

Spiritual Exploration Retreats  
on the banks of Ganga

*Finding peace and sustaining it*



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](http://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.



For **GROUPS** only:  
group size 10 - 30 guests  
2 nights 3 days or longer stays

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.

To and fro transportation can be arranged.

Possible daily program schedule:

4:30 am: Morning Prayers

6 am: Yoga or Mantra meditation, the joyful way

7:30 am: Srimad-Bhagavatam class

8:30 am: Breakfast (pure vegetarian)

10 to 11 am: Seminar 1

11:30 to 12:30 pm: Seminar 2

1 pm: Lunch (pure vegetarian)

3 to 6:30 pm: Ganga cruise, visit to famous beautiful Mayapur, other activity, or free time

7 pm: Dinner (pure vegetarian)

Seminars can be:

- Sacred scriptures,
- The natural ways for healthy body and mind - Practical tips and wisdom from Ayurveda,
- Prosperity, Peace and Happiness.

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.

A ttached bathroom (with filtered water, running hot water,  
and all modern conveniences).

A ir-conditioned facility (super silent, with ionizer & dehumidifier).

Kitchenette, internet connection, teak wood furniture, uPVC insulating windows,  
24 hrs electricity backup, and more!




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



At your disposal: conference/yoga 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.





### 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 these 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 E ars and E yes  
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](mailto:ak4events@gmail.com) or  
call us on phone at: (+91) 905 156 1526; (+91) 80 13 53 42 69  
[www.biom.in/retreats](http://www.biom.in/retreats)