



परिवर्तन | Parivartan

A Lifestyle Transformation Experience



Awareness | Wholesomeness | Mindfulness

08/12 Days | Personalized | Unique Location | Invite Only



Learn to **CONNECT** your
Body + Breath + Mind



(Asana)



(Pranayama)



(Yuktahara)

A personalised retreat to **relook at your**
Lifestyle & Habits

We trust in the **Wisdom & Cultural Heritage** of eating and living. Enabling you in a systematic way, to learn and adjust to healthy habits & live them as **sustainable way of life**



What is Holistic Lifestyle ?



Nutrition, Exercise, Activity, Sleep & Recovery



Physical, Mental & Emotional Health

A way of life, which focuses on all important aspects of life & not just one. Looking at life as a whole & not just a part, when your habits & health decisions are **Balanced, Sustainable & Healthy.**

How holistic living transforms you?



- ① Physical, Emotional & Mental Balance
- ① Improve Consistency, Commitment, Concentration & Calmness.
- ① Relate with FOOD as Blessings
- ① Understand How, How Much and When to Eat
- ① Embrace the Culture, Cuisine, and Climate and adapt to Local, Seasonal and Traditional ways of eating.
- ① Improve or escape from Lifestyle Disorders
- ① Empowered, Educated and Evolved for a lifetime

Your Transformation Journey

Path to bring **युका: | Balance** to your life



Hatha Yoga Asana – 5 Direction Practice

Build on Flexibility, Stability, Strength, Stamina



Pranayama Session – Learn the Art of Focusing

Breath Regulation & Control over mind



Lifestyle & Nutrition Class – Eat Mindfully

Connect with your Intuition & understand Guilt-Free Eating



Improved overall **Metabolic Health**

Build on Gut Health, Energy levels, Sleep cycles & Motivation



Meditative, Nature experience

Calming practices, for self-indulgence & introspection



Locally sourced **Vegetarian** meals

Revolving dining curated as per Climate, Culture & Cuisine

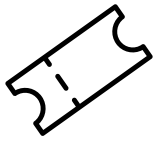


Location

Disconnected & peaceful, ideal to begin transformation

ALL ORIGINAL IMAGES





WHATS INCLUDED

A program designed & personalised for a holistic experience!



Invite Only Session | Group or One-on-One

Carefully chosen and vetted for those seeking healing and connection



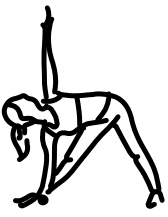
Accommodation beyond just a room in a Jungle Resort

Experience the serene embrace of a century-old forest, nestled in seclusion next to the pristine shores of Radhanagar Beach.



Sustainable Vegetarian meals

Daily 03 main meals and 03 mid meals | Savor locally sourced, farm-fresh ingredients, including dairy from our cows. Local. Seasonal. Traditional.



Personalised Yoga Asana

Tailored daily morning asana classes delving into yogic philosophy, emphasizing correct postures & ensuring a sustainable practice for when you return.



Personalised Pranayama Asana

Exploring daily the depths of pranayama to understand the power of breathe control & learning practices to balance and clam your thoughts daily.



Lifestyle Nutrition and Management Sessions

Master the art of balanced eating beyond diets. Discover true health parameters for lasting well-being and freedom from food misinformation.



Sound Bathing Sessions

We level up the sound bathing sessions as we go by



Art Therapy

Cultivate creativity and mindfulness for a profound connection with your inner self.



Self Reflection Practices

Dive into meditative & calming practices with Creative Journaling, Vipassana Hour, Trataka, and more—



Forest Bathing & Nature Healing

Indulge in to the healing energy of the nature

Solo, Couple & Family-friendly program

All Taxes included - No hidden charges. All-inclusive prices.

"Metabolic Health" our only priority

Not just another detox camp



Health & Nutrition is much more & beyond weight loss

If you must count, then Count your memories, not the calories. Learn to eat right and use the wisdom to choose.



Detox is a derivative of the journey & not the only objective

Short term solutions do not transform, being aware & evolved is the only wise action.



Why Juice it while you still have teeth

Learn how, how much & when to eat. Save following trends, for fashion.



Self Empowerment is the ultimate therapy

The residency is designed for you to experience & get trained on the simplicity of life



Mindful Eating for sustainable health, not starvation

Eventually adapt to your own eating pattern, and overcome the fears & myths



Meditation begins with working outwards

Focus on all the aspects of life & attain balance of body, breath & mind

Your Holistic Health & Lifestyle Coach – Aarti Babhoota



On a journey to empower individuals to transform their lives...

500 hours of training is the highest international standard for yoga teachers. Aarti is an Advanced Yoga Teacher with **1180 hours of training & certification with Indea Yoga, Mysore & RYT-500 with International Yoga Alliance, USA.** She has an in-depth knowledge of the history and origin of yoga asanas and philosophy.

