

***KILL YOUR STRESS !***



**de-stress  
detox  
& dance**

## ***THE WELLNESS CAMPING***

**Re  Fresh**

**MARCH 1-2-3, 2019**

**JIM CORBETT, RAMNAGAR  
UTTARAKHAND**

**RELEASE YOUR STRESS  
REFRESH YOUR MIND**

[www.180degree.in](http://www.180degree.in)

*Daily Expert  
Sessions on*

**BODY  
MIND  
SOUL**

**RE-FRESH**

*Increase your Mind Power to  
Live Life More Meaningful !*



## **FITNESS & TEAM TASKS**

Morning and evening sessions on  
Yoga, Exercise, Anti-gravity  
Exercise, Group Sports

## **NLP IMPRINT MEDITATION**

Group NLP and Meditation  
Sessions to De-Stress You and  
Practice Art of Transforming

## **ENERGY HEALING**

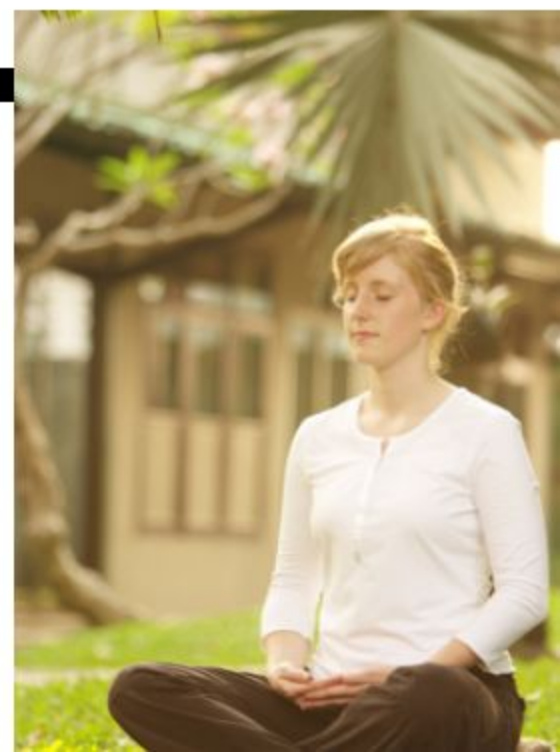
Practice Un-blocking your Energy  
Zones and Learn to Heal Your  
Life with Energy Medicine

## **LEARN TO CONNECT UNIVERSAL LIFE ENERGY**

*De-Stress yourself anytime, anywhere !*

Learn The Art of Stress Management with Ancient Ayurveda  
and Holistic Wellness Science. with the Power of Universal  
Life Energy & Energy Healing , Prepare Yourself for Stress  
Free Mind and Disease Free Body !!

*www.180degree.in*





RE-FRESH  
WELLNESS CAMPING

# DAILY BLENDED SCHEDULE

WWW.180DEGREE.IN



THERAPY SESSIONS  
FAMILY & FRIENDS TIME  
GROUP SPORTS & FUN  
LEARNING & EDUCATION  
SOLITUDE SLOTS  
BRAIN & MIND FRIENDLY FOOD  
DE-STRESS ACTIVITIES

## PRACTICAL EXPERIENTIAL SESSIONS WITH EXPERTS

### EARLY MORNING - FITNESS

YOGA, ANTI-GRAVITY EXERCISE, PRANAYAM,  
BREATHING, STRETCHING, GROUP TASKS

### DAY START 1 - MIND POWER

MIND POWER TECHNIQUES, MEDITATION, SOUND  
THERAPY, DE-STRESS TECHNIQUES

### NOON 2 - EMOTIONS

EMOTIONAL UNLOCKING, NLP, MESSAGE THERAPY,  
SUBCONSCIOUS HEALING, DE-STRESS PRINCIPLES

### EVE 3 - RELAX & FUN

GROUP TASKS, SPORTS, LEARN WHILE PLAY, TEAM  
TASKS, MIND POWER GAMES & TECHNIQUES

### LATE EVE 4 - ENERGY HEALING

POWER NLP, SUBCONSCIOUS HEALING, ENERGY  
MEDICINE, UN-BLOCKING ENERGY ZONES,  
CONNECTING UNIVERSAL LIFE ENERGY

PRACTICAL  
THERAPIES AND  
TECHNIQUES  
WHICH CAN BE  
EASILY ADAPTED  
IN MODERN FAST  
PACE AND  
DEMANDING  
LIFESTYLE !

LEARN  
THE ART OF  
DE-STRESSING &  
HAPPY LIVING  
WITH ANCIENT  
HOLISTIC  
WELLNESS  
SCIENCE !

Book Your Seat At 9210203203, 9210204204

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# Re Fresh

## THE WELLNESS CAMPING

**MARCH 1-2-3, 2019**

**JIM CORBETT, RAMNAGAR  
UTTARAKHAND**

2 Nights | 3 Days

### PRICE/ PARTICIPANT

	Sharing	Double	Triple
3D/2N	INR 25000		INR 23000

- Check In - Fri, March 1, 2019, 6:00 am Onwards
- Check Out - Sun, March 3, 6:00 pm
- Double & Triple Sharing is Available for Family/ Groups

### Terms & More Info

- GST Is NOT included in the Mentioned Price
- Price Includes All Meals, Stay & Sessions\* as per Program Schedule.
- Travel to/ from Camping is NOT Included
- Extra Meals/ Therapies/ Resort Services other than Re-Fresh Program Organised Schedule will Attract Extra Charges.
- Carry Comfortable Cloths, Dress, Shoes, Towel & Accessories for Outdoor Activities, Water, River, Swimming Pool, and Indoor De-Stress, Mind Power & Meditation Sessions



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