



Aanantha
Yoga & Meditation

ONE DAY-ACTIVE

MEDITATION EVENT

& CELEBRATION

AUGUST 08, 2026

8 AM - 5 PM

FACILITATOR : MR. SHANTHI TOSEN

MRS. K SHIJI



CHARGES

RS. 1199 /-

Per person

CAMP INCLUDES

- BREAKFAST
- LUNCH
- EVENING SNACKS
- INTRODUCTION TO ACTIVE MEDITATION
- TYPES OF ACTIVE MEDITATION
- CELEBRATION
- PRACTICAL METHODS
- LAUGHTER AND FAREWELL

Call: 8610 703653

Saritha Kalyana
Mandapam A/C
PORUR

THIS EVENT IS OPEN TO ANYONE INTERESTED IN JOINING.