

# Conscious Living

*Heal your body. Renew your spirit. Rejuvenate your mind and relationships.*

A Five-Day Retreat designed to help you heal and align with your Body, Mind and Spirit with Licensed Holistic Psychologist, Devika Mankani.

1x 90 mins Initial Consultation with Devika  
4x 60 mins session with Devika  
4x 30 mins group class with Fitness Instructor (e.g. Yoga, Pilates, Meditation, Aqua Fitness, CrossFit, Boxing etc.)  
2x 30 mins Aqua Wellness

It is our deepest wish to end all forms of dis-ease and unlock the incredible wisdom of our bodies for optimum mental and physical health. Our health and wellbeing depend on many factors. Our genetics (less than we previously thought, and that's good news), lifestyle, environment, relationship with ourselves and with others, all affect our physical body; we believe that our mental, emotional and spiritual aspects are also essential parts of our holistic self.

Devika will guide you on a 5-day journey to create the space you need to reset and balance body, mind and spirit. In a peaceful setting nestled in the pristine beauty among white sands and crystal blue waters in Waldorf Astoria Maldives Ithaafushi, we invite you to re-discover your purpose and re-align with your true potential.

We will begin our journey with a pre-arrival assessment to determine the best combination of elements for your personalized retreat. Whether individualized, as a couple or family, Devika will walk you through a program of personal development leading to harmony with yourself and others. Combining neuroscience with ancient wisdom, this wellness experience ignites a truly unique process of authentic transformation.

Your Wellness Program is curated based on your individual needs and goals and may include:

- ❖ Finding your individual and/or couple strengths and purpose\*
- ❖ Creation of Conscious Connection of Mind and Body
- ❖ Fulfillment of individual and family vision



Devika is a licensed Holistic Psychologist with 20 years of experience working in the field of mental health and wellbeing.

*\* Some tests may incur extra fees (e.g. couple's assessment etc.)*