



A Wellness Initiative for NGOs & Schools

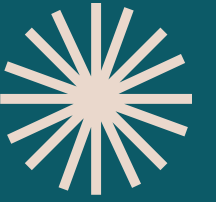
ANVANI *JOY*

Presented by The Anvani Centre



Exploring the world outside
and the Universe within

WHAT IS ANVANI JOY?



Anvani Joy is a health & wellness initiative by The Anvani Centre, offered free of cost to NGOs and schools.

Rooted in the ancient sciences of Pranic Healing, Pranayam, and Meditation, this 2-hour session is designed to help children and communities reconnect with their breath, find stillness, and build inner strength.

Key Benefits:

- Stress relief
- Better focus and emotional balance
- Improved energy and vitality
- A safe space for relaxation and mindfulness

WHAT TO EXPECT IN THE 2-HOUR EXPERIENCE

Segment

Description

Welcome Circle

Gentle introduction and intention-setting

Guided Pranayam

Breathwork for calming the nervous system

Meditation Journey

Stillness meditation for inner awareness

Introduction to Energy

Basic understanding of energy and how
Pranic Healing works

Group Pranic Healing

Participants receive energy healing in a relaxed
setting

Grounding + Sharing

Reflective journaling, art-based sharing, or open
discussion



Note: The flow can be adjusted to suit age groups and needs.



Who is this For?

ANYONE above the age of 8
years

Host Requirements

- Indoor or shaded outdoor space
- Quiet, undisturbed environment
- Yoga mats or simple seating arrangement
- Minimum 10 participants

We'll Bring

- All healing tools and materials
- Soft background music
- Open hearts, calm energy, and quiet joy

ABOUT US

The Anvani Centre is a holistic wellness space in Pune that harmonizes creativity and healing.

Founded by Arundhati Bhand, a certified Pranic Healer and Art Therapist, the centre offers a sanctuary for individuals to explore inner peace through a blend of energy healing, breathwork, and expressive arts.

The term Anvani translates to "being barefoot," symbolizing a return to authenticity, presence, and connection with the earth.

This philosophy permeates the centre's approach, encouraging participants to shed societal layers and reconnect with their true selves.





Booking

- Location

On-site at your venue

- Advance Booking

Minimum 10 days prior to event

Contact Us



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