

AATMIK

L I F E S T U D I O

CONNECT WITH YOUR INNER LIGHT



Join us for the perfect retreat to Recharge your Life and
Embrace Wellness

RISHIKESH, UTTRAKHAND, INDIA

Discover
your
BLISS



EXPLORE THE EXPERIENCE

We as human always want to grow and move forward in our life. We all have different areas of life like health, wealth, relationship, social life, dreams, spirituality, joy etc. that are important to us, when we make a balance in these areas it gives real purpose of life. However, the everyday pressures of modern life, coupled with our past and future worries, frequently trap us in a never-ending cycle of stress and purposeless.

In this retreat, you will not only learn various aspect of life but also perform some exercises or techniques that will help you to come out from the situation whenever you fell stuck.

Our experienced instructors and wellness experts will lead you through energizing activities, yoga sessions, and nutritionally balanced meals designed to nourish your body and increase your vitality.

Your mental health is as vital as your physical health. Our mindfulness and meditation programs are designed to help you find inner peace, reduce stress, and enhance your emotional resilience. Through guided practices, you'll learn how to quiet the mind, achieve mental clarity, and cultivate a positive mindset.

We believe that connecting with your inner self is essential for a balanced and fulfilling life. Our spiritual guidance and contemplative sessions will help you explore your spiritual dimension, nurturing a sense of purpose, inner strength, and tranquillity.

Life isn't about finding yourself.
Life is about creating yourself.

-George Bernard Shaw

- Are you looking to connect more with nature and yourself?
- Do you ever wish you could escape the busy life for a while?
- Do you want to experience the incredible rejuvenation of your body and mind?
- Are you interested in exploring a holistic approach to well-being, following ancient Vedic traditions?
- Do you want to know the secret of not getting sick?
- Do you want to know the purpose of your life?
- Are you ready for a fresh perspective on life?

If your answers are “yes” this retreat is for you.

CALL NOW AND RESERVE YOUR SPOT !

*This retreat is open to everyone, even if you've never tried yoga or meditation before.

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LIFE STUDIO

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YOGA

Find your inner peace and strength through yoga. Embark on a journey to wellness and self-discovery"

CLEANSING

Purify your body and experience a renewed sense of well-being and vitality.

THERAPY

Relax, rejuvenate, and release stress. Indulge in pure bliss for your body and soul.



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MEDITATION

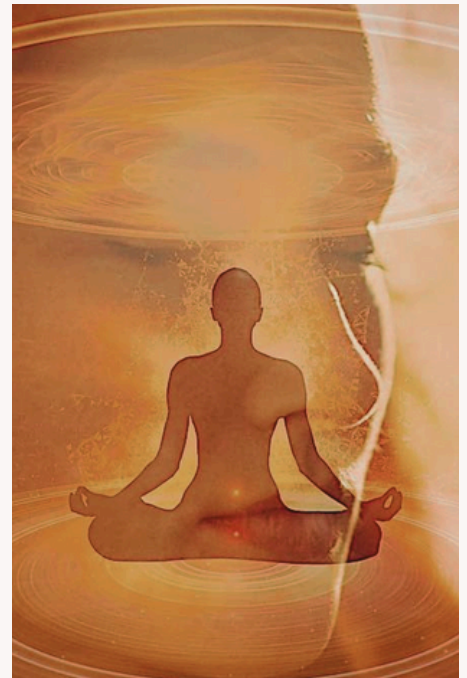
Offer a path to inner peace, self-awareness, balance and enlightenment.

GAZING MEDITATION

Channel your inner strength and achieve a sharper, more centered mind.

VISUALIZATION

Find serenity and inner balance through guided meditation.



