and Mantras as per the rituals to get the desired goals of life.

The correct and efficient methods to get connected with the right channel of Nakshatras will be told, so that a direct connection could be made between the person and his/her active and sleeping planets, in order to make them active, progressive and positive. This will be under the guidance of **Shri J.S. Walia - Astrologer**

Get on the right route for your life's journey and achieve great success.





ONLINE WORKSHOP

Enhancing work-life balance

It goes beyond doubt that Health and Well being is not an option. We focus on it only at a time of crisis as a response to it. The cost of ignoring health can dry our bank accounts, But, the good news is that the cost of managing it does not require huge budget.

Based on the above principle, Cosmos Nirvana has an online live interactive program for those who are highly occupied in their day-to-day working, as we understand the importance of time and the pressure of work that everyone carries with them and in order to help them to take care of their health we have introduced an online healing and wellness program wherein we explain, **what** to do, **why** to do, **when** to do, **how** to do that will help you to rejuvenate your Mind, Body and Soul at the comfort of your place.

This provides an irreplaceable opportunity not only for India Inc. to take the lead and be proactive about making employee well being an integral part of their business strategy but also for individuals who are unable to take time out of their schedule.

In the online workshop you will understand and learn about:

Body Detoxification

Acupressure for self and others

Meditation & Yoga at office and in open space many more..

Cooking for Health

Self Healing using various platforms





HEALING THROUGH ART

The idea of healing via art is age-old and is still employed today in many medical and healing facilities to help people access their creative potential and experience emotional and mental healing. It serves as an alternative form of treatment.

In art therapy, we help participants connect to their feelings and express those emotions, focusing the entire time on the process of expressing those emotions on paper in the form of art rather than the finished product.

Participants are assisted in tuning into their unacknowledged, deeply ingrained negative and frightening emotions and thoughts, which have evolved into thought patterns that control their everyday lives and keep them from living a full and fulfilling existence. And after that, just paint over the patterns to give them a shape and colour which helps them to come out of the negative insidious to a positive and vibrant present time. The healing art therapy will be taken under the supervision and guidance of **Ms. Yogini kunal**.





TAILOR MADE PACKAGES

**You cannot tailor-make the situations in life, but,
You can tailor-make our packages to fit your
specific requirements**

**In order to offer total treatment
Our workshop offers therapies utilising ancient
Indian wisdom and practices of
Ayurveda along with Yoga to provide complete
relief for your
Mind, Body and Soul.**



TAILOR MADE PACKAGES FOR INDIVIDUALS



Experience the
Rejuvenation
with
Cosmos Nirvana



We offer tailor made packages for Individual and Families who care deeply about maintaining their privacy, as a result, we take them to exotic farm houses located across India to choose from and all the accommodations have received 5-star ratings allowing you to experience wellness and yoga therapies that are perfectly suited to your requirements in the exotic surroundings.

For senior citizens we have specially curated itineraries and customized meals, free consultation from the Ayurvedic doctor and recreational activities. Following are the outlined packages that will be customised as per the requirements:

Weight Management Package	(14Nights Stay)
Ayurvedic detoxification Package	(14 Nights Stay)
Yoga Package	(7 Nights Stay)
Rejuvenation Package	(7 Nights Stay)
De-Stress Package	(5 Nights Stay)
Integrated Wellness Package	(3 Nights Stay)



WEIGHT MANAGEMENT



**14 Nights Stay
Wellness Consultation
26 Activities
26 Therapies
Meals**



BENEFITS

We discuss the psychological and physical difficulties that come with managing one's weight. Our program promotes healthy weight reduction or gain and instills the discipline needed for a healthy lifestyle. It is safe and effective. Additionally, it contributes to increased metabolism, mobility, strength, and flexibility.

TAILORED ITIENERAIES

Well-Being Activities

We provide a variety of indoor and outdoor activities.

Ayurveda Therapies

Based on wellness consultation and goals to achieve.

