

Welcome To An Holistic Healing Experience



## Traditional Ayurveda



Accupressure  
Energy healing  
Reflexology  
Sujok seed therapy  
Home remedies  
Food & Nutrition  
Frequency Therapy

**Ayurveda Cosultation | Mudra therapy | Marma Therapy | Yoga & Meditation**

Ayurvedic therapy works on both the physical and mental levels, transmitting a life-giving energy that assists all systems of the body to repair and renew themselves. Ayurvedic massage practitioners concentrate on the marmas, subtle energy points that respond to gentle physical manipulation, and work with the needs of the different body types.

**2nd Floor, SLV arcade, Channasandra Main Road,  
Above ICICI bank, T-Cross, Near Whitefeild, Bangalore-560067**

 96866 18021

 [soukshetra.in](http://soukshetra.in)

## Special Packages



**Weight Management**



**Ayurvedic  
massage**



**Spine &  
Joint care**



**Stress  
Management**



**Garbha  
Samskara**



**Skin & Hair  
Care**

## Regular Programs



**Yoga Class**



**Swarna  
Prashana**

Ayurvedic Immunization Method  
Kids Age 1 - 15 yrs



*Join Our Community*

*Come and Join FREE Meditation  
workshops at SoulKshetra Wellness,  
Every Saturday from 4:00 PM-6:00 PM*

## Highly Effective Treatments for

Diabetes, Blood Pressure, Hypertension, Asthma,  
Migraine, PCOD, Spondylitis, Digestive Disorders, Sinusitis

## We Regularly Conduct

Holistic Wellness Workshops & Marma Therapy Training



**SoulKshetra**  
HOLISTIC WELLNESS CLINIC

*Book your appointment with our experts*

**Call: 96866 18021 | [www.soulkshetra.in](http://www.soulkshetra.in)**