

# Boodhi

**Wellness Centre**  
Yoga • Ayurveda • Health



Authentic  
Weight & Stress Management  
Destination



## About us

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Bodhi Wellness Centre is located in the heart of the city, in the elite location, Jubilee Hills in Hyderabad, Telangana, South India.

Situated in green surroundings, Bodhi Elite is truly an urban retreat centre that hosts Yoga and Wellness Therapies. Weekend Retreats are offered at the best quality and it is a treat for the busy corporate professionals, travellers and NRIs.

Panchakarma treatments, Detoxification, Pain relief treatments and Rejuvenation services are given by experts who have this ancient traditional knowledge.

Personal counselling, Life coaching, NLP peak performance and excellency sessions are offered along with Personality development training.

International Yoga Teacher Training and Yoga classes are offered to national and international participants and we produce world class trainers who are eligible to teach anywhere in the world.



## Our Services

- Kerala Ayurveda Treatments & Physiotherapy
- Ayurveda Panchakarma Treatments
- Kerala Ayurveda Massage Therapies
- Weight Loss Programme
- Diet and Nutrition
- Yoga and Meditation
- International Yoga Teacher Training
- Corporate Wellness Programmes
- Coaching and Counselling

Nurturing yourself  
is not selfish - It's  
essential to your  
survival and your  
well being



## Kerala Ayurveda Treatments & Physiotherapy

### Physiotherapy & Massage Therapies for affected parts

Cervical Spondylosis, Lumbar Spondylosis, Arthritis, Rheumatoid Arthritis Osteoarthritis, Neuromuscular Diseases, Intervertebral Disc Prolapse (IVDP), Paralysis, Fractures, Neck / Knee / Ankle Pains, Low Back / Body Pains, Schizophrenia / Epilepsy, Osteoporosis, Bronchitis, Menstrual Problems, Sinusitis, Asthama & Respiratory Problems & Insomnia.

### Special and Effective therapies

Face Therapy, Eye Therapy, Head Massages and Steam Bath with Fresh leaves combination for stress relief. skin beautification services

### Skin & Beauty care treatments

Bodhi offers you beauty care procedures using various medicinal herbs, herbal extracts, fresh fruits and natural products. Every beauty treatment offered here uses only natural ingredients and has been formulated with a thorough understanding of the therapeutic effects of Indian herbs.

Skin allergies and associated skin diseases are addressed with medicated natural oils and processes.



## Shirodhara

A special treatment with oil being poured continuously on the forehead and flowing downwards through the hair. This process treats a compromised nervous system and is also a great stress reliever

Get Rid of Work Stress  
Unwind and Relax!!



*Blend of physiotherapy and Ayurveda massages gives you the best experience and healing ever possible!!!*



## Panchakarma

Panchakarma is the ultimate mind-body healing experience for detoxifying the body, strengthening the immune system, and restoring balance and well-being. It is one of the most effective healing modalities in Ayurvedic Medicine. It promotes Detoxification and Rejuvenation.

Panchakarma is a Sanskrit word meaning 5 treatments that can bring limitless benefits to the individual.

The 35-day treatment is a combination of diet, massages with medicated powders and oils, and steam.

This process helps in complete cleansing of the body, elimination of toxins, opening up of blocked channels, improving strength of digestive fires, speeding up metabolism, reducing weight, rejuvenation of tissues, relaxing the mind, relieving stress, and boosting immunity.





## Kerala Ayurveda Massage Therapies

Rejuvenate and Relax and Tone your body with the following services.

- Abhyanganam (Full Body Massage)
- Podikizhi – Hot Bolus Bag Massage
- Elakizhi – Hot Medicated Leaves Massage
- Navarakizhi – Kerala Medicated Rice Massage
- Shirodhara – Head, Neck, Hair & Scalp therapy (Thaila Dhara, Ksheera Dhara & Takra Dhara)
- Urdwardhanam – Medicated Powder Massage
- Pizhichil – Oil Bath
- Swedhana prakriya – Steam Bath
- Kati Vasti
- Janu Vasti
- Greeva Vasti
- Uro Vasti
- Netra Vasti
- Shiro Vasti
- Sneha Vasti / Matra Vasti
- Nasyam
- Lepamam
- Netra Dhara
- Pichu
- Face Massage
- Karnapuranam



### Abhyangam and its benefits

A special oil treatment is administered by two trained therapists that nourishes your mind and body. The coordinated movement of the massage Rejuvenates the whole body; increases longevity; Delays aging; Relieves fatigue; Builds stamina; Promotes deeper sleep; Enhances complexion and lustre of skin; Cleanses your body (detoxify); Helps to reduce stress and brightens your senses



## Weight Loss Programme

Reduce the weight with natural and safe process and most soothing massages

### Obesity Can Kill Or Impair Your Health

Obesity in Men is highest in Hyderabad.

