

Winter Well-Being

RETREAT

6th – 9th FEB 2025

Find Your Balance in Auroville's

Conscious, *Natural Haven*

Auroville in Pondicherry is a unique township in southern India, anchored by the serene Matrimandir meditation center, dedicated to human unity, sustainable living, and spiritual exploration.



AUM invites you to *Auroville*

Step away from the fast-paced world and reconnect with yourself in this tranquil and inspiring environment. Embrace a transformative journey of self-discovery and holistic well-being.



Holistic Well-being modalities offered

A day at the retreat includes a melange of daily activities.

- Satsang
- Pondicherry Ashram & French Town Culture Experience
- Satvic / Holistic meals
- Svaram - Sound Bath Healing & Meditation at Unity Pavilion
- Yoga by Andre & Suyash
- Matrimandir Meditation and Visitors Centre
- Individual Therapy Sessions and Personal Consultation
- Ashram Samadhi Pranam
- Expressive Art Therapy by Krupa
- Night ritual trataka meditation
- Cosmic flow movement session

Personal Transformation through *Mindful Practices*

Immerse yourself in transformative sessions, including yoga, sound baths with Svaram, guided meditations, and Satvik cuisine, guided by AUM's ethos and enriched by local practitioners.

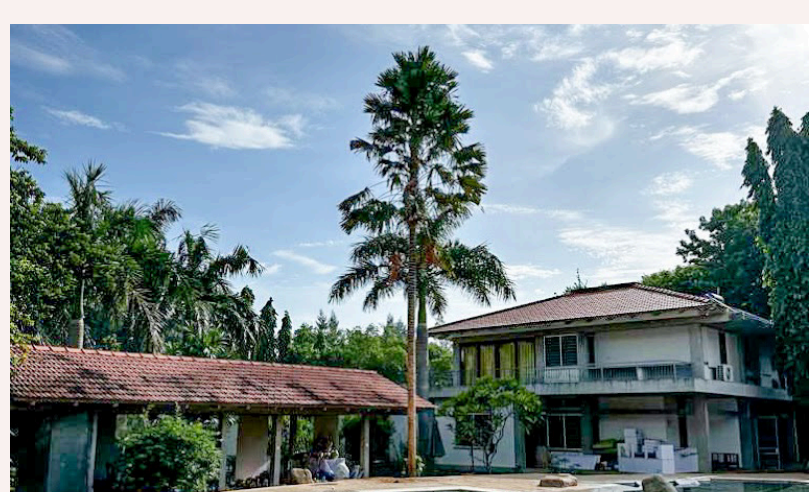


Explore Pondicherry with *AUM*

Explore the vibrant charm of Pondicherry with AUM, blending spirituality, culture, and coastal beauty.

Meditation at the *Matrimandir, Auroville*

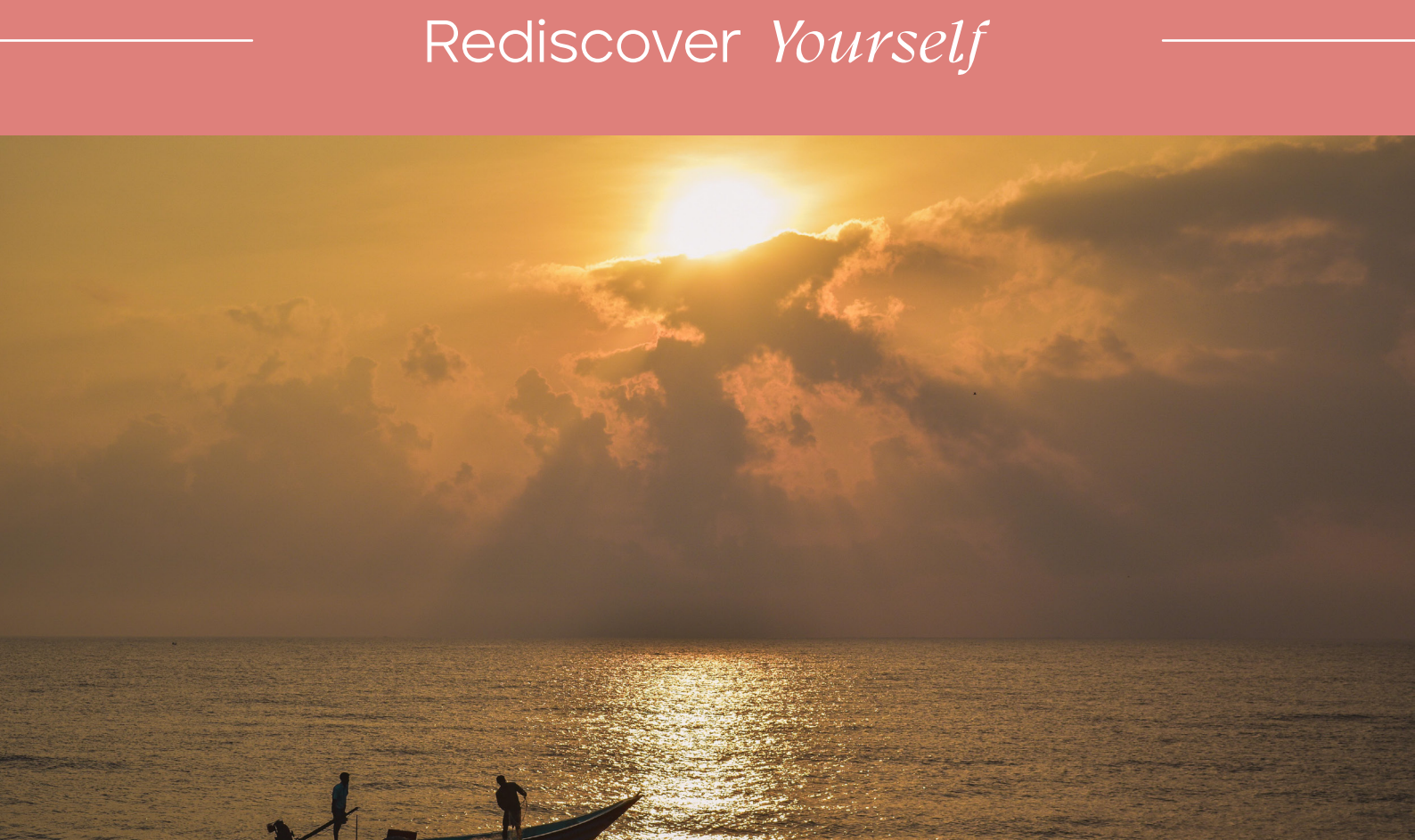
Meditation at the Matrimandir, the spiritual heart of Auroville, is the highlight of the retreat.



Accommodation

Enjoy a 3-night peaceful stay enveloped by nature at the *Temple Tree, near Auroville*, and relish Satvik food at various locations.

Rediscover Yourself



Booking Confirmation and 100% Payment By

30 DEC 2024

Room options

Single | Double

Single Occupancy

₹1,20,000 + GST

(per person)

Double Occupancy

₹90,000 + GST

(per person)

*The cost is all-inclusive, covering accommodation and meals, but excludes travel to Pondicherry.

*Please note that bookings are non-refundable but can be transferred to a family member or friend if you are unable to attend.

To confirm your reservation, please complete the payment via bank transfer to the following account:

Samta Aum Foundation
HDFC Bank Ltd
A/c No. 50200096970941
IFSC: HDFC0000047

Spots are limited—please reach out to secure yours!

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