



Pratham | प्रथम

Your first step towards **Holistic Living**



What is the
WORKSHOP
about ?



04 Nights
05 Days

A Wholesome
Lifestyle
Immersion

A practical
toolkit

Foundation for
a balanced &
mindful life



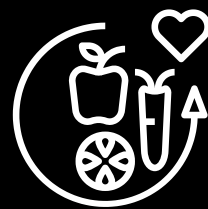
Glimpse of the Workshop



**Insights into
Yogic Philosophy**



**Asana session
with Pranayama
practice**



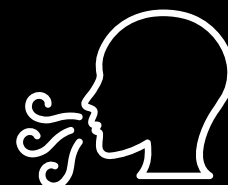
**Interactive sessions
on Mindful eating
& discussing
myths/confusions**



**Sound
Meditation for
mental balance
& wellbeing**



**Art Therapy
for Emotional
Release**



**Learn Yogic
Cleansing
Techniques**



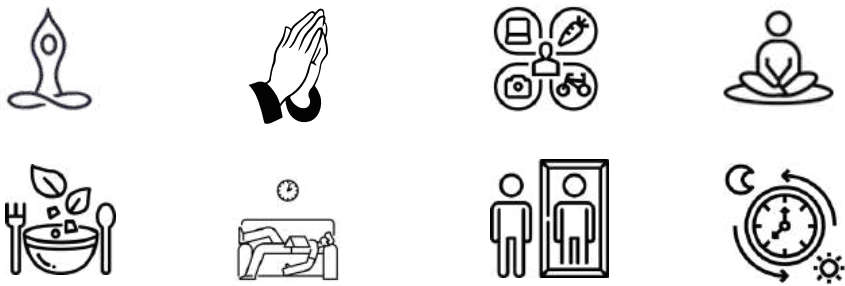
**Sustainable
Living
Walking Tour**



**Forest Bathing &
Trails in 100 year
old forest**

Invite Only Session | Group or One-on-One
Carefully chosen participants, for those seeking healing and connection

05 Days at a Glance



Day 1

11:00 am	Arrival
11:00 – 12:30 pm	Chit Chat & Chai
1:00 – 2:00 pm	Lunch
2:00 – 4:00 pm	Me time
4:00 pm	Barefoot Walking Tour
4:30 – 5:00 pm	Chai & Snack
5:00 – 6:00 pm	Sound Meditation
6:00 – 7:00 pm	Me Time
7:00 – 7:30 pm	Dinner
8:00 – 8:30 pm	Planning Ahead
8:30 – 9:00 pm	Creative Reflection
9:00 pm	Sleep

Day 2

7:00 – 9 00 am	Asana & Pranayama Practice
9:00 – 10 am	Breakfast
10:00 – 11:00 am	Me Time
11:00 – 12:30 pm	Forest Walk & Nutrition Talk
1:00 – 2:00 pm	Lunch
2:00 – 2:30 pm	Nap
2:30 – 4:00 pm	Activity Time (Art Therapy)
4:00 – 4:30 pm	Snack
4:30 – 5:00 pm	Personal Time
5:00 – 6:00 pm	Activity
7:00 – 7:30 pm	Dinner
8:00 – 8:30 pm	Yogic Cleansing Practice
8:30 – 9:00 pm	Creative Reflection
9:00 pm	Sleep

Day 3

7:00 – 9 00 am	Asana & Pranayama Practice
9:00 – 10 am	Breakfast
10:00 – 11:00 am	Meditative Walk
1:00 – 2:00 pm	Lunch
2:00 – 2:30 pm	Nap
4:00 – 4:30 pm	Chai & Snack
4:30 – 5:30 pm	Nutrition Talk
7:00 – 7:30 pm	Dinner
8:00 – 8:30 pm	Yogic Cleansing Practice
8:30 – 9:00 pm	Creative Reflection
9:00 pm	Sleep

Day 5

7:00 – 9 00 am	Asana & Pranayama Practice
9:00 – 10 am	Breakfast
11:00 am	Tea & “Ta” “Ta”

Day 4

7:00 – 9 00 am	Asana & Pranayama Practice
9:00 – 10 am	Breakfast
10:00 – 11:00 am	Me Time
11:00 – 12:30 pm	Sound Meditation
1:00 – 2:00 pm	Lunch
2:00 – 2:30 pm	Nap
4:00 – 4:30 pm	Chai & Snack
4:30 – 5:30 pm	Nutrition Talk
5:30 – 6:00 pm	Me Time
7:00 – 7:30 pm	Dinner
8:00 – 8:30 pm	Yogic Cleansing Practices
8:30 – 9:00 pm	Creative Reflection
9:00 pm	Sleep

