



सर्वे भवन्तु सु खिनः सर्वे सन्तु निरामयाः

## VEDICPATHY WELLNESS RETREAT

7<sup>th</sup> to 10<sup>th</sup> May 2026



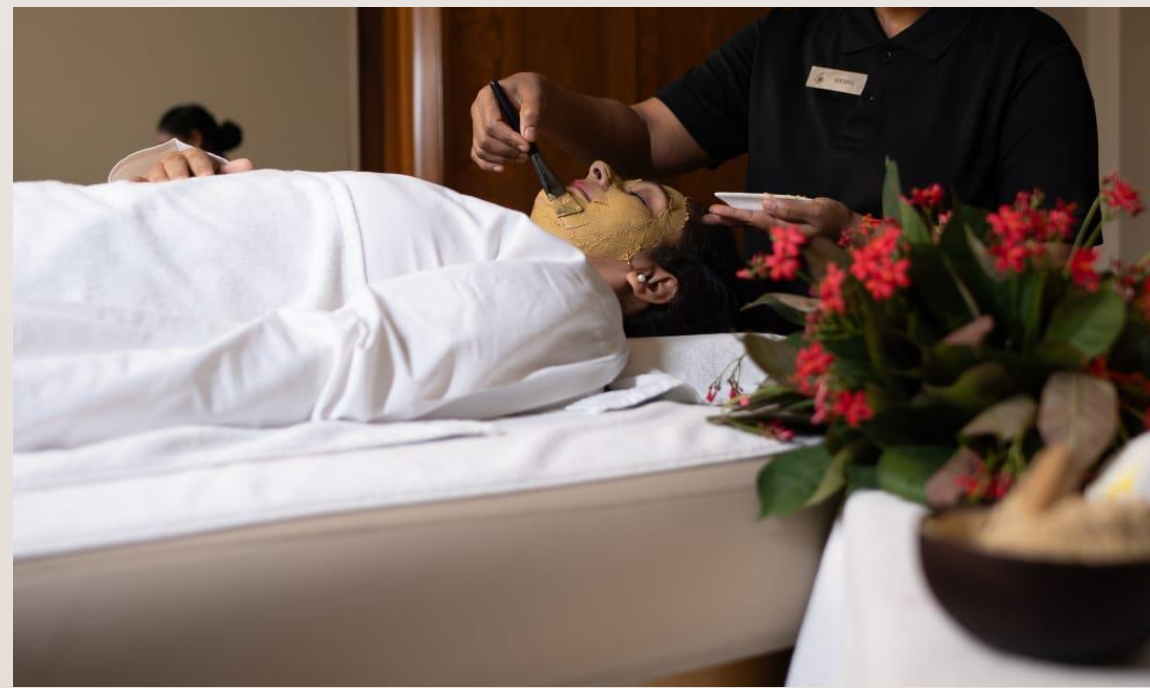
*A Sanctuary for Harmonizing Body, Mind & Soul  
Where Ancient Vedic Healing Meets Modern Lifestyle Balance*

# Why VEDICPATHY?

**VEDICPATHY** is crafted for individuals seeking genuine healing rather than momentary relaxation. In an era dominated by quick fixes and surface-level wellness trends, we provide a deeper, more meaningful approach—offering a transformative experience grounded in time-honored wisdom and personalized care.



