



Vegan Wellness Weekend - YOGA and INNER SILENCE MEDITATION

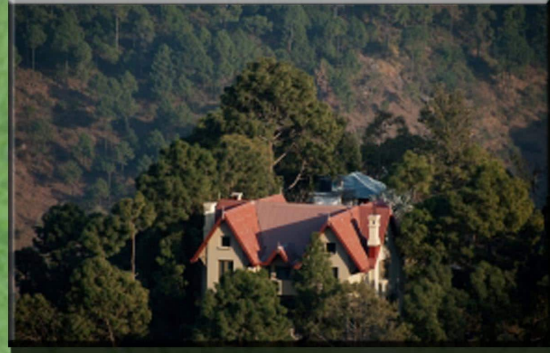
With

Mini Thapar Shastri and Mala Barua

18th-21st April 2014

The awareness for Health and Wellness is increasing daily, all over the world. This awareness of conscious living includes not just our physical bodies but also the mind and the spirit; not only for ourselves, but also for the animal kingdom and our precious planet earth.

Mystic-Asia's Mala Barua is collaborating with well known Yoga exponent Mini Thapar Shastri to bring you an enlightening experience in the Himalayan hills of Kasauli. Apart from Mini's daily Yoga and Mala's daily Inner Silence Meditation practices, we will be presenting you with our healthy cooking concept and demo.



ABOUT

Mini Thapar Shastri

Mini Thapar Shastri, owner of Om Yoga Studio, has for the last 33 years been greatly influenced by the father of Hatha Yoga, Shri Krishnamacharya of Chennai. Her class structure has the strict outlines of this Vinyasa Krama Style of movement and sequence methodology handed down to Srivatsa Ramaswami. Her own interpretation of a dance-like flow following from her background as a dancer, makes her class unique.

Mala Barua

Mala started Mystic-Asia, a luxury wellness travel company, to promote education in the area of health and wellness. Apart from being an Inner Silence Meditation teacher, Mala is now a wellness consultant to several hotels globally and also a writer for Vogue, Condast Traveller and Travel & Leisure. Mala's retreats are well supported by several premium hotels and resorts and her Wellness Consultancy has a team of experts to service the hospitality industry (www.mystic-asia.in)

Venue

7 Pines is a charming boutique hotel nestled amongst pine trees in the outskirts of Kasauli. The walks around the property are breathtaking! (www.7pines.in)

A Typical Day

- 7.30 am- Fruit and Tea
- 8.30 am- Yoga followed by Pranayama
- 10 am- Cooking demo
- 12 pm- Brunch
- 4 pm- Mountain walk
- 6 pm- Inner Silence meditation
- 8 pm- Dinner



Getting there :Train to Kalkaji and then taxi up to Kasauli or fly to Chandigarh and taxi up to Kasauli.

Investment

- *Single occupancy INR 30,000 person
- *Double Occupancy INR 20,000 person
- *Investment includes accommodation, daily Yoga, Inner Silence meditations, cooking demos and all meals.
- *Does not include your transportation to Kasauli, gratuities, and personal expenses.

Registration : omyogastudio@gmail.com or mysticasia.in@gmail.com