



REJUVENATING VILLAGE RETREAT

Powerful ancient tool for self-care



What is *Rejuvenating Village Retreat?*

Picture a serene moment, perhaps basking in the golden hues of a sunrise or feeling the gentle embrace of nature.

When was the last time you experienced pure joy? It's a feeling worth cherishing; perhaps it's time to embark on a journey to rediscover that sense of bliss.

The key lies in adopting a mindset of rejuvenation. This practice delays the aging process and reverses its effects, leaving you with a renewed and revitalized spirit. Imagine waking up each day with a sense of vigor, embracing life with the enthusiasm of your dreams.

Join us on this transformative journey, where you can choose your convenient months and days to rewrite the narrative of your life.

Let's embark on a path that leads to a younger, more vibrant you.





How to Reach Arogyasthalam

Scan Here



- 📍 Mayiladuthurai Railway Station to Arogyasthalam - **15 km**
- 📍 Mayiladuthurai Bus Station to Arogyasthalam - **15 km**
- 📍 Chennai Airport to Arogyasthalam - **280 km**
- 📍 Trichi Airport to Arogyasthalam - **140 km**



Day 1

Rejuvenating Village Retreat

- 01 Arrival by 12 pm
- 02 Lunch & Relax
- 03 Evening village temple visit
- 04 Bullock cart ride



- 05 Learn the art of climbing a coconut tree
- 06 Introduction to ancient Asana techniques theory and practice
- 07 Dinner
- 08 Expert Yoga tips and meditation for the common man



Day 2

Rejuvenating Village Retreat

- 01 Proper Breathing techniques and healing Yogic asanas Session
- 02 Breakfast
- 03 Being Blissful meditation
- 04 Lunch in Banana leaves



- 05 Evening Candlelight meditation
- 06 Dinner
- 07 Fresh Mehndi for hands



Day 3

Rejuvenating Village Retreat

- 01 Right breathing techniques for Health conditions and Yoga Asanas
- 02 Breakfast
- 03 Interaction and Mindful Meditation for Beginners
- 04 Yoga Asana Stretches or Meditation



- 05 Lunch in Banana leaves
- 06 Conclusion Session
- 07 Photo & Farewell

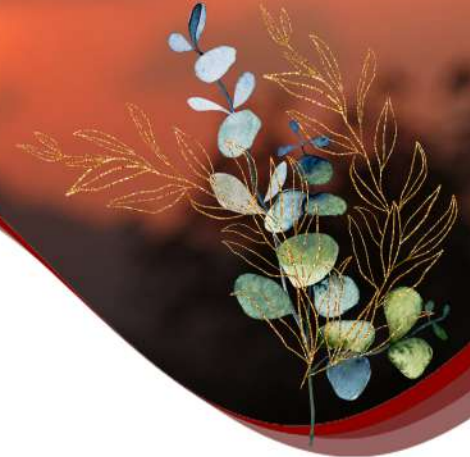
Go Rejuvenated!





Immerse yourself in a serene, unpolluted atmosphere where your mind blends with nature. Rediscover nostalgia via a traditional Bullock cart ride through the village roads. Climb coconut trees to challenge your limits by doing something different. Embrace vibrant, freshly grounded mehendi hues. Inhale deeply, let the aroma fill your senses and let nature guide you to a harmonious balance of body, mind, and spirit.





Arogyasthalam

The aim of Vyaniti Arogya Sthalam is to promote good health and wellbeing. We help people to explore the Indian culture by staying in serene, unpolluted atmosphere in village and to know the taste of karma yoga, Bhakti Yoga, Gyan Yoga, Hatha Yoga and Mitahara

Vyaniti Yoga

Helps people bend, stretch, and breathe correctly in order to embrace good health and a healthy lifestyle through the practice of traditional Hatha Yoga, making their lives more organised and peaceful.

Sevalaya

Vyaniti Sevalya was established with the objective of raising awareness about the importance of higher education, hygiene, and healthy living.

