

Journey to Wellness



A unique wellness retreat to rejuvenate your body, mind and essence through a judicious blend of healing nutritious diet, Yoga and Meditation. Join us for this retreat and learn the keys to optimum wellness!

You will experience.....

Morning walks in the scenic beach

Energizing Yoga sessions

Relaxing and healing meditation sessions

Lectures about scientific Nutritional approach for optimum health

Nutritious and delicious healthy wholesome foods

Live Healthy recipes demo

Where : In the beautiful and relaxing Mektoub Wellness Beach Retreat, Varkala, Kerala, India.



When: June 13th-15th, 2014 (Friday, Saturday & Sunday)

Itinerary

Friday (June 13th)

3 pm Inauguration and Welcome drink

3:15pm – 4 pm: Nutrition for wellness –introductory talk by Saravanan

4 pm – 5 pm: Yoga for wellness- introductory class by Joseph Sham

5 pm – 6 pm : “Awakening to wellness” a special Meditation session with Veet Vedam

6:30 pm- 7pm: In tune with Nature (Beach walk)

7.00 pm: Dinner

Saturday (June 14th)

6:30 am : Herbal tea & Nature walk in the scenic beach

7am - 8 am: Yoga session with Joseph Sham

8:30 am: Breakfast

10 am- 11 am: Holistic Nutrition for wellness with Saravanan

11 am: Refreshing drink

11:30 am -1 pm: “Awakening to Wellness” special Meditation session with Veet Vedam

1 pm – Lunch

3pm -4pm: Film about Health

4 pm: Herbal tea

4:15 -5.30 pm: Yoga session by Joseph sham

6pm – 7pm : Awakening to Wellness – special meditation session with Veet Vedam

7:30 pm : Dinner

Sunday (June 15th)

6:30 am: Herbal tea & Nature walk in the scenic beach

7am – 8 am : Yoga class by Joseph sham

8:30 am : Breakfast

10 – 11 am: Healthy recipes demo by Saravanan

11.15 am: Refreshing drink

11:30 am- 1pm: Awakening to wellness – special meditation session with Veet Vedam

1:30 pm: Lunch

2pm: Closing session.

About the Facilitators:

Veet Vedam



Veet (Kalyan) was born and Brought up in Trichirapalli, a city in south India. He finished his university education as an undergraduate in Mathematics and as a post Graduate in Oracle Database Administration and system Analysis. Growing with the ambience of south Indian classical musics around and he himself an accomplished percussionist, he had a turn in his life to look upon life with an authentic thirst at his age of seven, when he encountered the Death of his maternal grandfather. This led him even at his early age to Ramanashram in Thiruvannamalai after reading Ramana maharishi's first book "Who am I?".

Later he had many profound experiences and learning with many sidhas of south India and also with few masters of modern age and finally took neo sannyas as an offering of love toward Osho (Rajneesh) and got a sannyas name Veet Vedam which means Beyond Knowledge. But he likes to be called as Kalyan, usually been called by his very close friends.

Going through and experimenting with all active meditation tools and different therapies of Osho for more than eight years, he dropped his job as a consultant system analyst and Database administrator, started sharing his experience and working with people as well as close friends, in Malaysia, Singapore and Europe for more than ten years.

His approach and his experience with the development of Human consciousness is that our very body is the first Truth and evolution of consciousness can take place only with the transformation of our body and mind. Thus he created a unique technique and approach called “KriyoZen” where a person with this tool prepares his body and mind and undergoes an intensive process of transformation. Also he has developed and researching on the basis of ancient sidha yoga system for our modern age called “Bio-Praana- Pulsation” comprised of various breathing and body movements and conscious touch.

Along with his main approach and work for development of Human consciousness, he also shares his experience with Regression Therapy with individuals.

Dr R Saravanan



Dr.R.Saravanan, is a qualified Homeopath who has a passion for Holistic health. His personal healing journey led him to explore Holistic Nutrition. He has received special training in Nutrition based disease reversal from SHARAN, the pioneer organization in India offering Nutritional disease reversal programs. (www.sharan-india.org) Currently he is serving as Health advisor with SHARAN ,facilitating various seminars and workshops. He has contributed a section in the life changing book “RETHINK FOOD” which has been published recently. <http://www.rethinkfoodbook.com/>

Joseph Sham

Joseph Sham is passionate about wellness and is a certified Yoga teacher. He is the managing director of Veda wellness www.vedawellness.org a unit of Veda Hospitality Management Pvt Ltd. Which is the

first hospitality management company from Kerala providing Ayurveda, Yoga, Wellness & Lifestyle treatments and holiday packages in attractive locations for exotic properties at the beaches, back waters, hill stations and eco-friendly environments



Contribution:

Residential 3 Days & 2 Nights

Single: Rs.8500

Twin sharing: Rs.14000

Non residential

For attending one day program : Rs.1500 /person

For registrations and further details

Email us at :

mail@vedawellness.org

saravanan@sharan-india.org

Or call us at these numbers

91 8129400650

91 9446018101

91 9486909586