ARKA WELLNESS CENTER & MULTIPURPOSE HALL

FEBRUARY -2019-REGULAR ACTIVITIES

TREATMENT	WITH WHOM	WHEN
Body Logic, Soft Massage And Deep Tissue Massage.	**Pepe -** by appointment 9943410987	Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage,Bare foot body massage.	**Silvana by** appointment 9047654157	Monday to Saturday
Chinese Fire Cupping and Moxibustion Therapy.	**Chun** - by appointment 8098900708,**chun@auroville.org.in**	Monday to Friday
Deep Core Intensive Massage	**Sumit**-by appointment 7839062619	Monday To Saturday
Holistic Reflexology, Full body Massage.	**Meha** - by appointment 94436 35114	Monday To Saturday
Psycho Spiritual Tarot, Deconditioning Self-Inquiry & Innervoice Dialogue	**Antarjothi -** By appointment 0413-2623767 or **Email : antarcalli@yahoo.fr**	Also in French.
Yogic Healing Massage	**Basu -** by appointment 9443997568 or 9843567904	Mon to Fri :8am-9am & 6pm -7:30 pm. Sat and Sun any time.
Acupunture	**Dr.Mohammed Sahel -** by Appointment - 9994208068	Monday ,Wednesday and Friday
Holistic Healing and Therapy	**Dr.Marlene Dengg** by appointment 8220232869, **innerspirithealing@icloud.com**	Monday to Saturday.
Naturopathy,Diet Nutritional Counseling,Hydrotherapy,Massage & Aroma therapy,Physiotherapy and Acupressure.	**Dr.Carola Bnys** - By appointment 8903363572 or 7339607097	Monday, Wednesday and Friday 1:30pm to 5:30pm
Ayurvedic Massage and Birenda Massage.	**Ion Condei- by** appointment 8903205842	Monday to Friday

CLASSES	WITH WHOM	WHEN
Hatha Yoga (Beginners and Intermediate)	**Dr.Carola-** 8903363572, 7339607097	Mon,Wed & Fri 6:30am - 8am. Tuesday &Thursday 5pm - 6:30pm. (appointment only)
Acro Yoga	**Damien -** 9047722740	Saturday- beginners Class 8:15am to 9:45am.
Pilates	**Teresa -** 7867998952	Tues,Thus 7:30am - 8:30am. Wed and Fri 5:30pm - 6:30pm.
Pranayama	**Lakshmi -** 8489764602	Friday 4pm to 5:15pm
Transformational Yoga	**Lakshmi -** 8489764602	Thurs & Satur 5pm - 6:30pm