

**STRESS !
STRESS !
STRESS !**

**WHAT
IS
YOUR
REASON**

STRESSED !



Expectations **Relationships** **Job**
Marriage Conflicts **Payments**
Never ending RAT-RACE !!
Harassment **ANXIETY**
Poor Leadership
Debt & **#purposelessness**
Loans **Team** Finances
Corporate Pressure
Work Overload People
BUSINESS CRISIS **WRONG FIELD OF WORK**
Targets
Same Routine !!
Emotions



YOU are
STRESSED !!

**personal
emotional
financial
relational
diseases
work**



GIVE YOURSELF A
POWER WELLNESS
BREAK !!

DE-STRESS
YOURSELF WITH
HOLISTIC
WELLNESS CAMP

DE-STRESS
DETOX
DANCE

RELEASE THE STRESS,
RE-FRESH THE MIND !



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RE-FRESH

MIND BODY SOUL

Know, See & Experience !

COME BACK TO NATURE

*Your busy lifestyle and routine has choked your mind !
Give yourself a chance in the lap of Mother Nature !!
Regain your strengths back !!!*



DE-STRESS

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Re Fresh

WELLNESS CAMPING

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BENEFITS

- # Increased energy levels !
- # Deal with regular **STRESS** in Constructive Manner !
- # More balanced **MIND** and Clarity in **DECISIONS** !
- # New and **HELPFUL** perspectives for Life and **HAPPINESS** !



STRESS ! SAY NO TO IT !!

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OUR routine of continuous struggle and rat race decreases our productivity and innovation levels gradually. Moreover, continuous running on the success ladder many a times keep ourselves in a "Tiring Zone" which is "over-thinking and repetitive thinking mode". This entire shift of lifestyle has created a Zone among all of us which is easily called as "STRESS". From top to Bottom, everybody is facing a challenge of work & live under stress each moment.

Stress of Succeeding in professional life, maintaining personal life and achieving Happy life has created DISEASES in families and individual lives. The situation has become so much complex and large that whole society is looking to learn "How to become STRESS FREE?".

REFRESH is a unique program, which is specifically designed to Re-Fresh your mind to create an optimal balance of mind-body mechanism. It will also give you a Glimpse of practical Ayurvedic Culture and Living in day to day life. By implementing the Alternative Healing therapies, energy healing techniques and Ayurveda principles you can increase your productivity with a more balanced mind by knowing HOW to live STRESS FREE...!



**Start
transforming
your inner
word to
Succeed in
Outer World !**

NLP MIND POWER MEDITATION

Your Mind Plays Much Bigger Role Than You THINK !

“YOU CAN TRANSFORM YOUR LIFE AND
CONDITIONS BY 180DEGREE !
EVERYTHING DEPENDS ON YOUR MIND !!

POWER YOUR MIND TO LIVE HAPPY !!!”

Dr. Sudhir Kumar Thakur
(International Wellness Coach & Mind Power Expert)



MIND - YOUR BEST FRIEND

- You are creating your reality with your MIND !

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MIND POWER

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NLP
MEDITATION
ENERGY MEDICINE

Train your MIND to DE-STRESS yourself !

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GROUP MEDITATION

Experience the power of group sittings and group meditation sessions facilitated by The Experts for your DE-STRESSing.

SOLITUDE SLOTS

Contemplation on new perspectives, current situations and your inner priorities will enhance clarity in YOUR LIFE.

NLP SESSIONS

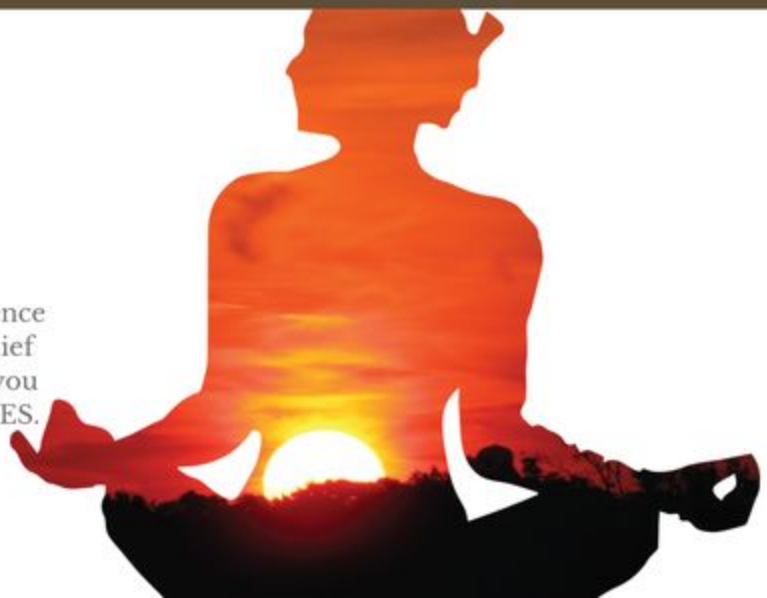
Reprogram your MIND for new thoughts, belief systems, habits and neuro connections which are favorable and create HAPPINESS.

POWER OF ENERGY HEALING

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You and universe are same energy. Today's modern science and Quantum Science have realized the long ancient belief systems of energy. Give yourself a chance to learn how you can Heal yourself with ENERGY Medicines TECHNIQUES.

EXPERIENCE THE ENERGY ZONES !

