



SENSE22 YOGA

SENSE22 YOGA PRESENTS

AROGYA SANKALP

Rebalance · Reverse · Rejoice

Diabetes Therapy Retreat & Wellness Festival

PREVENTION

REVERSAL

MANAGEMENT

DATES

3-4-5 April 2026
Fri · Sat · Sun

VENUE

Fazlani Nature's Nest
Pune, Maharashtra

TYPE

3-Day Residential
Limited — 20 Seats

ABOUT THE INITIATIVE

India's First **Diabetes-Focused** Wellness Retreat

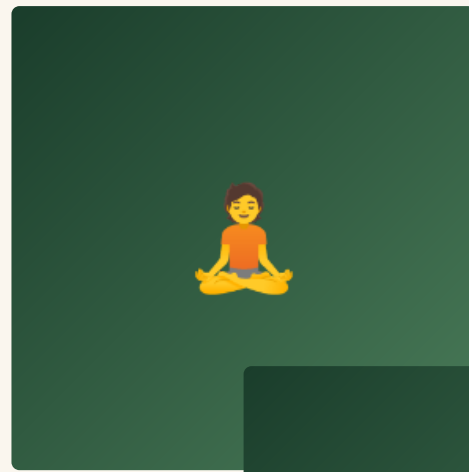
A conscious intention to live in balance — where ancient wisdom meets modern medical science.

Arogya Sankalp is Sense22 Yoga's pioneering initiative designed to address one of today's fastest-growing health challenges — diabetes and metabolic imbalance — through the integrated power of Science, Yoga, Naturopathy, Ayurveda, and Lifestyle medicine.

It is India's first therapy-focused retreat and festival dedicated to diabetes awareness, prevention, and holistic living — a gathering of doctors, yoga masters, wellness brands, researchers, and hundreds of participants committed to building a healthier future.

In collaboration with **Diabetologists**, **Naturopaths**, **Ayurvedic Experts**, and **Lifestyle Coaches**, the retreat offers not just a break from routine — but a complete physiological and emotional reset.

"Arogya Sankalp = A conscious intention to live in balance."



WHAT YOU WILL EXPERIENCE

Retreat Highlights



Yoga & Pranayama

Safe asanas that stimulate the pancreas, improve digestion, and restore metabolic balance. Suitable for all levels.



Naturopathy & Ayurveda

Abhyanga oil massages, mud baths, hydro therapies, and herbal consultations for deep detox and restoration.



Aqua Yoga & Mud Bath

Joyful, joint-friendly aqua yoga improves insulin response. Mud therapy enhances circulation and detoxification.



Equine Therapy

Nature-based healing with horses — a powerful modality for reducing stress, building mindfulness, and emotional restoration.



Medical Expert Sessions

Scientific talks and personalized consultations from qualified diabetologists, nutritionists, and naturopathy professionals.



Farm-to-Table Nutrition

Learn to identify sugar-controlling vegetables on a guided farm walk. All meals thoughtfully curated for blood sugar management.



Sound Healing & Meditation

Deep guided meditation and sound healing sessions for hormonal balance, better sleep, and nervous system restoration.



Tratak & Shatkarma

Cleansing practices including Tratak (candle gazing), Jal Neti, eye wash, and oil pulling for holistic purification.



Personalized Health Plans

Individual diet and nutrition charts, health tracking, and participation certificates to carry forward your transformation.

Your 3-Day Journey

Therapeutic · Scientific · Joyful — Every hour designed for healing.

1

Cleansing & Grounding

FRIDAY, 3 APRIL 2026

TIME	ACTIVITY	DETAILS
12:00 – 1:00 PM	Arrival & Check-In	Welcome drink: Fenugreek-Cinnamon-Tulsi infusion. Settle into rooms.
1:00 – 1:30 PM	Welcome & Briefing	Kit distribution, agenda overview, icebreakers, and intention setting.
1:30 – 2:30 PM	Lunch	Nourishing, filling, digestive, and rejuvenating — curated for blood sugar balance.
2:30 – 3:00 PM	Afternoon Rest	Short healing nap essential for body rejuvenation and cortisol regulation.
3:00 – 5:30 PM	Aqua Yoga & Mud Bath	Joint-friendly aqua yoga for insulin response; mud therapy for detox and circulation.
5:30 – 7:00 PM	Nature Walk & Tea	Mindful walking, bird & animal parade, vegan tea/coffee with light snacks.
7:00 – 8:30 PM	Sound Healing & Meditation	Guided deep rest for hormonal balance and nervous system restoration.
9:00 – 10:00 PM	Dinner	Light, digestive, balanced Indian meal — nourishing & joyful.
10:00 – 10:30 PM	Mindful Wind-Down	Evening walk and sleep preparation. Oil Pulling / Gandusha practice.

