

Mystic-Asia Offers Wellness Weekends

IN SPA & WELLNESS / BY VEGAN MAGAZINE / ON APRIL 2, 2013 AT 5:39 PM /



How many of us want to change the way we eat?
 How many of us want more peace and happiness in our lives?
 Did we know the two are connected?
 Are we willing to learn new ways of eating guilt-free food?
 Are we willing to let go of destructive negative patterns of thinking that keep us bonded in our misery?
 How do we make this change?
 Or are we going to blame the REST of the world for our misery, for the REST of our lives?

To answer some of these perennial questions **Mystic-Asia** (www.mystic-asia.in) has joined hands with **SHARAN** (www.sharan-india.org) to bring you a new product for your holiday calendar. They are starting with quick weekend getaways to discover **Incredible India** the wellness way and will later lengthen the duration as the demand increases. They plan to cover the beaches, mountains and deserts of the beautiful country of India.

The first weekend will be in Kasauli in the Himalayas in 7 Pines (www.7pines.in) a beautiful property nestled amongst the pine forests of Himachal Pradesh from **12th -14th April 2013**. The program, **Rejuvenate**, will include walks in the mountains, meditations/self reflection time and healthy cooking classes as well.

Bookings are open and seats are limited due to the size of the property. Contact Mala Barua at mysticasia.in@gmail.com.

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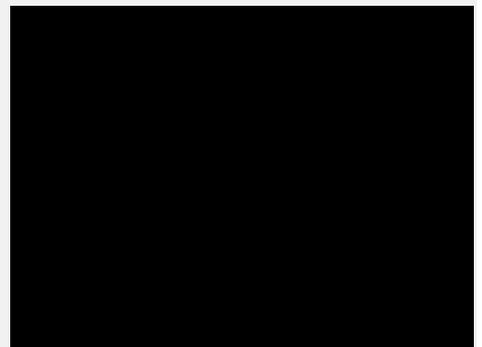


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