Satvic Menu

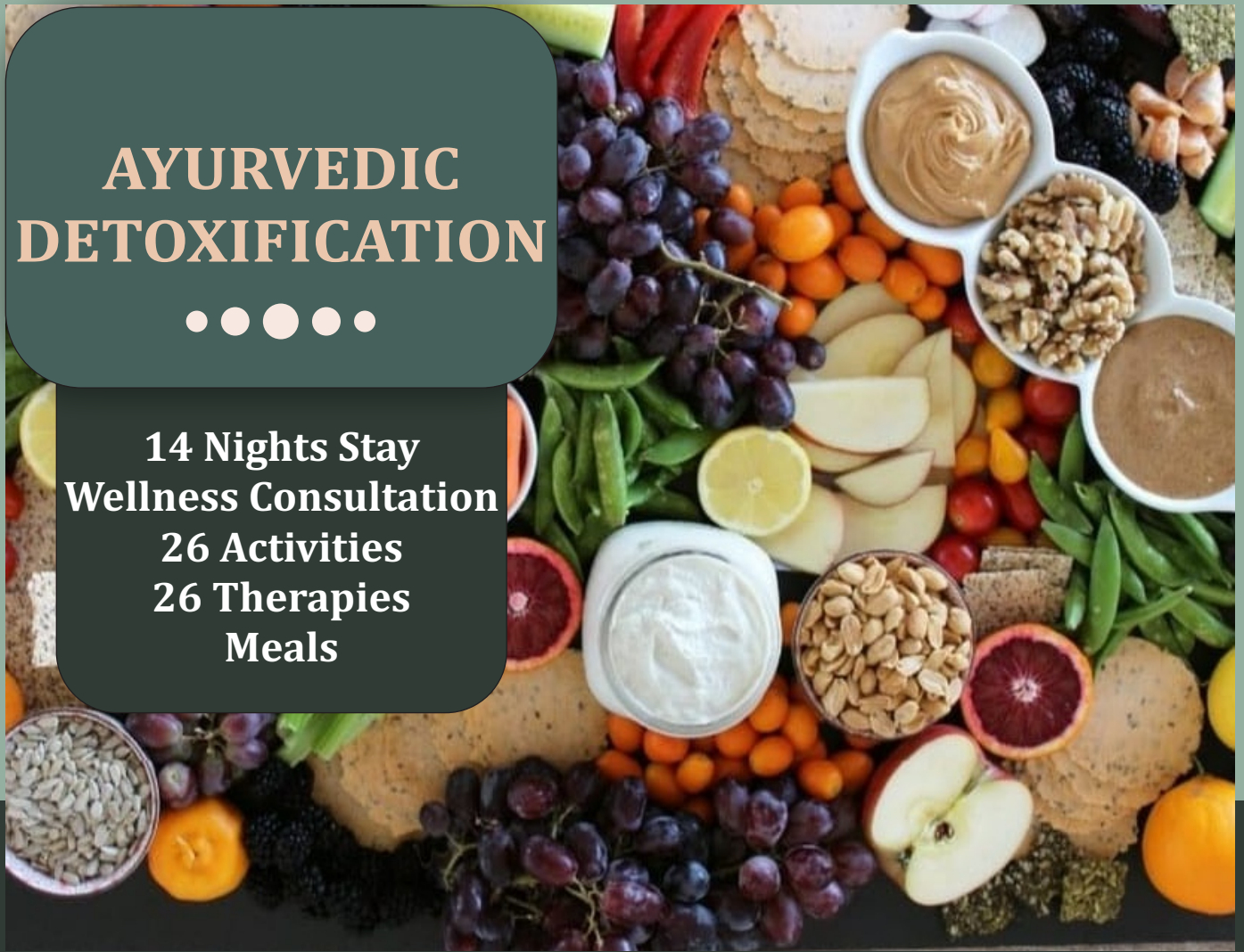
Best fresh seasonal ingredients sourced locally.



AYURVEDIC DETOXIFICATION



**14 Nights Stay
Wellness Consultation
26 Activities
26 Therapies
Meals**



BENEFITS

By detoxification therapies the toxins seated in cellular levels is detached and brought into the alimentary system and eliminated out. Removal of toxins from the channels will lead to supply of sufficient quantity of oxygen in to the detoxified cells.

TAILORED ITIENERAIES

Well-Being Activities

We provide a variety of indoor and outdoor activities.