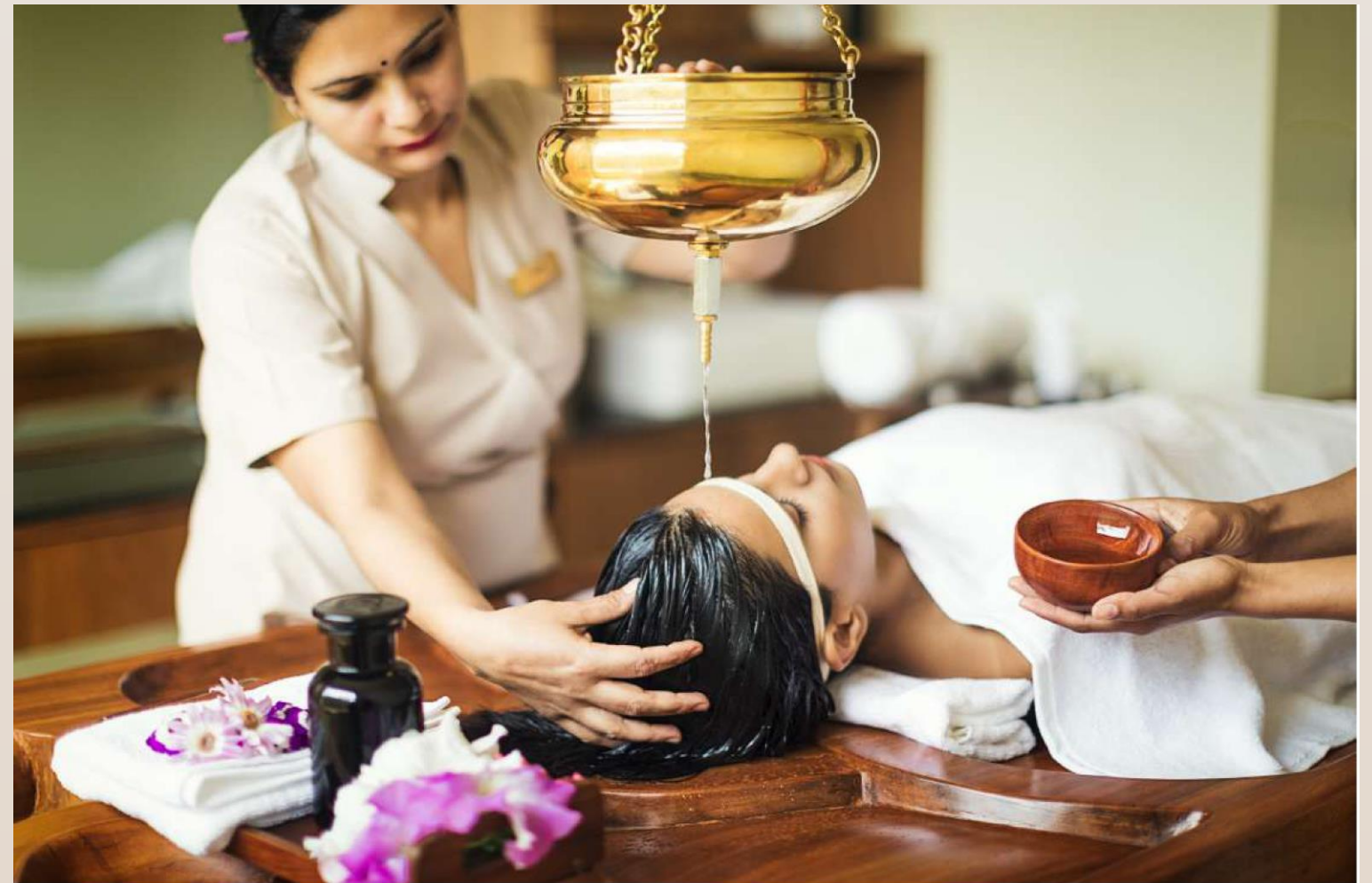
Our retreat integrates **Ayurveda, Panchkarma-based therapies, lifestyle correction, and inner awareness**—all under expert guidance from experienced practitioners who understand both traditional wisdom and contemporary wellness needs.





# Mind-Body Alignment

The body heals only when the mind and emotions are aligned. We address the complete picture of your wellbeing.





# Vedic Science

Ancient Vedic science offers time-tested solutions for modern stress, backed by thousands of years of proven results.





# Holistic Balance

True wellness comes from detox plus balance plus conscious living—not just one piece of the puzzle.



# Our Signature Healing Therapies

## Personalized • Doctor-Guided • Root-Level Healing

Every therapy at VEDICPATHY is carefully prescribed by our Ayurvedic doctors after thorough consultation and dosha assessment. We don't believe in one-size-fits-all approaches—your healing journey is uniquely yours.

### Major Therapies

- **Abhyangam full Body Massage** – Full-body Ayurvedic oil therapy to detox, nourish nerves, and balance doshas. This signature treatment uses warm herbal oils applied with specific rhythmic strokes to release deep-seated toxins.
- **Salt Glow Oil Massage**- gently exfoliates and detoxifies the body using mineral-rich salts and nourishing oils, improving circulation while leaving the skin smooth, hydrated, and refreshed
- **Swedish Full Body Massage** is a classic therapy that promotes deep relaxation, enhances circulation, and eases muscle tension through gentle to medium pressure and smooth, flowing techniques..



📌 All therapies are **prescribed by Ayurvedic doctors** after personalized consultation and body constitution analysis.

## Special Therapies

- **Reflexology** – Pressure-point healing to activate internal organs and energy pathways. Ancient techniques that stimulate the body's natural healing response.