2

Energizing & Therapy-Focused

SATURDAY, 4 APRIL 2026

TIME	ACTIVITY	DETAILS
7:00 – 8:00 AM	Diabetes Yoga Flow	Safe asanas to stimulate the pancreas and improve digestion, plus Pranayama and Mantra chanting.
8:30 – 10:00 AM	Breakfast	Carefully curated for sustained energy and blood sugar stability.
10:00 – 10:30 AM	Ayurveda Lecture	Setting the context and intention for Abhyanga treatments.
10:30 AM – 1:00 PM	Abhyanga Massage	Ayurvedic oil massage for circulation, stress release, and lymphatic health.
1:00 – 2:00 PM	Lunch	Nourishing & joyful midday meal.
2:00 – 3:30 PM	Rest & Nature Time	Mindful walking, journaling, and quiet reflection in nature.
3:30 – 5:30 PM	Farm-to-Table Salad Walk	Learn to identify and use sugar-controlling vegetables directly from the farm.
5:30 – 7:00 PM	Equine Therapy	Explore Fazlani's facilities — equine sessions, Machan sitting, mindful activities.
7:30 – 8:30 PM	Tratak Practice	Three-stage Trataka for mental clarity, focus, and eye health.
9:00 – 10:30 PM	Dinner & Reflection	Light dinner followed by silent journaling and self-reflection.



Integration & Celebration

SUNDAY, 5 APRIL 2026

TIME	ACTIVITY	DETAILS
7:00 – 8:00 AM	Diabetes Yoga & Shatkarma	Yoga flow, Pranayama, Mantra chanting, Jal Neti & eye wash demo.
8:30 – 10:00 AM	Breakfast	Energizing, curated final morning meal.
10:30 AM – 1:00 PM	Celebration & Wrap-Up	Dance, team activities, Q&A, personalized diet charts, certificates, testimonials, and group photo shoot.

TIME	ACTIVITY	DETAILS
1:00 – 2:00 PM	Gratitude Lunch	Final nourishing and joyful meal — shared with gratitude.

LOCATION

Fazlani Nature's Nest, Pune

"Healing isn't a treatment here — it's a journey."

Fazlani Nature's Nest embodies the essence of healing — lush hills, lake breezes, organic farms, equine companions, and the gentle rhythm of life.

Every detail — from its architecture to its cuisine — reflects a balance of luxury and sustainability, making it the perfect home for Arogya Sankalp.



Lush hills and serene lake views



Organic farms for farm-to-table experiences



Equine companions for therapy



Luxury yet sustainable cuisine



Spa, nature trails & machan experience



Easily accessible from Pune & Mumbai

INVESTMENT IN YOUR HEALTH

Retreat Pricing

All-inclusive 3-day residential package. Includes stay, all meals, therapies, yoga sessions, and experiences as per agenda. All prices inclusive of GST.

Single Occupancy

 GARDEN VIEW

Single Occupancy

 LAKE VIEW

₹37,500

PER PERSON · INCL. GST

Private room · All meals · All therapies · Yoga sessions ·
Farm walk · Certificates

₹61,500

PER PERSON · INCL. GST

Private room · All meals · All therapies · Yoga sessions ·
Farm walk · Certificates

Twin Sharing

 GARDEN VIEW

₹26,500

PER PERSON · INCL. GST

Shared room · All meals · All therapies · Yoga sessions
· Farm walk · Certificates

Twin Sharing

 LAKE VIEW

₹38,500

PER PERSON · INCL. GST

Shared room · All meals · All therapies · Yoga sessions
· Farm walk · Certificates

 Limited to 20 residential participants. Early registration recommended.

OPEN TO ALL

Arogya Sankalp **Fest** / Mahotsav

A 3-day wellness celebration open to day visitors and exhibitors — science, tradition, and innovation at scale.



Diabetes Discovery Pavilion

Health check-ups, screenings, and the latest innovations in diabetes management.



Yoga & Naturopathy Arena

Live classes and demonstrations open to all visitors.



Knowledge Hub

Talks by doctors, yoga researchers, nutritionists, and policymakers.



Wellness Expo

25+ stalls from leading health, wellness, and lifestyle brands.



Cultural Evenings

Kirtans, bhajans, sound healing, and farm dinners under the stars.



Arogya Bazaar

Natural foods, Ayurvedic essentials, health tech, yoga accessories, and mini therapy booths — a curated marketplace of conscious living.

EXHIBITOR OPPORTUNITY

Arogya Bazaar — Exhibit With Us

A curated marketplace of conscious wellness — where your brand meets a highly engaged, health-seeking audience over three immersive days.

The **Arogya Bazaar** is the vibrant heart of the Arogya Sankalp Fest — a thoughtfully curated exhibition space that brings together India's finest wellness brands, natural food producers, health innovators, and holistic lifestyle companies. Whether you are a small artisan label or an established wellness brand, this is your platform to connect, demonstrate, and grow within a community that is deeply committed to conscious, healthy living.

Who Can Exhibit



Natural & Organic Foods



Ayurveda & Naturopathy Essentials

Cold-pressed oils, herbal teas, millet snacks, sugar-free treats, and other wholesome products that nourish and delight a health-conscious audience.

Herbal tonics, mud packs, therapeutic oils, and eco-therapeutic products rooted in ancient Indian healing traditions.



Health Tech & Diagnostics

Glucometers, wearables, sleep and stress trackers, and innovative health-monitoring solutions for the modern wellness seeker.



