



AASHWASAN WELLNESS RETREAT



Need to Getaway?

- Had enough of the chaotic city life?
- Are you tired of your daily routine?
- Suffering from headaches, backaches and other symptoms of stress?
- Looking forward to a vacation or a break?
- About time you started taking care of your health?
- Do you want to reconnect to nature?
- Your life is crowded by people and you need time for yourself with yourself?
- Have been wanting to take a step back and consider where you are headed in life?

Suffering from a chronic disease and would like overcome or at least cope with it better? Have you been wanting to kick a habit (alcohol, smoking or shopping) for a long time but just haven't got around to it? If you have been living a routine city life and are looking for something that is more than just a vacation in a new place... **Aashwasan Wellness Retreat** is for you.

Pamper your *mind, body* and *your soul*.

Discover your true happiness

Health and happiness are the natural state, as you become more aware of the stress in you. Get away from the day to day chaos and endless activity of everyday work. Sit back and reflect. Take this time to rejuvenate and recharge your batteries. Reconnect to nature outside and the tranquility within. Go deeper to begin your journey of exploration. A treat of a different kind that not only recharges your mind and your body but also touches your soul.

Aashwasan's two-day Wellness Retreat will take you on a journey deep into yourself to bring awareness, relaxation, peace and health. Awareness will shed individual or collective limitations that have been consciously or unconsciously set. What's exciting is you can experience this journey of renewal **anytime**.

Re-treat yourself with rare benefits

- Relaxation and Rejuvenation in natural environment
- Let go of your everyday routine and responsibility
- Increased self awareness on all aspects – mind, body and soul
- Prioritize what is important
- Become reflective and open
- Resolve emotional conflicts
- Pamper yourself and know your own worth
- Appreciate your life's experiences
- Find resolve and strength to overcome or cope with life issues



About Aashwasan

Aashwasan is the only organization in the world that uses spiritual science tools such as Aura science and ESP to transform lives. The transformation is brought about by connecting an individual to his/her infinite self. Aashwasan has evolved a ten-stage process called theory of transformation. During this process, one identifies, explores and expresses one's infinite self. **Rashmi Aiyappa**, the Founder, Chairman and CEO of Aashwasan was born with an ability to perceive life patterns of people and the gift of ESP (extra-sensory perception) which she could invoke at will. She could identify any dis-ease in mind and body and trace its root cause. For 30 years of her life, she used these skills informally, but it was only when the calling came that her heart was impelled to use her inbound skills and talent to reach out to millions of people. Aashwasan was thus formed.

The **vision of Aashwasan** is to lead individuals to explore their infinite self. Rashmi has transferred this unconscious knowledge to eleven healers who are her channels. Her channels have access to the same knowledge through her. The translation of this knowledge as a service i.e., aura reading, aura healing, ESP etc, is therefore consistent, repeatable and continuous. All the healers come with their rich experience of life and their unique purpose. Using the spiritual knowledge and individual skills and talents, they reach out to transform individuals, groups and organizations.