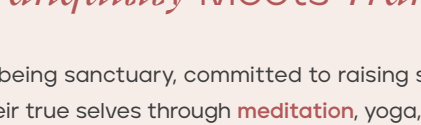


Service through spirituality to create a conscious community.



Where Tranquility Meets Transformation

AUM is a spiritual well-being sanctuary, committed to raising self-awareness and helping seekers understand their true selves through meditation, yoga, healing and transformative practices mindfully guided by masters and timeless wisdom.

With a bouquet of offerings that includes personalised tools and resources, that are thoughtfully designed and curated for our seekers, these practices are spread across the fundamental pillars of Yoga, Dhyana, Gyana, Prana, Divya, Chikitsa.

AUM aspires to be an urban ashram. We aim to build a conscious community through residential retreats, collaborations and partnerships across India and the globe, offer an avenue for advanced practitioners and masters to share knowledge, and engage in community outreach programs that cater to various sections of our society.

As seekers, we constantly search for paths of wisdom, knowledge and practices that lead to insights into understanding the self. This helps us create and celebrate a conscious and joyful community.



Our Core Offerings

YOGA Conscious Moves

PRANA Healing Modalities

- Reiki
- Transcendental Breath Work
- Sound Healing
- Pranic Healing
- Crystal Healing
- Crystal and Quantum Massage
- Body Transformation
- Craniosacral Therapy
- Biodynamics
- Mayofacial Mobilisation
- Shamanic healing
- Access Bars and Consciousness

- Asana
- Pranayama
- Qui Gong
- Hatha
- Vinyasa
- Iyengar
- Yin Yoga
- Akiko Rhythm
- Sudarshan Kriya

DHYANA Meditation

- Yama
- Kriya
- Niyama
- Vipassana
- Yoga Nidra
- Maitri Bodh
- Heartfulness
- Meditations from the Tantra
- Isha Kriya
- Mindful Meditation
- Transcendental Meditation
- Bhakti Yoga

GYANA Wisdom

- Vedas
- Upanishad
- Scriptures
- Bhagvat Geeta
- Wheel of Dharma
- Patanjali's Yoga Sutra

CHIKITSA Ancient Medicine

- TCM
- Raaga
- Ayurveda
- Sowa Rigpa
- Bach Flower

DIVYA Divine / Occult Sciences

- Tarot
- Astrology
- Angel Cards
- Vastushastra
- Human Design
- Past Life Regression



AUM is proud to introduce DATU fostering an exclusive, long-term, meaningful collaboration.

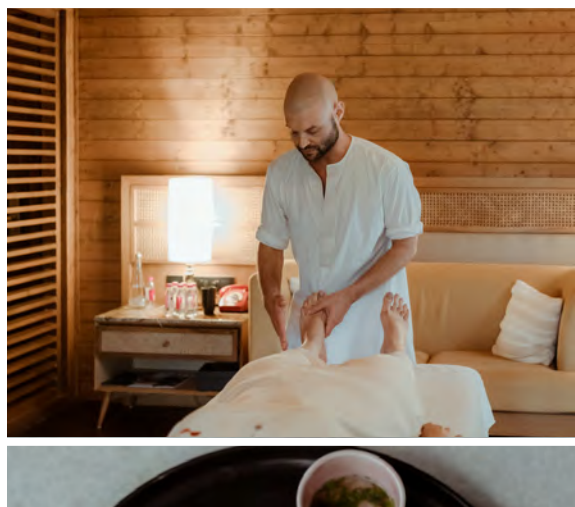
Datu Wellness is a renowned retreat destination in Italy celebrated by the Financial Times, Conde Nast Traveller, and National Geographic.

It shares AUM's commitment to authentic healing traditions, uniting top practitioners and masters from renowned institutions.

Our Most Recent Retreat

NETRAVALI, SOUTH GOA 29 AUG – 01 SEP 2024

We successfully curated a unique well-being retreat with Datu Wellness at The Postcard Hideaway, situated in a hidden corner of Goa, spanning 20 acres of lush greenery, offering relaxation in the purest sense, with unending views of the Western Ghats. This three-day event was highly appreciated by our patrons.



Our Upcoming Retreat

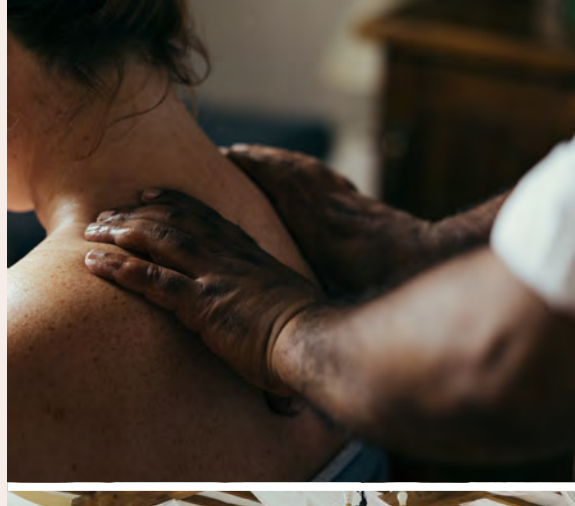
TUSCANY, ITALY 05 – 12 NOV 2024

Travel to Datu Wellness' home, a 12th century Borgo set against the picturesque backdrop of Tuscany, just outside of Siena. Amidst serene landscapes, our retreat unfolds.

<https://www.datuwellness.com/>

A day at our retreats include a melange of daily well-being activities such as:

- Art Therapy
- Ayurvedic Consultations and Treatments
- Buddhist Meditations
- Chanting
- Culinary and Apothecary Lessons
- Inspiring Talks
- Nature and Local Cultural Excursions
- Pranayama Breathing
- Raag Therapy
- Satvic / Holistic meals
- Sound Healing
- Traditional Meditations
- Yoga Asana
- Yoga Detoxification
- Practices
- Yoga Nidra



Richa Agrawal

Founder & Director

Drawn towards spirituality and service, and fascinated by the many paths to well being and consciousness since her childhood, Richa understood that each held its own unique light, illuminating different aspects. AUM was conceived from her heartfelt desire to create a sacred haven where everyone, could embark on their own spiritual paths, mindfully and joyfully, with the guidance and wisdom of eminent masters.

Suyash Singh

COO & Head of Well-being Programs

Suyash's journey encompasses a range of experiences, from IT to working with top hospitality and retreat brands. He holds a Masters degree in Yoga psychology from Bihar School of Yoga. Suyash has dedicated his life to the practice of Yog for inner realisation. As a disciple of Paramhansa Swami Niranjanananda Saraswati and having completed his 12-year phase of monkhood in 2015, Suyash has experienced the transformative power of yoga and ashram lifestyle firsthand. Today, he leads a yogic life connecting people with suitable paths of Yoga.

A

Cosmic creative vibration leads to awareness

U

Cosmic vibration of preservation resulting in understanding

M

Cosmic vibration of dissolution through meditation

