



SOPANAM RESIDENTIAL PROGRAM

In the middle of the hustle bustle of our lives should we not pause and ponder at our own body- while enjoying the pleasures it provides?

WE INVITE YOU AND YOUR FAMILY TO A VACATION IN THE ENVIRONS IN GODS OWN COUNTRY FOR EXQUISITE NATURAL FOOD, YOGA, MEDITATION, MUSIC AND DANCE.

AN ALL IN ONE PACKAGE TO EXPLORE THE BENEFITS OF

RELAXATION

Week long Yoga and meditation.

DE-TOX

Cleanse your Body, Clear your mind.

KNOWLEDGE

Delve into the power within.

REJUVENATION

Burst stress the happy way.

WEIGHT LOSS

Burning fat the right way.

EYE CARE

Better vision.

The Programme includes:

- Natural Healthy Satvik Food
- YOGA & MEDITATION
- Massage & Steam
- Sand Bath & Water Therapy
- Detox & Cleansing
- Nature Walk & Site Seeing
- Natural Healing



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