Exclusive Location

Radhanagar Village Havelock Island Andaman and Nicobar

BAREFOOT RESORT | ANDAMAN ISLAND

Barefoot at Havelock is a unique property located right next to the beautiful Radhanagar Beach. The resort is surrounded by lush greenery and offers a peaceful and relaxing stay. The staff is friendly and helpful, and the food is delicious. The property is eco-friendly and offers a jungle stay experience with modern amenities. The private access to the beach is a major highlight, and the beach is one of the cleanest in India.



WHERE YOU STAY

Accommodation beyond just a room in a Jungle Resort

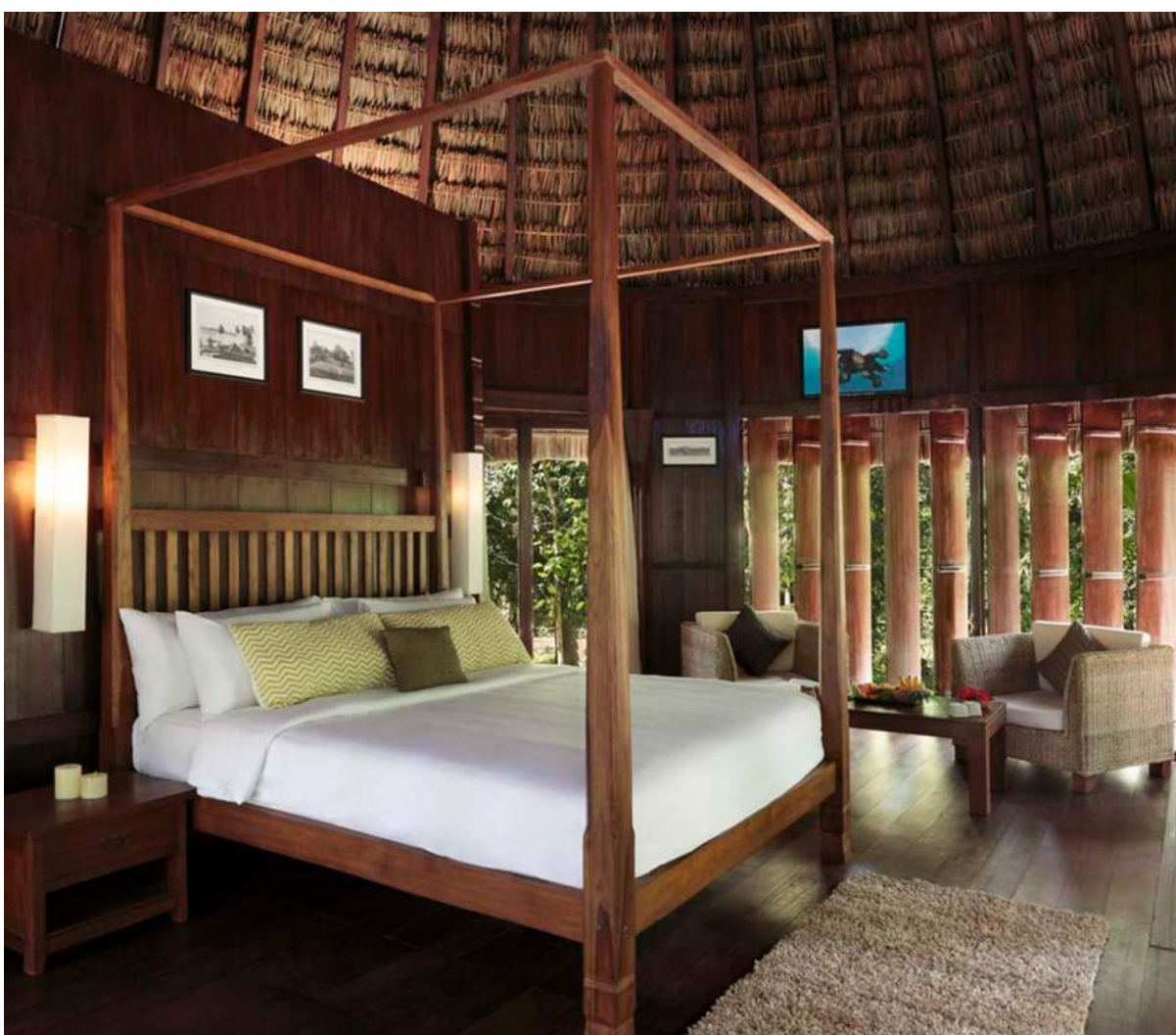
Discover the enchantment of Barefoot at Havelock Resort, the Andaman Islands' only eco-friendly haven, nestled between the shimmering turquoise sea and lush untouched 100-year-old forests. Our sustainably crafted villas, built from natural materials and surrounded by a jungle we've nurtured, promise an unparalleled retreat just off the world-famous Radhanagar Beach. Experience serenity and adventure in perfect harmony with nature, for a truly unforgettable experience.