She has also completed her Nutrition certifications from **Stanford & Emory University, USA** | Nutrition and Lifestyle in Pregnancy from **Ludwig-Maximilians-Universität München (LMU)**

Certified Sound Healer & Practitioner from the **Himalayan Academy of Sound**

Swears by the traditional methods & wisdom of eating & living. Strongly believes, that becoming healthy is not just a milestone, it's a lifelong journey & a way of life.

Dedicated & committed to the practice of *Classical Hatha Yoga*







REVIEWS | PRESS MENTIONS

sugermint

mid-day

SUBSCRIBE

SUCCESS STORIES INDIAN ENTREPRENEURS WOMEN ENTREPRENEURS STARTUP REVIEWS INTERVIEWS

Interview with Aarti Babhoota, Holistic Health & Lifestyle Coach, Nutritionist & Founder of Yukah

f FACEBOOK

tw TWITTER

p PINTEREST

in LINKEDIN



Interview with Aarti Babhoota, Holistic Health & Lifestyle Coach, Nutritionist & Founder of Yukah and Community Director at Vaatalya

In the realm of holistic health and lifestyle coaching, Ms. Aarti Babhoota stands as a luminary, weaving together a tapestry of expertise and passion that has resonated with countless individuals on their wellness journeys.

A distinguished Holistic Health & Lifestyle Coach, Nutritionist, and the visionary Founder of Yukah, Aarti's profound commitment to well-being is anchored in a rich educational background. Her academic prowess boasts certifications in nutrition from renowned institutions such as Stanford University and Emory University, attesting to the depth of her knowledge in holistic health.

Mumbai News Entertainment Sports Lifestyle Photos Podcast Timepass Sunday Mid-Day Mumbai Guide Videos Brand Media Content Services

What's taking YouTuber Bhuvan Bam, chef Nidhi Sharma and sculptor Seema Kohli to an untouched, rocky Himalayan mountain? Vaatalya, a community retreat spanning nine acres, invites curious travellers—on an invite-only basis—to witness the magical and much awaited Geminids meteor shower. It is managed by partners Aarti Babhoota and Aditya Sharma, who set it up a mere 100 km away from Chandigarh after they decided to invest in astro-tourism, intentional living and holistic health.



Aditya Sharma

The Indian EXPRESS
JOURNALISM OF COURAGE

Nutritionist Aarti Babhoota, founder, Yukah, community director, Vaatalya shared that it is not a mandate that it works only with coconut water. "It can work with simple water or lemon water. It should be taken in moderation," said Babhoota.

Voyager31178186101
1 contribution



Extremely refreshing and deep experience

Nov 2022 • Friends

Must do the sound bathing experience, these meditative practice helpful.. I highly recommend.

agni
4 contributions



TOP experience for yoga, art !

Dec 2023 • Friends

I have experienced many yoga, art, sound bathing & meditative sessions till now, but I can guarantee that this was one which I will remember and take back with me forever. What's sets apart yukah from



Magda
6 contributions



Lovely experience in beautiful Neil island

Nov 2023 • Solo

During my time in Neil island I have experienced two session with Arti and Adi, a charcoal art therapy and sound meditation. Both sessions were above my expectations, emotional, yet calming and energizing. Helped me to pause for a while, reflect and release the tension. Arti and Adi are very gentle and their presence and guidance during the sessions was very soothing. I will always remember this beautiful experience and I am looking forward to more. Thank you Arti and Adi for this amazing work your doing.

Business Traveller

Solan's invite-only retreat Vaatalya opens its door to guests

2 Nov 2023 by Anithya Balachandran

Gayatri
2 contributions



Immerse in the power of sound

Dec 2023 • Solo

I recently had my first sound bath experience with Yukah, and I am immensely grateful to Aarti and Adi for introducing me to this transformative practice. The session was nothing short of surreal, held on the serene shores of the ocean. The expert team guided us through a profound meditative journey using resonant sounds, an experience that proved both mentally and physically impactful.

As someone with a wandering mind, traditional meditation techniques often pose a challenge for me. However, the sound bath kept me centered and concentrated throughout the session, providing a long-sought sense of mindfulness.

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Dynamic.Holistic.Personalised



"LIFESTYLE DISEASES ARE THOSE, WHICH WE SUFFER BECAUSE OF OUR COMPROMISED & MISINFORMED WAY OF LIVING. The more affluent a nation, the higher the risk of lifestyle diseases there. This 08-12-day retreat is to consciously step out of this 'VICIOUS CYCLE' INTO THE 'VIRTUOUS CYCLE OF GOOD HEALTH, MIND & BODY'."

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AFFILIATED & CERTIFIED