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BREATH WORK

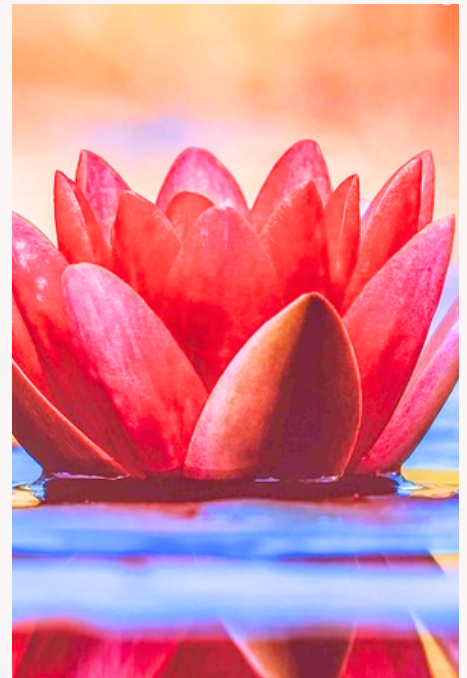
Power of breath for a healthier, calmer you. Breathe in wellness, exhale stress.

LOVE ACTIVATION

Experience the new transformation of you and reach new heights of cognition

MIND-BODY- SOUL ALIGNMENT

Harmonize Your Mind, Body, and Soul. Discover the balance within for a life of fulfillment.



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SOUND WORK

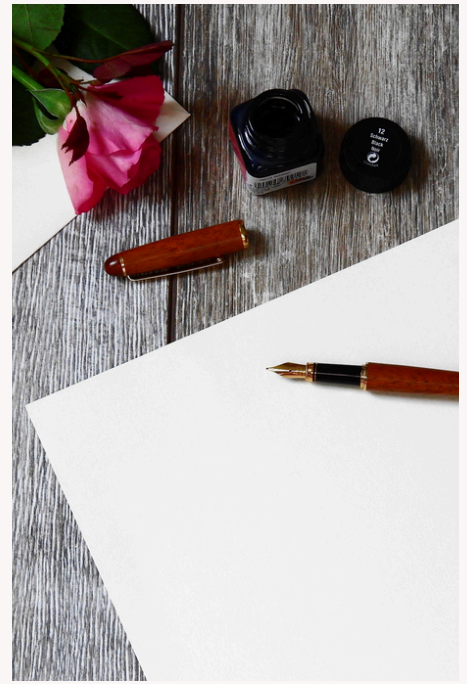
Power of Sound frequencies to create calming ambiance, promoting deep relaxation and rebalancing your nervous system

CATHARSIS

Heal through catharsis, experience profound emotional cleansing.

KNOWLEDGE CLASS

Enjoy holistic learning experience along with practical experience



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LOVE SHARING

Love sharing is an opportunity for self-reflection and good for mental health.

DANCE MOVEMENT

Harnesses the power of dance for therapeutic self-expression, emotional healing and physical well-being.

LOTS OF OTHER ACTIVITIES

There will be surprise activities / events to make the journey more playfull and connected.



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Know Your Teacher

I'M SUSHMA MALIK

I'm an certified yoga instructor, I blend traditional yoga practices with modern techniques to guide individuals toward physical and mental harmony. With a deep understanding of alternative medicine, I incorporates natural healing methods into my teachings, promoting overall wellness.

As a life coach, I empowers others to unlock their full potential, offering guidance on personal development, physical well-being, and achieving a balanced life.

Through my multifaceted expertise, I strive to create a supportive and uplifting environment for individuals on their journey to holistic well-being.



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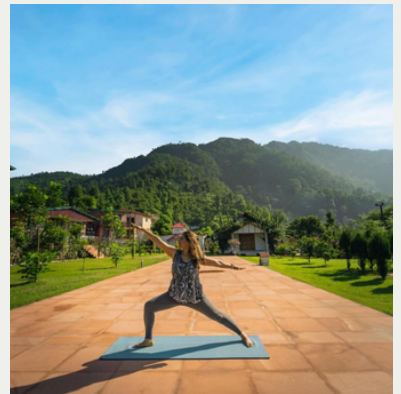
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