



Corporate Retreats

on the banks of Ganga

For your company's retreats, meetings and seminars



BIOM

Center for Vedic Sciences and Ayurvedic Wellness
Opp. Sri Sri Gopaldev Mandir, Manipur Nutan Rajbari
Manipur Ghat Road, Nabadwip, Nadia, West Bengal 741 302, India

Website: www.biom.in/retreats



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...

E xplore paths that make you feel better?

Replenish your well spring of energy?

S trengthen 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.

Delight you with delicious healthy meals that will thrill
your senses and nourish your body and soul.



Corporate Retreats

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

From 10 to 30 guests. Minimum 2 nights.

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 !

You can have your own programs, company gatherings, official meetings and seminars.

You can also choose from our offer of seminars for spiritual enlightenment.

Packages will be planned to suit your needs.

To and fro transportation can be arranged.


Enjoy your stay, in the heart of the sacred land of Sri Caitanya Mahaprabhu!
The pleasant setting, the sacred environment, and the comforting atmosphere
are conducive to both high thinking and rejuvenation at all levels.

Our A C dining room serves tasty and healthy pure vegetarian multi-cuisine, for your delight and well-being.



At your disposal: **conference hall** (1600 sqft, fully equipped with modern facilities, A C (super silent, with ionizer & dehumidifier), sound system, projector & screen, comfortable sitting arrangements), and **open roof-top** (800 sqft) for class, banquet or cultural/devotional program.





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, with ionizer & dehumidifier).
Kitchenette, internet connection, teak wood furniture, uPVC insulating windows,
24 hrs electricity backup, and more!





About Us...

Vedanta and Science Educational Research Foundation is a non-profit organization promoting holistic living. It has established BLOm 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. BLOm 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.

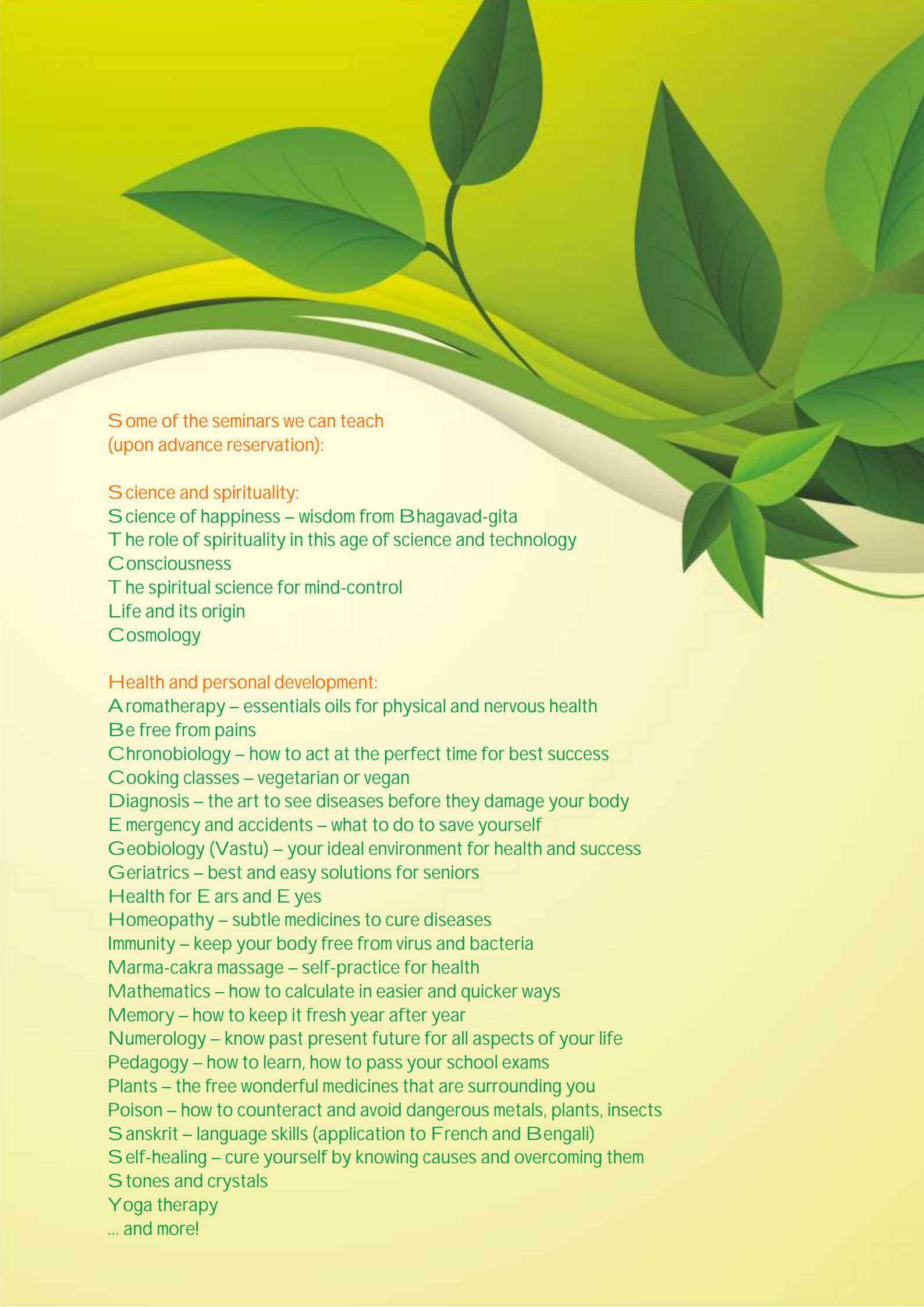
BLOm offers options to the participants:

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.