- **Salt Cave Therapy** – Respiratory detox and nervous system calming in our Himalayan salt chamber, where negative ions promote deep relaxation.



- **Acupressure** – Natural pain relief and energy flow correction using precise meridian point stimulation without needles.



# Beyond Therapies

## A Conscious Lifestyle Experience

Healing deepens when the body moves, the breath flows, and the mind becomes still. Our approach goes far beyond passive treatments—we empower you with practices and wisdom you can carry home, transforming your daily life long after you leave our sanctuary.

### Yoga & Pranayama

Daily guided sessions adapted to your level, combining gentle asanas with powerful breathing techniques to restore vitality.



### Guided Meditation

Learn to quiet the mind and access deeper states of consciousness through various meditation techniques tailored to your needs.



### Sound Therapy

Immerse yourself in healing vibrations from Tibetan singing bowls, gongs, and sacred instruments that harmonize your energy field.



### Mindfulness Practices

Morning and evening sessions cultivating present-moment awareness, helping you develop sustainable habits for conscious living.



# Healing Through Movement & Play

Balance seriousness with joy. Let the body heal through movement and recreation. We understand that healing isn't always about stillness—sometimes the body needs to move, play, and rediscover the simple pleasure of being alive. Our diverse activities allow you to reconnect with your inner child while supporting your physical recovery.

## Court Sports

Badminton, Pickleball, and Lawn Tennis available with professional-grade courts and equipment for gentle or energetic play.



## Indoor Recreation

Pool table and carefully curated indoor games for rainy days or relaxed afternoon entertainment.



☐ Because healing should feel light, joyful, and natural—never forced or overly serious.

# Healing Through Movement & Play

## Night Mini Golf

A playful evening activity under soft lighting, perfect for unwinding and socializing with fellow guests.



## Nature Immersion

Guided nature walks through pristine surroundings, plus ample leisure time to simply be present in natural beauty.



☐ Because healing should feel light, joyful, and natural—never forced or overly serious.

# Join Us at the Vedicpathy Wellness Retreat

## Heal Naturally. Live Mindfully.

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Vedicpathy Wellness Retreat offers a holistic wellness experience focused on managing lifestyle-related conditions while restoring inner peace and balance. Rooted in ancient Vedic wisdom, our retreat supports overall well-being of the **body, mind, and soul**.

### **This retreat is ideal for those experiencing:**

- Chronic body pain and joint discomfort
- Diabetes and blood sugar imbalance
- High blood pressure
- Stress, anxiety, and fatigue
- Sleep and digestive issues

Through personalized therapies, yoga, meditation, and mindful living practices, you will experience deep relaxation, improved vitality, and a renewed sense of inner peace and happiness.

Step away from stress. Heal naturally. Reconnect with yourself at the Vedicpathy Wellness Retreat.



# Food Philosophy

Every meal is a healing opportunity. Our kitchen crafts nourishing dishes that are:  
**Satvik** – Pure, light, and consciousness-elevating

