

About Us...

Vedanta and Science Educational Research Foundation is a non-profit organization promoting holistic living. It has established BIOm in Navadvip Dham (WB, India) and other Educational and Research Institutes to explore Vedanta and Science, Vedic Culture and Philosophy, Music and Arts (and related gatherings for the Synthesis of Science and Spirituality) for the development of human core values in modern times and in forthcoming generations.

BIOm welcomes all sincere inquisitive souls, to dive deeper into the nature of reality and to help build a better future for themselves and for humanity.

BIOm offers to the participants:

Lectures / Seminars / Workshops on Yoga, Ayur-Veda, Anger and Stress Management, Time Management, Eco-friendly Technologies, Moral and Ethical Techniques.

Health Consultations, Therapeutic Massages, Natural Traditional Remedies, Astro & Palm Readings, Individual Counseling, etc.

Transcendental Excursions, Ganga cruise, and Sightseeing along the Ganges.

Traverse of the nine holy "islands" of Navadvipa.

Opportunities for Humanitarian Relief Work.

Sridham Navadvip is situated 120 km North of Kolkata, 10 mn walking distance from Nabadwip railway station.

Explore time-tested ways to nurture your body, mind and soul in the heart of the sacred land of Sri Caitanya Mahaprabhu.

Do You...

Want to bring back the spark into your life
Feel bored, stressed, restless, empty, or just plain tired

Want a break from your routine, obligations and chores.

Are you ready to...

Explore paths that make you feel better
Replenish your well spring of energy
Strengthen your inner life.

We are here to...

Inspire you to rejoice, revitalize, and move forward
Pamper and sustain you with rejuvenating yoga lessons, relaxing meditation sessions, enlivening talks on sacred teachings, and soothing massage therapies
Delight you with delicious healthy meals that will thrill your senses and nourish your body and soul.

For registrations, please email us at: info@gmail.com

BIOm

Center for Vedic Sciences and Ayurvedic Wellness
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Corporate Retreats & Weekend Gateways

for a balanced life



Rejuvenate Your Body, Mind and Soul

BIOm

Center for
Vedic Sciences &
Ayurvedic Wellness

CORPORATE RETREATS



E-mail us at
info@biom.in

These retreats are especially recommended for Directors, Executives, Managers, and special Employees as well as distinctive Clients. Up to 40 people.

Perfect for :

- Corporate Motivation and Incentive Program,
- Strategic Planning Meeting,
- Training and Team Development,
- Target Attainment Bonuses,
- Client Loyalty Rewards,
- other Event requirements.

... take the holistic approach !

Packages will be planned to suit your needs.

Venue hire: you can also have your own retreats, company gatherings, official meetings and seminars.

To and fro transportation can be arranged.

At your disposal: conference/yoga hall (1600 sqft, fully equipped with modern facilities, AC cooling/heating, eco-paint, sound system, projector & high-grain screen, comfortable sitting arrangements), assembly room (300 sqft), and open classroom (800 sqft).



Enjoy your stay! The pleasant setting, the sacred environment, and the comforting atmosphere are conducive to both high thinking and rejuvenation at all levels.

Vastu-designed, eco-friendly and comfortable studios, fully equipped with:

- 2 beds (stowaway) with quality mattresses. Ideal for a single person, a couple or two friends.
- Attached bathroom (with filtered water, running hot water, and all modern conveniences).
- Air-conditioned facility (super silent, cooling in summer, heating in winter, with ionizer & dehumidifier).
- Kitchenette, internet connection, teak wood furniture, uPVC insulating windows, electricity backup, and more!



Our dining room serves tasty and healthy pure vegetarian multi-cuisine, for your delight and well-being. French head cook.



WEEKEND RETREATS



From
Rs. 1900 only

For individuals, couples, groups of friends.

Program Schedule for Friday:

- 6 pm: Arrival, refreshment, presentation
- 7 pm: Dinner
- 8 pm: Presentation of the week-end retreat

Program Schedule for Saturday and Sunday:

- 4:30 am: Morning Prayers
- 6 am: Yoga and meditation course
- 7:30 am: Mantra meditation – The joyful way
- 10 to 11:30 am: Seminar 1
- 12 to 1 pm: Seminar 2
- 3:30 to 7:30 pm: Visit to famous and beautiful Mayapur (saturday) / • 3 to 4 pm: Seminar 3, or free time (sunday)
- 4:30 pm: Departure (sunday)

Seminars can be:

- The natural ways for healthy body and mind - Practical tips and wisdom from Ayurveda,
- Stress management and relaxation techniques,
- Personality Development,
- Prosperity, Peace and Happiness,
- How to Manage our emotions,
- Fulfillment of Life,
- The Key to Relationships from Home to Workplace.

* Rs. 2900 only per person in a single room, or Rs. 3800 only (1900 x 2) for a couple or two friends sharing a double occupancy room. This rate includes the first dinner; other meals can be ordered and paid on site.

Optional services are charged separately: massage therapy, palm reading, laundry, internet, transportation to/from Kolkata, Ganga cruise, etc.