Ayurveda Therapies

Based on wellness consultation and goals to achieve.

Satvic Menu

Best fresh seasonal ingredients sourced locally.



YOGA



**7 Nights Stay
Wellness Consultation
12 Activities
12 Therapies
Meals**



BENEFITS

Yoga is a form of adaptive treatment that has the ability to provide us with what we need at any given time by truly meeting us where we are at. Aches and pains are relieved by our yoga getaway package. It enhances bodily endurance, lung capacity, and flexibility as well as blood circulation. Additionally, it encourages restful

TAILORED ITIENERAIES

Well-Being Activities

We provide a variety of indoor and outdoor activities.

Ayurveda Therapies

Based on wellness consultation and goals to achieve.

Satvic Menu

Best fresh seasonal ingredients sourced locally.



REJUVINATION



**7 Nights Stay
Wellness Consultation
12 Activities
12 Therapies
Meals**

BENEFITS

Ayurvedic rejuvenation treatments combines initialcleansing therapies, yoga, pranayama, and other practices that are all included in our Rejuvenation programs. The programs improves bodily processes and encourages youth, lightness, improved digestion,and increased energy levels. restful sleep, improved digestion, and metabolic rate.

TAILORED ITIENERAIES

Well-Being Activities

We provide a variety of indoor and outdoor activities.

Ayurveda Therapies

Based on wellness consultation and goals to achieve.

Satvic Menu

Best fresh seasonal ingredientsourced locally.



DESTRESS



**5 Nights Stay
Wellness Consultation
8 Activities
8 Therapies
Meals**



BENEFITS

Our de-stress package helps relieve physical and mental fatigue through Ayurvedic treatments and well-being activities such as yoga, pranayama, etc. The program is curated to improve concentration, better decision making, aids digestion, and enhance positivity.

TAILORED ITIENERAIES

Well-Being Activities

We provide a variety of indoor and outdoor activities.

Ayurveda Therapies

Based on wellness consultation and goals to achieve.

Satvic Menu

Best fresh seasonal ingredients sourced locally.



INTEGRATED WELLNESS



**3 Nights Stay
Wellness Consultation
8 Activities
2 Therapies
Meals**



BENEFITS

Enjoy well being free from the stresses of work and city life. In order to help you focus, revitalise your physical and mental senses, and develop holistic habits of mindful eating, yoga, and meditation in your daily life, we carefully customize your stay with our Ayurvedic therapies, Wellness activities, and Sattvic Diet.

TAILORED ITIENERAIES

Well-Being Activities

We provide a variety of indoor and outdoor activities.

Ayurveda Therapies

Based on wellness consultation and goals to achieve.

Satvic Menu

Best fresh seasonal ingredients sourced locally.



YAGYOPASNA



Yagya ~ 'Ya' means “For whose” and 'gya' means “acknowledgement”. Therefore, yagya means: “Performance of something to get acknowledged by the Supreme Personality of God.”

It should be offered with devotion, without any desire for personal gain, and with firm belief in its rightness. Yagyas are performed to attain rewards be it material or spiritual, but the higher intended is to purify the soul of desires.

Learn about different yagyas that can transform your life.

Regular Yagya Can Benefit Your Mind & Soul

- Mental Health. Given people's current living pattern, poor mental health has become quite common.
- Physical Health.
- Vibration.
- Becoming conscious of your thoughts and emotions lifts up the spirits.
- Purifies Air.

DIVINE BREATHER



Putting aside all outside influences for some time, and join our Divine Breather Workshop, where concentrating entirely on your internal principles and values. Meditating in quiet and attempting to connect with the most basic level of the universe. Our Divine Breather Workshop combines intensive and immersive practices which will help you relax and heal your mind, body and soul. In addition to this, you will participate in a number of Yogic and Vedic rituals that will benefit your general wellbeing in relation to a variety of aspects of life.

Shankar Sahney, a well-known figure in the music industry, with his melodic voice and singing of the Mahamrityunjay Mantra with meditation will not only relax you, but also helps in longevity, ward off disasters, banish worries, and heal you holistically.

It's a Spiritual Mission with Religious Sanctity.