It can cause Coronary heart disease, High blood pressure, Stroke, Type 2 diabetes, Cancer, Sleep apnea, Gallstones and Osteoarthritis.

### You Too Can get Slim

You too can walk happily and let others know that you are better than what you were!

Life style, Food, Yoga and most importantly becoming aware of the serious complications and the need to act immediately are very essential.

Find the New You



Shed the **EXTRA** weight

### Benefits

Removes foul smell in your skin, Removes dead skin, Tightens Skin and muscle, Improves muscle strength, Lubricates the joints, stimulates the nerves and Increases Activeness

## Diet and Nutrition

Our Dietitians provide one-on-one nutrition counselling and meal planning for patients who have been referred by their physicians for the following conditions or special needs:

- Weight management
- Gestational diabetes
- Diabetes
- Heart disease
- High cholesterol
- Prenatal diet
- Thyroid
- Other medical conditions requiring nutrition intervention

*Eat Healthy  
&  
Live Healthy*





## Yoga and Meditation



### Yoga for Healing

Relief from thyroid symptoms, treat hypo and hyper tension problems, hormonal balance, weight loss, radiant and glowing skin, cleanse organs, improve posture, strength and flexibility.



### Corporate Yoga

Yoga and Stress relief programmes for corporate associates to improve brain efficiency and health standards.



### Personal Sessions

One to one sessions for busy people and celebrities for focussed attention and training.



### Group Sessions

Sessions are offered at our Centres, Gated Communities and Corporate offices

*Stay Healthy and Happy with Daily Yoga*

It's your satisfaction  
that puts us on the top  
of the charts as the Best  
Quality Teacher  
Training Institute







# International Yoga Teacher Training



Turn your passion into a rewarding career

Become an internationally certified yoga teacher

Gain Health and become financially independent

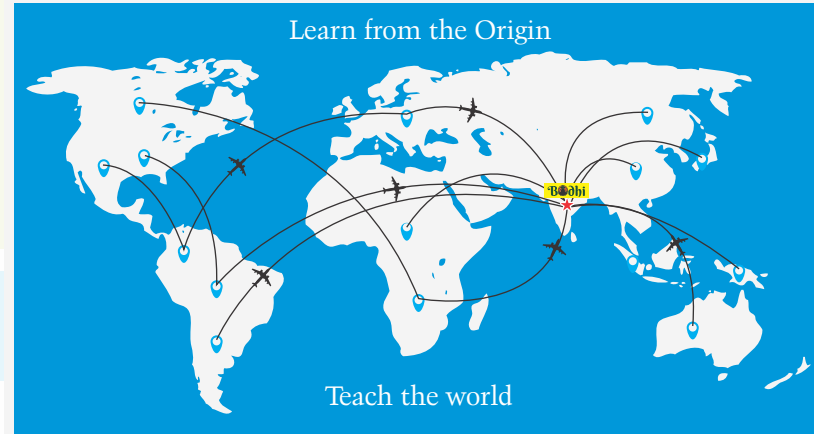
Become Healthy and Financially Independent

Become a Bodhi Certified Wellness Coach

Certification Courses:

Yoga Alliance Certified Course RYT 200 and RYT 300

Bodhi Certified Yoga Instructor Course - 100 hrs



Yoga  
Teacher  
Certification

Wellness  
Coach  
Certification





## Corporate Wellness Programme

- Personality Development Training and Professional Training
- NLP (Neuro Linguistic Programming) sessions for Success and Happiness; Workplace and Sales Productivity; Individual excellence and peak performance training for students, professionals and those who want superior capabilities.
- Health and Wellness at Work
- Life Coaching for Senior Management and CEOs.



