

Bhakti Rasa x Intimacy Project present



PAUSE AND PLAY

Musical yoga and
wellness retreat
4 days and 3 nights
of yoga, music,
meditation in nature
and an inner
journey guided by
the heart.



with Mario Sun &
Ana X Chakora



26-29 May 2023



Veda5 Wellness
Rishikesh

JOIN US

Registrations and more info

+91 99082 52932

PAUSE AND PLAY



We are thrilled to announce our upcoming musical yoga and wellness retreat in the breathtakingly beautiful Veda5 Wellness in Rishikesh.



Join us in the lap of nature for an unforgettable experience that combines the power of yoga, the healing energy of nature, and the magic of music.

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WHAT TO EXPECT



Musical restorative yoga

Breathwork

Music therapy

Sunset chanting

Music meditation

Bhakti yoga

Nature hike to village temple

**Self enquiry, reflection and
contemplation in nature**

Delicious Ayurvedic massages

Satvic ayurvedic food

**Surrounded by the Himalayan foothills
in Rishikesh**

Luxury twin accommodation



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SCHEDULE

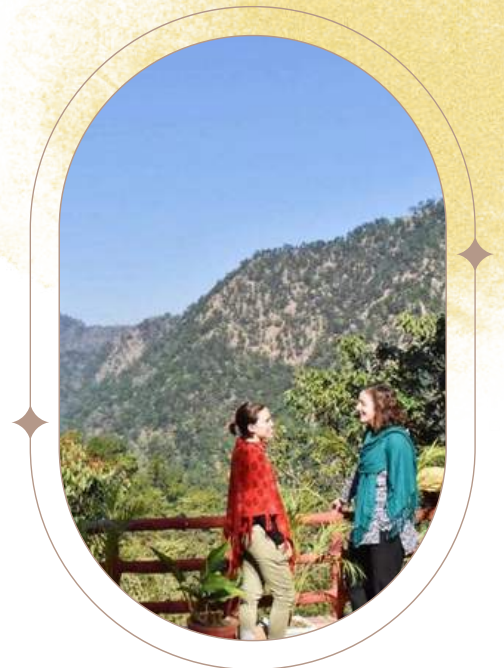


Day 1:

- Check-in, opening ceremony and introductions
- Music meditation
- Dinner

Day 2:

- Morning yoga practice, chanting and music meditation
- Breakfast
- Self discovery journalling session
- Lunch
- Nature hike and timeless temple trip (Awakening Shakti)
- Dinner



Day 3:

- Morning yoga, chanting and music meditation
- Breakfast
- Nada yoga and 7 chakra meditation
- Lunch
- Free time for personal exploration
- Restorative yoga practice, inner child meditation and creative writing
- Dinner

Day 4:

- Final morning yoga practice
- Breakfast
- Closing ceremony, sharing circle and check-out

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ACCOMMODATION



Deluxe twin accommodation

Stunning mountain views

Surrounded by tranquility of nature

Top luxury hotel rooms with en suite bathrooms

Tripadvisor Travelers' Choice Award - 2020, 2021, 2022



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DELICIOUS AYURVEDIC FOOD



Fresh, organic, healthy & delicious

Veda5 has its own organic farm and the produce is used to prepare nutritious, exotic and delicious pure-veg meals for the guests.

The kitchen is instructed by the Ayurveda doctors to provide customized meals per guest.