JUDICIAL WELLNESS

Keeping things balanced is crucial in the domain of law and justice. We are aware that the duties imposed on judges and solicitors can be debilitating on a professional and personal level. We at Cosmos Nirvana are proud to provide "Balancing Justice and Well-being Workshop" a special exclusive wellness session designed only for judges and solicitors.

Workshop is designed for unlocking Inner Harmony for Legal Professionals. Explore techniques to strike a balance between a demanding career and personal well-being. Learn strategies to effectively manage stress, enhance focus, and reduce burnout. Cultivate mindfulness practices that sharpen decision-making abilities, resulting in clearer vision.

Our experienced team of wellness experts, bring a unique blend of holistic wellness and various yoga expertise to the workshop. They understand the role of fitness in maintaining energy levels and cognitive function during demanding work hours, so our exclusive judicial workshop is designed to Enhanced Focus, Emotional Resilience, and Improved Well-Being, which helps to achieve a greater sense of overall well-being, both inside and outside





LIFESTYLE FITNESS

Our physical, emotional, and mental well-being come first in life. In contrast to today, when everything is becoming governed by TIME, people once believed in "being in tune with the cosmos," which resulted in a more tranquil and productive atmosphere to live in as compared to present time.

As a result, people's lives have become more stressful, chaotic, and unproductive, which has actually caused health to appear to decline more quickly. The majority of individuals, including youngsters, are regarded to be suffering from a chronic "Attention Deficit Disorder Syndrome" that causes moderate memory loss and, on a chronic basis, despair and suicidal thoughts.

Our lifestyle fitness programme aims to correct several fundamental flaws in the way we live, most of which are brought on by our lifestyle decisions. We help people to live a healthy and more successful life for achieving their goals.

It will be under the supervision and guidance of **Mr. Kunal Sharma** – International Fitness and Lifestyle Coach.

Mr. Kunal Sharma is one of the India's renowned "**Sport Massage Therapist**" - In this massage therapy the stubborn deep pain knots which are created due to high stress, wrong posture, wrong exercise and due to occupational related issues are cleared. This massage therapy really helps one to lead a healthy and especially a life with minimal physical pain caused due to sports and other intense daily activities.





EXPERIENTIAL FACILITATOR

Whole Body / Mind Activities Applied Theatre / Psycho Drama / Playback Theatre

We Impact lives and businesses by catalysing a change within by facilitating the experience and joy of self-transformation through tools of self-expression it helps to unearth the best in each individual with Self-acceptance and Self-acknowledgement.

Under Corporate Training – We enhance performances by encouraging individuals / teams to stay involved in their individual roles, and as part of the team too. This is an intense process of self-exploration while being in tandem with the vision.

Each and every society / organisation needs torchbearers on the path of empowerment. We create a team of torchbearers to collectively act and contribute to achieve the desired goals be it Individuals, team or organization as a whole.

Under the supervision and guidance of :
:: Divya Doshi ::



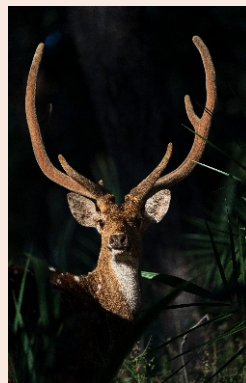


ADVENTURE TOURISM

Safari / Jungle Walk/Sports

We take great pride in claiming to provide the best possible wildlife experience; with the required combination of luxury & wilderness Organized by – **Junglee Traveller**. We take our groups to various Sanctuaries and Jungles, like: Kaziranga, Sundarban, GIR, Bandhavgarh, Kanha, Pench, Panna, Tadoba, Jim Corbett, Umred, Jawai, Jhalana, Ranthambore, Satpura, Sanjay, Dubri, Dudhwa, Pilibhit, Kabini and also for adventure sports at various National and International locations under the supervision and guidance of –

:: Dr. Priyansha ::





