



A retreat designed for the wisdom years,
where rest, movement, and good company meet.

— A RETREAT MEANT FOR YOU —

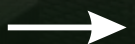
November 24th to November 27th



**SLOW DOWN
RECONNECT...
CELEBRATE LIFE!**

Four days.
One premium resort in Mulshi.
Everything that matters most after 60.

YOUR JOURNEY
STARTS HERE





Arrival & Awakening

- ➡ Welcome & Orientation
- ➡ Longevity: Conversation that matters
- ➡ Painting, Music, Laughter

Nourish & Move

- ➡ Diabetes, Health, Dental care
- ➡ Nutrition made simple
- ➡ Zumba, Games, Karaoke night

DAY 2



DAY 3



Unplug & Renew

- ➡ Yoga, Pranayama, Meditation
- ➡ Cybersecurity session
- ➡ Live music under stars

DAY 4

CLOSING WITH COMMITMENT, WARMTH, AND A GOODBYE

**COME, CELEBRATE
LIFE WITH US!**

✉ care.ayutsava@gmail.com

☎ +91 93595 60749

Wellness Retreat Program

Day 1	• Report at Baner • Welcome, Ice breaker • Setting the stage : Cdr. Girish Konkar (Retd.) • Chief guest speech • Laughter Yoga : Makarand Tilloo • Geriatric Exercise : Dr. Atharva Dole • Importance of Sleep, Emotional Freedom Technique, Ho'opopono Technique : Dr. Vid Karmarkar
Day 2	• Importance of Exercise, Home Workouts, Small Workouts : Dr. Aishwarya Barelikar • Diabetes & General Health Awareness • Geriatric Dentistry : Dr. Mandar Joglekar • Nutrition for Healthy Ageing : Sarina Pani • Zumba Break : Sarina Pani • Geriatric Ayurvedic Nutrition : Dr. Tushar Karpe • Games/Karaoke Night : Yashwant Kulkarni
Day 3	• Geriatric Yoga : Dr Tushar Karpe • Cybersecurity, Making Will • Cancer Awareness : Dr. Sujit Joshi • Musical Night : Swarashtak Group
Day 4	• Ayutsava Shuru Rahe - Living Second Innings with Purpose • Return Journey

Bank Details

- A/c Name: AYUTSAVA
- Bank: Canara Bank
- A/c No: 120041561870
- IFSC: CNRB0002811

Booking Amount
Rs. 15,000/- Only



Scan and pay

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Guides of Ayutsava



Dr. Vid Karmarkar

Longevity Expert



Yashwant Kulkarni

Chief Fun Officer



Makarand Tilloo

Laughter Yoga



Dr. Aishwarya Barelikar

Physiotherapy



Sarina Pani

Zumba Teacher



Cdr. Konkar (Retd.)

Leadership & Transformation
Catalyst



Dr. Mandar Joglekar

Geriatric Dentistry



Dr. Sujit Joshi

Cancer Pathologist



Tushar Karpe

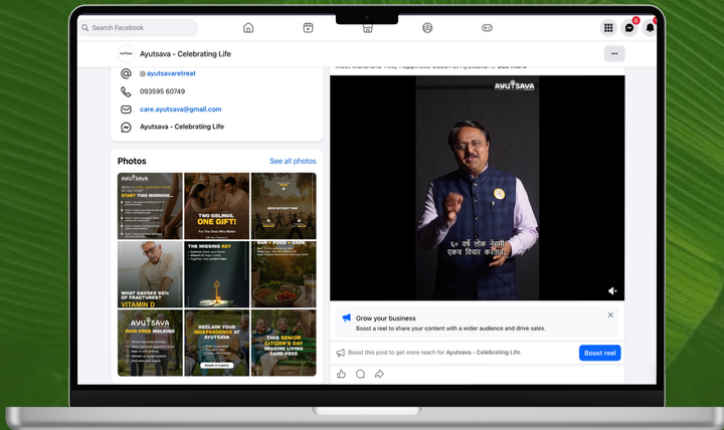
Yoga Teacher

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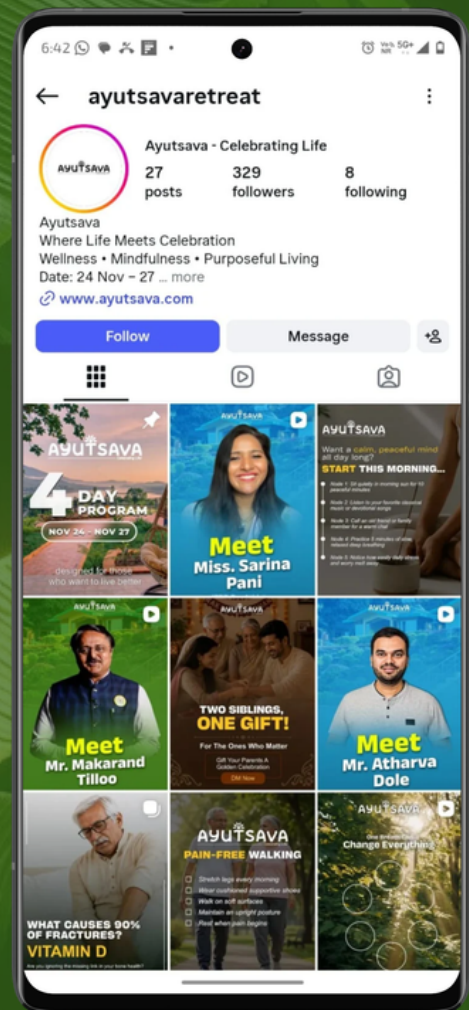
Become part of our journey



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