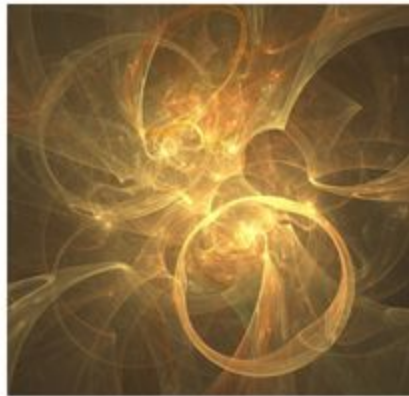


LEARN TO CONNECT AND TAKE LIFE ENERGY
FROM UNIVERSE !!

Energy

YOU CAN CLEAR AND UNBLOCK
YOUR ENERGY ZONES !

LEARN TO DEAL WITH STRESS !



DE-STRESS AND HEAL YOUR LIFE

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Personal

Know yourself and your
mind in a better manner.

Increase Mind-Body-Soul
Synchronization !

Relational

Your relations are often
affected by your Stress
and Stressful reactions.

Start creating BALANCE !

Financial

Outer success is reflection
of your inner being.

Practice new Wealth
Mindset !

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FOOD HABITS

What is right food for
your Brain & Mind ?

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LEARN IT !

Meals and Food Affect your MIND

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This unique wellness
Getaway is planned and
designed to & De-Stress YOU !

Healthy Mind takes nutrition
from our meals. You will get
to know and understand
what food type is Healthy for
your Lifestyle. Learn:

1. Healthy Cooking Habits
2. Practical Healthy Meals
3. Detox and De-Stress
Friendly Diet



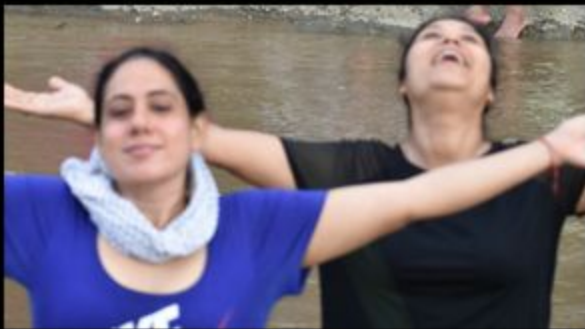
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ReFresh FITNESS

Morning & Evening Session

YOGA, ANTI-GRAVITY EXERCISE

TEAM PLAY & GROUP TASKS



RE-FRESH WELLNESS THERAPIES

BLEND OF
WELLNESS
THERAPIES TO
DE-STRESS YOU



#de-stress #detox #dance

WELLNESS THERAPIES

In Re-Fresh Camping



DAILY FITNESS & EXERCISE SCEDULE

Yoga, Pranayam, Aerobics,
Sports, Breathing Techniques,
Anti-Gravity Exercise

MIND POWER & STRESS BURNING

Meditation, NLP, Energy
Healing, Mind Training
Therapies

POWER OF SELF & SOLITUDE

Connect to Life Energy of
Universe, Contemplation, Self
Discovery Time

RELATIONSHIP & FAMILY TIME

Special Slots for Family and
Relationship Re-bonding &
Communication Activities

AYURVEDIC BASICS & LIFE CULTURE

Basics of Ayurveda Principles,
Nutrition, Herbs for Stress Free
MIND and Disease Free BODY

TEAM WORK & GROUP COORDINATION

Creative & Constructive
Activities for Team and Group
Coordination

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ReFresh

Benefits

Learn | Practice | implement

01

LEARN HOW TO LIVE
STRESS FREE WITH
AYURVEDIC CULTURE

02

INCREASE
PRODUCTIVITY WITH A
REJUVENATING &
FRESH EXPERIENCE

03

LEARN POSITIVE,
CONSTRUCTIVE WAYS
TO DEAL WITH STRESS

04

UNDERSTAND
YOURSELF TO BECOME
EMOTIONALLY
STRONGER

05

START DEVELOPING
THE APPTITUDE TO
HANDLE ISSUES IN
RELATIONS

06

DEVELOP MENTAL
PATTERNS WHICH HELP
YOU DURING
FINANCIAL STRESS

07

KNOW WAYS TO
CREATE MORE
HAPPINESS AT HOME
AND FAMILY

08

ACHIEVE MORE
SUCCESS IN YOUR
PROFESSIONAL AND
BUSINESS LIFE

**increase
your
mind
power**

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DAILY SCHEDULE

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- 1 MORNING FITNESS**
Different type of Fitness Modules
- 2 MEDITATION**
Go deep within and de-stress
- 3 ENERGY MEDICINE**
Energy Zones, Healing and Unblocking
- 4 NLP**
Subconscious Re-imprinting & Programming
- 5 FOOD & WATER THERAPY**
Know what kind of Food is Good for you
- 6 DE-STRESS TECHNIQUES**
Practice Step 1-2-3.....! Gone !!!
- 7 TEAM & GROUP TASK**
Learn team working in fun and sports
- 8 SOLITUDE & FAMILY**
Right mix for Self & Relations

RE-FRESH

~ DR. SUDHIR KUMAR THAKUR

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**YOU CAN NOT
CHANGE
OUTSIDE**

YOU CAN TRANSFORM INSIDE

**ITS HOW YOU REACT & DEAL WITH
STRESS !!**

**LEARN TO
KILL
THE STRESS WHICH
DRILL
YOUR HAPPINESS !**



Re  Fresh

WELLNESS CAMPING

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Call 9210203203