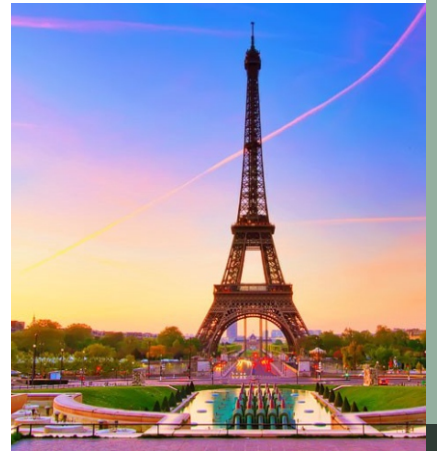
WORKSHOP LOCATIONS-INDIA

When you are tired of meeting deadlines and a monotonous schedule and wish you could break free from the restricting four walls and rejuvenate yourself in the vastness of natural surroundings. To reward employees / associates / individuals etc., many corporate companies are opting the idea of corporate offsite tours cum training, wherein, going to exotic locations for various meetings is in trend and India is bestowed with diverse destinations that are apt for such outings. So, here we, Cosmos Nirvana, list top corporate offsite destinations in India.

Workshops are held by us at various empanelled properties at places, like:

- Resorts at River, Sea, Mountains, Hills, Desert
- Forts at Hills and Desert
- Tiger and Bird Centuries
- Echo, Rural Resorts and Farms
- National Dam Resorts
- Hotels and Motels
- Auditorium
- Stadium
- Open Air Theatre
- Landscape Gardens and Valley and many more...





OVERSEAS LOCATIONS

As part of our ongoing effort to offer the best of both worlds, we are continuing to offer our workshops all over the world, giving participants the chance to visit a variety of exotic international locations and striking a balance between vacation, health, education, exploration, and other fun things that go along with it.

Right now we offer the following destinations:

- Malaysia
- Spain
- Nepal
- Bhutan
- Dubai
- Abu Dhabi
- Indonesia
- Mauritius
- Medagaskaar
- Singapore
- Thailand
- Vietnam
- Turkey
- Azerbaijan
- Ireland
- Kazakhstan
- Poland
- Seychelles
- Israel
- Belgium
- Portugal
- Italy
- Paris
- Milan
- Belarus
- Greece
- Oman
- Egypt
- Norway
- Holland
- Scotland
- Netherlands
- Switzerland
- New Zealand
- Jordan
- Russia



GLOBAL COMRADE

Jules Costa – (Dubai)

She is someone best described as 'Lively'. A highly skilled communication wizard, she has over 20 years of experience and has end-to-end expertise in:

1. Concept Creation
2. Branding
3. Product Launches
4. Communications
5. Event Management
6. Business Strategist

Winner of numerous accolades, awards and recognitions, she was awarded for spreading the spirit of positivity and hope during the testing times of COVID-19 pandemic, by Star 2020 – which commended her for 'Being a silent warrior in combatting COVID-19 pandemic'.

A self-made professional business woman with Certification of Business Strategist Coach on Success Conversion Coaching – by the International Coach Federation, adds a feather in her cap.

Cosmos Nirvana is proud to have her as Strategic Global Partner, she is one of the founder member to extend her support and expertise to strengthen the base of Cosmos Nirvana not only in India but also Globally.





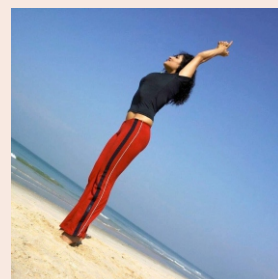
CELEBRITY AMBASSADOR

Simran Ahuja – (Ms India 2013)

Actor | Emcee | Entrepreneur in Aviation | Celebrity Anchor National & International |
Doctorate in Nature Cure | Author | Ambassador Folk Dance | Yoga Master Trainer

Cosmos Nirvana is privileged to have Simran Ahuja as its Celebrity Ambassador a real woman of substance who, has put her time and hard work into the project along with her guidance has shown us the path to provide impeccable services in our workshops which are the best in the industry. Her proficiency in Yoga and Diet has made our workshops a cut above the rest.

“Her Enthusiasm always keeps us going.”





CONTACT US



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Contact Us



Workshops



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DELHI - MUMBAI - BANGALORE - CHENNAI - KOLKATA - AHMEDABAD - HYDERABAD - PUNE - JAIPUR - DEHRADUN - GWALIOR - GOA - CHANDIGARH - J&K