



Personal Spa & Leisure activity

The pleasure of relaxation is further enhanced by activities to fit your persona, age and lifestyle. An ocean-class pool, Aerobics centre, Jogging and walking tracks, Gymnasium, Steam, Jacuzzi, Massage facility, Yoga and Meditation centre for rejuvenation coupled with self-discovery.

Our various classes help you connect with your inner being discover a sense of bliss. The classes on taking care of our body and nursing your illnesses, aerobics and saunas help the body eliminate toxins. Yoga and Meditation help the participant understand the way in which breath, posture, mental focus, reflection and guided visualizations enable the mind to assist the body in bringing about a harmonious inner environment. Ayurveda, Massage, sap facilities like Jacuzzi, Steam and Sauna help you to revitalize and rejuvenate your mind, body and soul in a holistic way.



Wellness Vacations

Strike a balance between pampering your body and enriching your mind at Aikya. Take our 3 / 7/ 14 day Wellness Vacations. More than just a vacation, our program helps you turn positive health, thought and action into a habit.

Open to anyone with a desire to get away from the hectic daily life, and rejuvenate.

Also on offer at the academy

- Adi Chakra Healing
- Advanced Yoga Courses,
- Intensive Ayurveda Therapy
- Intensive Spa Therapy
- Life Improvement Programs
- Cardiac Rehabilitation
- Spa Management Courses



Academy & Retreat :
Thakurwadi Road, Wardoli Village, Off Shedung Phata, Panvel,
Navi Mumbai-410206. Tel : 022 69525666, 9920540777,

Reservations :
320, Manish Chambers, Sonawala Road, Goregaon East, Mumbai - 400063.
Tel : 022 40211702



AIKYA ACADEMY OF HOLISTIC HEALTH
www.aikyawellness.com
Email: info@aikyawellness.com



Where leisure *greets* business

Calm relaxed decision-making

ZOIA. At the picturesque foothills of the western ghats at Panvel awaits the complete corporate package bundled in green. After all the frenzy and harried pace work at the office, here's where you can arrive at the most relaxed, impartial – and invariably right decisions. Be it a round of hard talk, brainstorming, a seminar, training session or a weekend getaway with your family. It is also the perfect setting for recuperation from the hangover of a hectic work schedule. No room for hang-ups here in the most holistic of corporate tête-à-tête destinations. Log out of the daily grind as you log in to a package of corporate wisdom that is bound to stand you in good stead from the time you check in - till eternity.



Club Class Business Resort

Its business as Unusual, considering the aura you'll operate in. And just so you feel right at home as you work, top-notch infrastructure awaits.

A reception area, business lounge, administration centre, Two fully-functional conference hall as well as a top-of-the-line business centre offering internet, STD/ISD, Facsimile, Secretarial assistance and much more.

Choose from 60 well-furnished air-conditioned rooms of Standard, Deluxe & Suite styles for your stay. Spend the evening watching your favourite TV programs with our dedicated round-the-clock room-service at your command. Keep in touch with family, friends and clients in India and abroad with our in-room telephone service.

For every story, we provide the pulpit. Lecture halls with Audiovisual training aids, seminar equipment and fixtures, a sound-proofed environment, perfect ambient lighting and HVAC make a highly controlled corporate environment possible. The entire exercise is designed to make the speaker more expressive and the listener more receptive.



We at Zoia provide the perfect place to smoothly blend business with pleasure, and pleasure with health. Entertain clients - discuss dealings in any of two choices of quiet, comfortable conference spaces. For small groups - Delta - seating 80 in theater style and 45 in a semi-circular arrangement. Omega - for larger assemblies; designed to seat 120 and 80 in the same arrangements...