### Weekend Retreat

Relax

Refresh

Recharge



Its time to treat yourself !

### Enjoy The Following During Your Stay

Yoga session  
Meditation and Yoga Nidra  
Ayurveda Abhyangam with Swedana  
(Massage with Steam)  
Shirodhara for Deep relaxation  
Ayurvedic Expert Consultation  
Sathvik Food  
Natural Detox and Cleansing  
Nature Walk in oxyrich zone  
Life Coaching for Personal Excellence and  
Peak performance Tools Training (NLP)

*Forget yourself in a blissful eco friendly environment*



# Coaching and Counselling

## Personal Counselling

It's time to raise a hand and say that you need help and get clarification instead of sitting back and carrying the baggage of emotions and challenges in a stuck state. Confusion leads to clarity in the presence of a trained expert. Opt for Personal Counselling and make life better now.

## Life Coaching

Let us help you to plan your goals and objectives in all perspectives of life, be it personal, professional, financial, wellness, spiritual, emotional and relationships so that when you achieve your dream goals, you will not have any regrets over non fulfilment and balancing of any aspect of life. Richest of the rich in the world said that hiring a life coach will always take you to the next level beyond your current planning.

## NLP (Neuro Linguistic Programming)

Understand the power of your subconscious mind, the words used in your Language and your Postures. All three can help you to become more resourceful and powerful in addressing challenges in life, reaching new heights and achieving phenomenal success in career and health. Get rid of fears and phobias, inhibitions and lack of self esteem with simple and practical tools. Empower yourself to achieving great things with ease and smartness. Adopt the emotional freedom techniques to live a healthy and resourceful life.



**Life Coaching**  
to plan, goals and  
objectives



**NLP - Neuro Linguistic  
Programming**  
the power of language,  
physiology and thoughts



**Personal Counselling**

*"Everyone needs a coach" - Bill Gates & Eric Schmidt*



## Testimonials

If you get the chance to get trained at Bodhi Yoga Institute, you are fortunate! – Althea Zara Gerard, Germany

I got lifetime break through with the help of yoga teacher training programme with Bodhi. – Badri, School Teacher, Hyderabad, India

I have always been extremely passionate about yoga. It was my awesome luck that I happened to do my teacher training here. I would definitely recommend this institute to everyone who is willing to adopt yoga in their life. Be assured you would change for better! – Reenie Yadav, Sunny vale, USA

Yoga

My experience over last two weeks is definitely beyond expectations. Bodhi is the perfect urban retreat. - Srinivas Telukunta, CEO

I have attended weekend retreat program at Bodhi wellness centre. After the retreat program I felt like recharged and relaxed in just matter of 3 hrs. - Ravi Krishna, IT Professional

Ayurveda

A practical, well woven course of one day that will introduce and put you in the path of achieving personal excellence through difficult NLP tools and life coaching techniques. -Kamal Jain, CEO, Hyderabad, India

I regained my census and energy and I am really impressed with the presentation. – Bhavani Kiran Challa, Film Director

Coaching

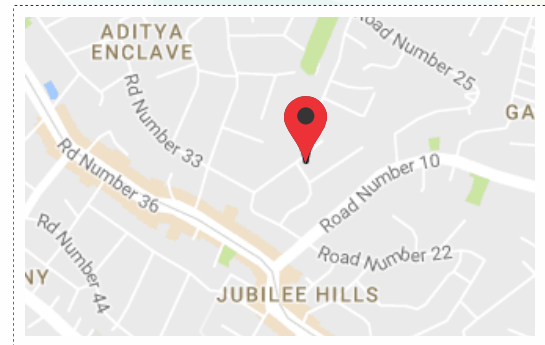
*“At any moment, the decision you make can change the course of your life forever.”*

*– Tony Robbins*

*Choose Bodhi Now*



**BODHI WELLNESS CENTRE**  
352 / A, Road No. 24, Jubilee Hills, Hyderabad  
Ayurveda: 70360 20022  
Yoga: 70360 20011  
[www.bodhiwellnesscentre.com](http://www.bodhiwellnesscentre.com)



Our Branches: Jubilee Hills | Srinagar Colony | Gachibowli | Bachupalli | Pragathi Nagar | Kondapur | Athapur

