

EXPERIENCE

STILLNESS

Heal yourself with sound



SOUND

MEDITATIONS

with **Aarti & Adi**





Meditate on different **Himalayan** **Mystical Sounds**

Experience the impact of sound on your brain & its response on the body, mind, emotions, sensations & feelings.

This powerful stillness & meditation is a way of healing physically, mentally & emotionally.



WHAT IS SOUND MEDITATION

Sound bathing is a therapeutic practice that uses soothing sounds and vibrations from Himalayan mystical instruments like **Singing Bowls, Gong, Shamanic Drums** many more to induce **deep relaxation, reduce stress & anxiety** & promote inner balance by interacting with the body's energy centres.



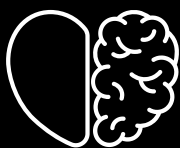
What to Expect Our Promise

03 Nts | 06 Sessions

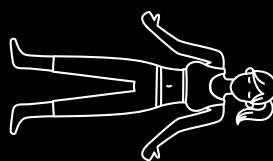
Experience three nights | ~10-12 hrs
of transformative sound healing, with
14 instruments including gong baths,
chakra healing, and hydro baths,
each session elevating your inner
harmony



Experience
Stillness



Relives stress,
anger, fatigue,
depression &
insomnia



Inactive
Passive
Meditation



Improves &
stabilised
mood



Induces
Calmness



Your Host & Curators

Holistic Wellness Facilitators



We come from Vaatalya in Himachal Pradesh & have successfully coached participants from the age of 11 to 70 years old

AFFILIATED & CERTIFIED



Ministry of AYUSH



IndeaYoga
Being Present



Stanford



HIMALAYAN ACADEMY
OF SOUND HEALING





HARVARD
MEDICAL SCHOOL

“Sound healing has been around for over 40,000 years and can help lower stress, induce relaxation and stimulate the calm side of the nervous system which improves our overall health and wellbeing”

GOOGLE US TO CHECK MORE REVIEWS | PRESS MENTIONS



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



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.



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



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.



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



Extremely refreshing and deep experience

Nov 2022 • Friends

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



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.



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.



Onlymyhealth

daily dose for better living

Business
Traveller

 healthshots

Your daily dose of wellness

 *The Indian* **EXPRESS**
JOURNALISM OF COURAGE

suger **mint**

 **healthysoch**
Your health. Our concern.



Hindustan Times

Dynamic.Holistic.Personalised



FOUNDATION FOR YOUR WHOLESOME LIVING
ONE MINDFUL STEP AT A TIME

+91 80 4889 3964

reservations@barefootindia.com

AFFILIATED & CERTIFIED



सत्यमेव जयते
Ministry of AYUSH



IndeaYoga
Being Present



Stanford



HIMALAYAN ACADEMY
OF SOUND HEALING

