



# ARKA WELLNESS CENTER & MULTIPURPOSE HALL

## REGULAR ACTIVITIES

TREATMENT	WITH WHOM	WHEN
Body Logic and Deep Tissue Massage for medical and therapeutic reasons.	<b>Pepe</b> - by appointment 9943410987	Monday to Saturday
Cranio Sacral, Lomi Lomi Kahuna Massage, Bare foot body Massage. Massage for medical and therapeutic reasons.	<b>Silvana</b> by appointment 9047654157	Monday to Saturday
Deep Core Intensive Massage, Soft Massage and Suction Cupping. Massage for medical and therapeutic reasons.	<b>Sumit</b> -by appointment 6378669034, 8300509034	Monday To Saturday
Ayurvedic Massage and Birenda Massage. Massage for medical and therapeutic reasons.	<b>Ion Condei</b> - by appointment 8903205842	Monday to Friday
Holistic Reflexology, Full body Massage. Massage for medical and therapeutic reasons.	<b>Meha</b> - by appointment 94436 35114	Monday To Saturday
Psycho Spiritual Tarot, Deconditioning Self-Inquiry & Innervoice Dialogue	<b>Antarjothi</b> - By appointment 0413-2623767 or <b>Email : antarcalli@yahoo.fr</b>	Also in French.
Yogic Healing Massage. Massage for medical and therapeutic reasons.	<b>Basu</b> - by appointment 9443997568 or 9843567904	Mon to Fri :8am-9am & 6pm -7:30 pm. Sat and Sun any time.
Chinese Fire Cupping and Moxibustion Therapy.	<b>Chun</b> - by appointment 8098900708, <a href="mailto:chun@auroville.org.in">chun@auroville.org.in</a>	Monday to Saturday
<b>Naturopathy</b> , Diet Nutritional Counseling, Hydrotherapy, Massage & Aroma therapy, Physiotherapy and Acupressure.	<b>Dr. Carola Bnys</b> - By appointment 8903363572 or 7339607097	Monday, Wednesday and Friday 1:30pm to 5:30pm
YOGA	WITH WHOM	WHEN
<b>Acro Yoga</b>	<b>Damien</b> - 9047722740	By appointment only.
<b>Pilates</b>	<b>Teresa</b> - 7867998952	Tues & Thurs 7:30am to 8:30. <b>(appointment only)</b>
<b>Iyengar Yoga</b>	<b>Olesya</b> - 9159052743, Whatsapp No - 9159052743	Wed and Sat 6:45am - 8am. Mon and Thurs 5pm - 6:30pm.
<b>Hatha Yoga</b> (Beginners and Intermediate)	<b>Dr. Carola</b> - 8903363572, 7339607097	Mon, Wed & Fri 6:30am - 8am. Tues & Sat 5pm - 6:30pm. (By appointment only)

