

Disconnect from Noise. Reconnect with Yourself.



Join Our 3-Day Mindfulness Retreat in Nature

Retreat Highlights

- Guided Meditations
- Breathwork & Healing Sessions
- Peaceful Nature Walks
- Healthy Vegetarian Meals
- Transform Your Mind and Body



Sometimes, the most productive thing you can do is relax
-Mark Black



Magga
JOURNEY THROUGH MINDFULNESS

Book Your Spot Now at
www.magga.life

Project – Magga Mindfulness Retreat Poster

Name: Kavishkaveni Mahendran

Project Description:

I created a marketing poster for Magga.life, promoting their 3-day mindfulness retreat program. The main goal of the design was to create a calm, inviting, and emotionally engaging poster that encourages people to explore mindfulness and wellness with Magga.

Design Choices:

- Background: I used a linear gradient with soft orange tones to bring warmth and energy, while keeping the overall feel calm and peaceful.
- Logo: I included the official Magga logo at the top right for branding consistency.
- Image: The poster features a woman meditating, representing inner peace and focus key aspects of mindfulness.
- Quote: I added an inspiring quote to emotionally connect with viewers and reinforce the retreat's message.
- Layout: I followed a clear layout with a strong headline, retreat highlights as bullet points, and a bold call-to-action ("Book your spot now").

Tools Used:

I designed the poster using Canva, applying my skills in layout design, gradient backgrounds, image placement, and typography.

Creative Approach:

My aim was to create a design that feels calm yet vibrant. The use of orange and blue tones offers balance — one brings warmth, the other brings serenity. By combining soft colours, a clean font style, and simple layout, I wanted the poster to be both visually appealing and easy to read.

Fonts Used:

Overall, I have used a combination of Poppins, Raleway, and Lato fonts throughout the poster to ensure a clean, modern, and readable design that aligns with the calm and professional tone of the mindfulness retreat.

Thank you.