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YUMMY AYURVEDIC MASSAGES

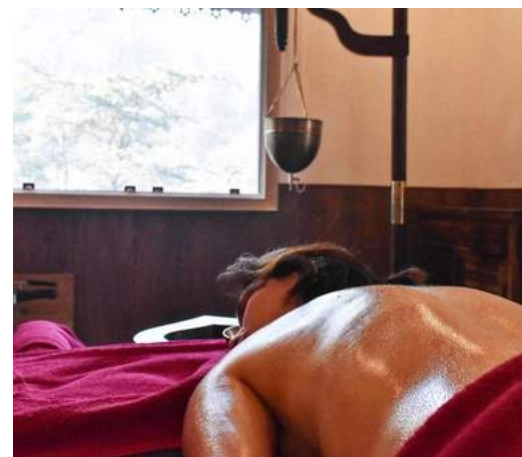


Scientifically validated ayurveda

Relaxing and aesthetic environment

**Holistic healing of the mind,
body and spirit**

**The result is a beautiful
healthy body in a spiritually aware mind.**



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WHAT'S INCLUDED



**Twin accommodation in luxury deluxe rooms with
stunning mountain views**

**Delicious breakfast, lunch and dinner
All activities mentioned**

**Ayurvedic massage therapies -
Abhyanga and shirodhara**

Access to Veda5 gardens and swimming pool



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MEET YOUR HOSTS

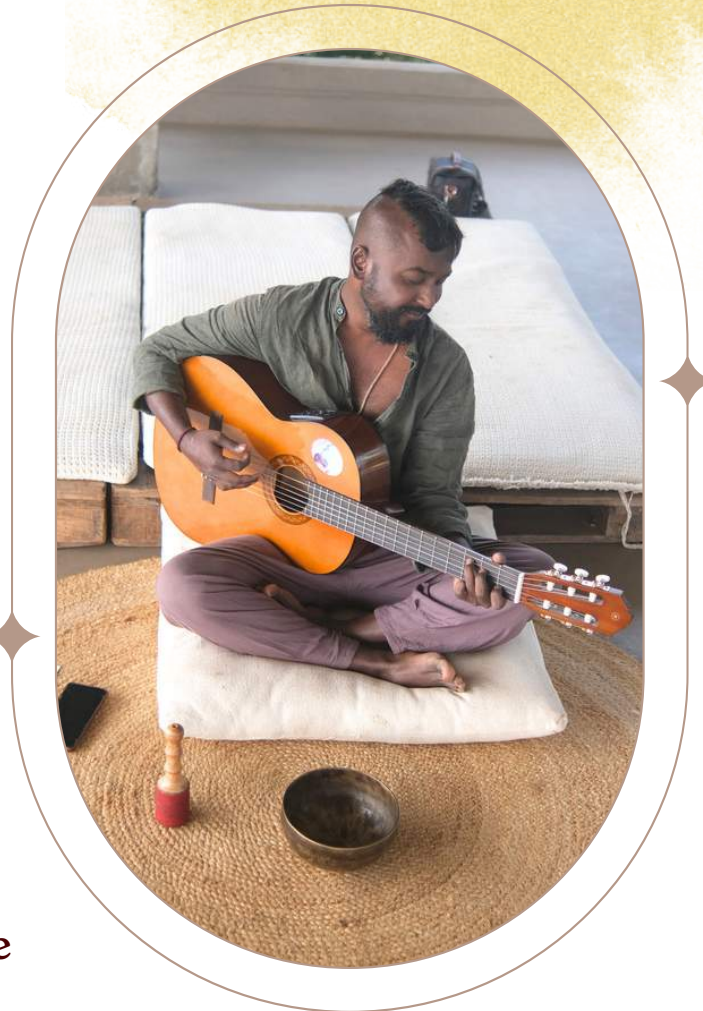


Mario Sun

Mario is a bhakti artist singing soft gentle medicine songs and mantra music to experience freedom and love from the heart. He shares healing songs in heart centred meditation sessions in gardens, shalas, retreats and festivals across the country.

Mario uses the power of high vibration songs to remember that we are nature and we are love.

This remembrance has the power to heal and find a more loving perspective in our everyday lives.



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MEET YOUR HOSTS



Ana X Chakora

"When you find yourself in a state of imbalance it is coming back to simplicity which allows you to become balanced again".

This is the essence of what Ana shares and the foundation of her life. Through her unique combination of yoga asana, tantra, pranayama, Qi-Gong and intuitive movement, Ana guides you through your own practice.

Creating space for you to breathe in your own body, and move in your own way to bring all the energies into balance.

Over the past 7 years, Ana has been sharing yoga with people from all over the world.

Helping them to find balance within their bodies, within life, and also to guide women through their own healing process.



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ABOUT RISHIKESH



Rishikesh, a town nestled in the foothills of the Himalayas, is considered one of the holiest places in India. For centuries, it has been a centre of spiritual learning and practice, drawing seekers from all over the world.



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ADDITIONAL INFORMATION



Airport transfer to and from Veda5 Wellness e.g.
arrival, departure, etc. available at extra cost

Private rooms available for retreat attendees for an
additional cost to be arranged after booking

Additional ayurvedic treatments are available at the
guests' own cost, for which the hosts are happy to
arrange.



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YOUR INVESTMENT

Shared accommodation (max 2 persons)

INR 29,990 per adult

Double Room 2 Persons

INR 29,990 per adult

Private double room (Single occupancy)

INR 39,990

A reservation requires a deposit of 50% of the total price. The deposit is non-refundable, if the booking is cancelled. The rest of the payment should be paid one week before the retreat .



BOOK TODAY

For registrations and more info



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