Yoga Accessories & Books

Mats, props, bolsters, and holistic living guides that support a daily practice of mindfulness and physical wellbeing.



Mini Therapy Booths

Head massages, reflexology, acupressure, and aroma healing — experiential booths that let visitors feel the difference firsthand.



Lifestyle & Conscious Brands

Conscious apparel, herbal candles, self-care essentials, and purposeful products that celebrate the art of living well.

STALL INVESTMENT

Exhibitor Stall — Full 3-Day Package

One stall fee. Three full days of presence. Zero hidden costs.

STALL PRICE

₹9,500

FOR ALL 3 DAYS

10 AM – 6 PM · ALL 3 DAYS

WHAT'S INCLUDED

- ✓ **Dedicated stall space** across all 3 days of the Arogya Sankalp Fest (3, 4 & 5 April 2026)
- ✓ **Complimentary Refreshments** — tea, coffee & water available for you and your team throughout the event
- ✓ **Access to all open sessions** — yoga, talks, kirtans, and the wellness festival atmosphere
- ✓ **Brand visibility** among Pune, Mumbai, Thane & Maharashtra-wide wellness-conscious audiences

Please note: The stall fee of ₹9,500/- is the total all-inclusive investment for the complete 3-day event (10 AM – 6 PM daily) — not a per-day charge. Price is inclusive of

GST. Accommodation is not included; exhibitors are requested to arrange their own stay. This is a one-time opportunity to be part of India's pioneering diabetes wellness movement.

Limited stall slots available. Early registration is strongly recommended to secure your preferred spot.

[REGISTER AS EXHIBITOR](#)

COMMON QUESTIONS

Frequently Asked Questions

Is this retreat only for people with diabetes?

Arogya Sankalp is designed for diabetes prevention, management, and lifestyle correction. Individuals with pre-diabetes, family history, or lifestyle-related concerns are equally welcome.

Will this retreat replace my medical treatment?

Arogya Sankalp is a complementary wellness program, not a replacement for medical care. Participants are encouraged to continue prescribed treatments unless advised otherwise by their doctor.

Are medical professionals available on-site?

Yes. The program includes sessions with qualified doctors, nutritionists, yoga therapists, and naturopathy professionals. Emergency medical support is available as per venue protocol.

Is prior yoga experience required?

Not at all. All practices are gentle, guided, and adaptable to individual capacity and health conditions.

What should I bring with me?

Comfortable clothing, walking shoes, personal medications, medical reports (if any), and an open mind. Everything else is provided.

Who organizes Arogya Sankalp?

Arogya Sankalp is a movement by Sense22 Yoga, in partnership with Fazlani Nature's Nest, Pune, and in collaboration with certified diabetologists, naturopaths, Ayurvedic experts, and lifestyle coaches.

VOICES OF PARTICIPANTS

What Our Community Says

“ In a world where retreats often feel commercial and impersonal, this one stood out for its authenticity and grounded energy. A heartfelt appreciation to the entire Sense22 team.

Anu Svetlana — Bali Retreat Participant

“ This yoga retreat was truly one of the best experiences we've ever had! From the serene atmosphere and authentic yogic practices to the delicious sattvic food and the incredibly warm hospitality.

Hemanshu Deshmukh — GEV Yoga Retreat

“ After joining Sense22Yoga, I felt a lot of changes in my body. They help you to connect body, mind and soul — which is the true root of healing physical and mental problems.

Sakshi Pandey — Sense22Yoga Member

“ It has been 10 months now. The teachers are experienced and understand the purpose of each participant. I definitely recommend Sense22Yoga to start your yoga and wellness journey.

Salim Shaikh — Long-term Member

Begin Your Healing Journey

Limited to 20 residential participants. Secure your spot at the retreat, register as a day visitor, or join as an exhibitor at the Mahotsav.

JOIN 3-DAY RETREAT

REGISTER AS VISITOR

EXHIBIT / SPONSOR

SECURE YOUR SPOT

Payment Details

All payments should be made to the following account.



BANK TRANSFER / NEFT / RTGS

ICICI Bank

ACCOUNT HOLDER **Mumukshu Healthcare
Private Limited**

BANK NAME **ICICI Bank**

ACCOUNT NUMBER **088405000269**

IFSC CODE **ICIC0000884**

BRANCH **ICICI Bank Soham Plaza,
Manpada, GB Road,
Thane – 400607,
Maharashtra, India**



INSTANT PAYMENT

UPI Transfer

UPI ID

8169728447@okbizaxis

Pay via PhonePe, GPay, Paytm, BHIM or any UPI app

IMPORTANT NOTE

After completing payment, please share the transaction screenshot along with your name, contact number, and stall/retreat category to confirm your registration.

SENSE22 YOGA

Get in Touch

☎ +91 93243 78213

☎ +91 77388 40589

✉ sense22yoga.india@gmail.com

🌐 www.sense22yoga.com

Disclaimer: Arogya Sankalp is a wellness-based lifestyle intervention program. It does not claim to diagnose, treat, cure, or guarantee reversal of any medical condition. Results vary from person to person. Participants are responsible for consulting their physician before making any changes to medication, diet, or