**Vegan** – Plant-based for optimal digestion  
**Gluten-Free** – Gentle on the gut and inflammatory system

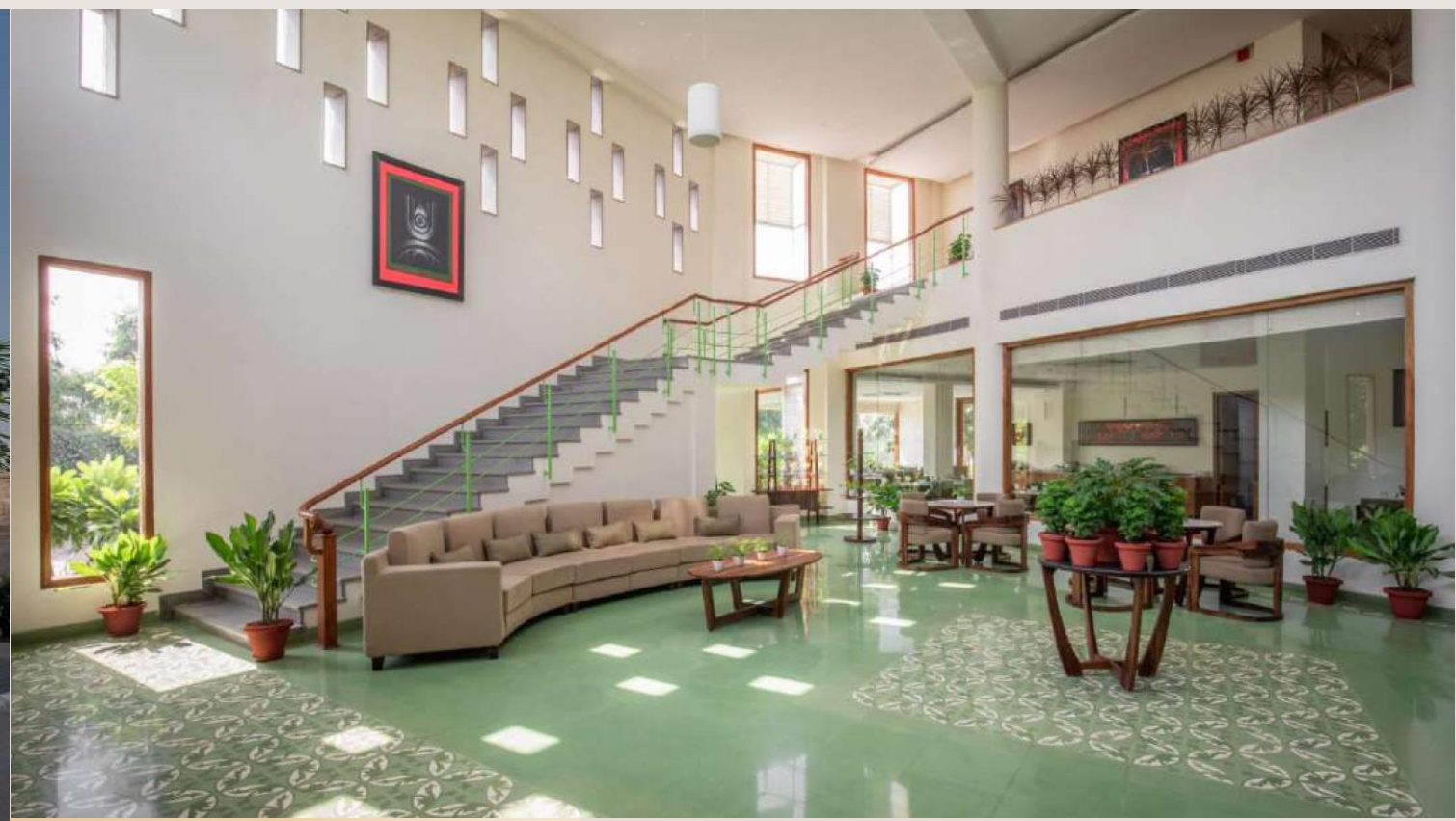
All meals are doctor-recommended and designed specifically for detox, enhanced digestion, and mental clarity.





**VEDICPATHY WELLNESS RETREAT CENTER**  
**Sector-62, Sonipat (Delhi NCR)**





# Nourishment, Guidance & Transparent Pricing

## Food Philosophy



- **Satvik** – Pure, light, consciousness-raising foods
- **Vegan** – Plant-based nourishment
- **Gluten-Free** – Gentle on digestion

Every meal is doctor-recommended and designed for detox, optimal digestion, and mental clarity.

Your investment includes everything you need for a complete healing experience—comfortable accommodation, personalized medical guidance, therapeutic treatments, nourishing meals, and access to all activities and sessions. No hidden costs, just transparent pricing for transformational care.

## Medical Guidance



One-on-one **Ayurvedic Doctor Consultation** to assess your unique constitution, health history, and wellness goals.

Receive a personalized therapy and lifestyle plan tailored specifically to your body type, imbalances, and healing needs.

## Investment Packages

**Single Occupancy**  
**₹60,000**

Complete privacy and personal space for deep introspection

**Double Occupancy**  
**₹45,000**

per person

Share the journey with a companion

***Includes stay, all therapies, meals, activities & guided sessions***

# Begin Your Healing Journey with VEDICPATHY

Your body has the ability to heal.

We simply help you remember how.

## Call Us

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+91 -9217366581

## Email

vedicpathywellness@gmail.com

## Follow Our Journey

📺 YouTube: @VedicpathyAyurveda

## Visit Us Online

[www.vedicpathy.com](http://www.vedicpathy.com)



## VEDICPATHY AYURVEDA

Heal from the root. Live with awareness.

TA-47, Sector-35 (Near Main Market) Sarai  
Khawaja, Faridabad-121003 (Delhi/NCR)

