

Me Met Me & Cafe Buransh invites you to



A Life Transforming Workshop at the Lake of Gods - Deoria Taal

ANAHATA

DISCOVER THE WARRIOR WITHIN

Your complete guide to
Health, Happiness & Harmony

4 destinations - Cafe Buransh, Sari village, Deoria Tal, Chandrashila

3 day workshop

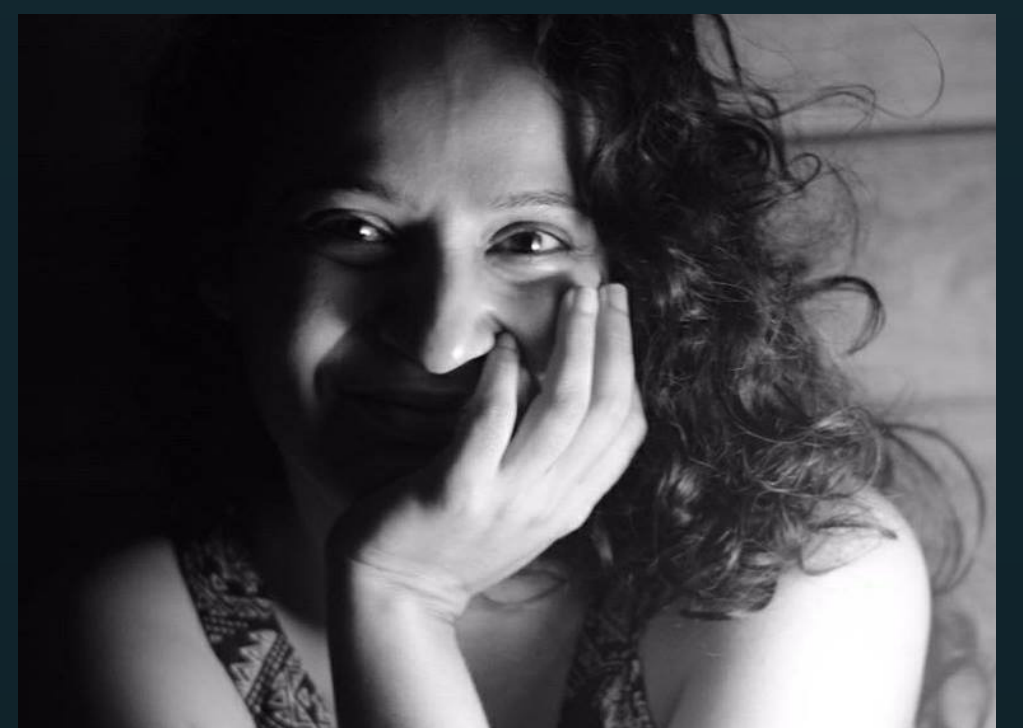
- Live your Dream
- Body as a Bridge and Spring Clean Your Mind
- Peak Performance

25 May - 28 May

5 day workshop

- Live your Dream
- Body as a Bridge
- Spring Clean Your Mind and Body
- Going Beyond and Peak Performance
- Manifesting Your Destiny

29 May - 3 Jun



Led by **Nuthan Manohar**
Founder, Me Met Me

Hosted by **Cafe Buransh**
Sari village, Uttarakhand
www.cafeburansh.com

To book your spot, call 9526053669 or email cafeburansh@gmail.com

A unique blend of traditional essence of yoga with the modern day sciences

Mind Body Boot Camp | Life Coaching | Trek