WHAT YOU EAT

Local. Seasonal. Traditional.

Locally sourced farm-fresh meals crafted with Ayurvedic Wisdom promoting balance and well-being. We cultivate farms & orchards and have our fresh dairy produce which is used to create an evolving menu with local, organic ingredients. All meals are freshly cooked. We strive for self-sufficiency, ensuring what is cultivated finds its way to the dinner plate as much as possible.





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

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mid-day

SUBSCRIBE

SUCCESS STORIES INDIAN ENTREPRENEURS WOMEN ENTREPRENEURS STARTUP REVIEWS INTERVIEWS

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

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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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Why have coconut water with sabja seeds?

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.

Hyderabad

VEGAN DIET FOR YOUR PRE-NATAL PHASE

Dismantling body wash myths you thought were true

MYTH 1: BODY WASH IS NOT SUITABLE FOR ALL FAMILY MEMBERS

MYTH 2: BODY WASH IS NOT SUITABLE FOR ALL FAMILY MEMBERS

MYTH 3: BODY WASH SHOULD ONLY BE USED WITH A LOUFAN

MYTH 4: BODY WASH SHOULD ONLY BE USED WITH A LOUFAN

MYTH 5: BATHING WITH BODY WASH IS TIME CONSUMING

MYTH 6: BODY WASH REMOVES AND GETS OFF A BUCKET BATH

Demystifying the 7 chakras of the body and ways to unblock them

There are 7 chakras or wheels of energy in the body which helps us function effectively on a daily basis. Read on to know how to unblock them.

Anjuri Nayar Singh
UPDATED: 14 FEB 2024, 16:18 PM IST

sugermint

Menu

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

Aarti Babhoota (Fitness)

Aarti Babhoota is the founder of Yukah and a Community Director at Vaatalya. She is a holistic health and lifestyle coach and a certified nutritionist. Aarti's experiences shaped her passion for holistic wellness and healing. Her academic achievements include certifications in nutrition from esteemed institutions like Stanford University and Emory University. With over 20 years of experience, including roles such as Nutrition Vertical Head at FlexifyMe, she brings a wealth of expertise to the field. She is a Certified Trained Teacher in advanced Classical Hatha Yoga Mysore style, showcasing her profound knowledge in yoga. Additionally, she is a Registered Yoga Teacher International.

From Being An Obese Teenager To Becoming A Health Coach, Aarti Babhoota's Story Is What We Need To Hear

Sometimes we need inspiring real stories as catalysts to make the right decisions. Here is an inspirational story for your read.

Written by: Chanchal Sengar
Updated at: Jan 20, 2024 19:47

What are the 7 chakras in our body?

There are a total of seven chakras in the body.

holistic health and lifestyle coach [Aarti Babhoota](#), a certified teacher in advanced Classical Hatha yoga, explains chakras as a part of the subtle body, not the physical body. They are the meeting points of the 'nadi', subtle channels through which the 'pranic' force flows. "These chakras are dormant. The majority of chakras remain inactive until intentional concentration is directed towards activating them," explains Babhoota.

Vaatalya Unveils "parivartan Program": A Journey into Holistic Wholesome Living & Re-looking Your Habits & Choices

December 7, 2023

Dynamic.Holistic.Personalised



FOUNDATION FOR YOUR WHOLESOME LIVING
ONE MINDFUL STEP AT A TIME

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सत्यमेव जयते

Ministry of AYUSH



IndeaYoga
Being Present



Stanford



HIMALAYAN ACADEMY
OF SOUND HEALING

