

# Rejuvenate

Vegan Wellness Weekend in the Himalayas



*With*



Nandini Gulati, Health Coach with SHARAN ([www.sharan-india.org](http://www.sharan-india.org)). Nandini's personal struggle with weight and health issues has led her through the journey of self discipline and self discovery, to now guiding others to develop self awareness in all aspects of life.



Mala Barua, Wellness Consultant and Inner Silence Meditation teacher, owner of Mystic-Asia ([www.mystic-asia.in](http://www.mystic-asia.in)). Mala has specialized in Wellness holidays for the last 10 years and now is consultant to several resorts and hotels globally. She also writes on wellness in Vogue, Condast Traveller, Asiaspa, Travel & Leisure etc.

Combining the expertise of both, you will learn to work with the intuitive intelligence of your body, explore and release unhealthy patterns, practice Yoga and Meditation, take healing walks in nature and have 2 healthy cooking classes.



Venue: 7 Pines Kasauli ,HP ([www.7pines.in](http://www.7pines.in)).

Dates: 12-14th April 2013

Cost: INR 16,000 + transport

Bookings: +919811086976, +919871620526, [mysticasia.in@gmail.com](mailto:mysticasia.in@gmail.com)