BLOm is 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.*



Some of the seminars we can teach
(upon advance reservation):

Science and spirituality:

Science of happiness – wisdom from Bhagavad-gita
The role of spirituality in this age of science and technology
Consciousness
The spiritual science for mind-control
Life and its origin
Cosmology

Health and personal development:

Aromatherapy – essentials oils for physical and nervous health
Be free from pains
Chronobiology – how to act at the perfect time for best success
Cooking classes – vegetarian or vegan
Diagnosis – the art to see diseases before they damage your body
Emergency and accidents – what to do to save yourself
Geobiology (Vastu) – your ideal environment for health and success
Geriatrics – best and easy solutions for seniors
Health for Ears and Eyes
Homeopathy – subtle medicines to cure diseases
Immunity – keep your body free from virus and bacteria
Marma-cakra massage – self-practice for health
Mathematics – how to calculate in easier and quicker ways
Memory – how to keep it fresh year after year
Numerology – know past present future for all aspects of your life
Pedagogy – how to learn, how to pass your school exams
Plants – the free wonderful medicines that are surrounding you
Poison – how to counteract and avoid dangerous metals, plants, insects
Sanskrit – language skills (application to French and Bengali)
Self-healing – cure yourself by knowing causes and overcoming them
Stones and crystals
Yoga therapy
... and more!



Notes:

- Welcome drink complementary on arrival.
- Laundry facility is available at extra charges.
- T V facility is not available in rooms.
- Since we are a spiritual organization shoes are not allowed in dining hall and conference hall.
- We serve herbal tea (green tea, decaffeinated tea and coffee are not served)
- Smoking is not allowed in our premises, during the cruise and group trip.
- We serve only vegetarian food without onion and garlic.

For rates and registrations,
please email us at: ak4events@gmail.com or
call us on phone at: (+91) 905 156 1526; (+91) 80 13 53 42 69
www.biom.in/retreats

Pure vegetarian dishes and non-alcoholic drinks

Drinks

Litchi punch
Pineapple punch
Fruit punch
Pina colada
Strawberry mai Tai
Orange blossom
Thandai
Chaas
Soft drink (sprite, fanta, limca)
Water melon juice
Orange strawberry juice

Soup

Cream of tomato
Veg noodle
Veg clear
Sweet corn veg
Cream of spinach
Cream of veg
Manchow soup
Hot & sour soup

Starters

Aloo chat
Aloo pakora
Aloo tikki
Harabhara kabab
Paneer pakora
Paneer satay
Paneer szechuan
Paneer tikka
Paneer chilli (dry or gravy)
Veg crispy
Cheese corn toast
Veg spring roll
Veg Manchurian (dry or gravy)
Veg Finger szechuan
Cocktail samosa
Mix pakora
Cheese cherry pineapple
Tandoori gobi
Pizza

Raita/Salad

Plain curd
Pineapple raita
Boondi raita
Mix veg raita
Aloo corn raita
Cucumber mint raita
Tossed salad
Green salad
Russian salad
Sprout salad
Penne apple salad
Waldorf salad
Cabbage salad

Main Course

Paneer pasanda
Paneer makhanwala
Paneer palak
Paneer kadhahi
Paneer tikka masala
Tawa veg
Veg makhanwala
Veg hariyali
Veg kadhahi
Veg jhalfrezi
Veg jaipuri
Veg handi
Baby corn tomato capsicum
Aloo jeera
Aloo mutter
Aloo capsicum
Aloo dum
Kashmiri aloo dum
Gobi mutter
Methi mutter malai
Malai kofta
Creamy palak
Sweet & sour veg
Bhendi fry
Karela fry
Palak mutter
Aloo palak
Stir-fried aloo and baby corn
Veg Hyderabad

Rice & Noodles

Steamed rice
Jeera rice
Veg biryani
Green peas pulao
Veg pulao
Kashmiri pulao
Navratna pulao
Lemon rice
Veg fried rice
Singapore fried rice
Szechuan fried rice
Hakka noodles
Szechuan noodles

Breakfast

Aloo Paratha
Paneer paratha
Plain paratha
Mix veg paratha
Choole Bhature
Puri Bhaji
Poha
Masala dosa
Mix veg uttapam
Upma
Idli / Medu wada
Pav bhaji
Bombay sandwich
Veg sandwich
Pasta

Dessert

Gulab jamun
Rasgulla
Rasmalai
Gajar halwa (in winter only)
Moong dal halwa
Ice cream
Faloda kulfi
Sweet rice kheer
Sevai kheer
Mix fruit salad

Dal

Dal fry
Dal tadka
Dal hariyali
Dal kolhapuri
Dal makhani
Plain kadhi
Pakora kadi
Sambar

Roti

Tandoori roti
Butter tandoori roti
Naan
Butter naan
Phulka
Missi roti