



Inspired by **Advaita Vedānta**, we honour the oneness of all souls a deep connection with Universal Consciousness.

Heal & Transform Your Life Through **Meditation, Yoga, Breathwork & Holistic Practices.**

ONE SOUL WELLNESS

Awaken • Heal • Transform

ONE SOUL WELLNESS

Where Growth Meets Inner Harmony

At **One Soul Wellness**, we're devoted to your transformation and well-being. Step into a space of balance, healing, and self-discovery—where every facet of your being is nurtured.



Mind-Body Healing

Reconnect with yourself through guided practices that unify body, mind & soul.

Life Skills for Children

Empower young minds with tools to thrive in a fast-changing world.



Holistic Parenting

Transform your parenting journey with mindful insights & soulful connection.

Satvik Cooking

Learn to create wholesome healing meals that nourish from within.



Mindfulness Sessions

Cultivate calm, clarity & presence in your everyday life.

Stress Management

Master techniques to navigate stress with grace & ease.



Emotional Wellness

Build emotional resilience & find inner peace through curated programs.

Energy Healing

Restore harmony through powerful energy-balancing therapies.



Mystical Courses



REIKI & Healing Therapies

Reiki, Aura, Crystal Therapies
Hypnotherapy, PLR, Dowsing
Negativity Elimination



Alternative Therapies

Meditation, Yoga, Kundalini
Mindfulness, Chakra Healing
breathwork, Kirtan (Devotional
call-&-response chanting)
Mudra & Moksha Therapy
Dancing, Sufism, Zen, & more...



Alternative Healing Courses

Breathwork, Energy, Ecstasy
Trauma Healing, Healing Sounds
Awakening Your Life Energy
Emotional Freedom, Inner Balance



Natural Healing Products

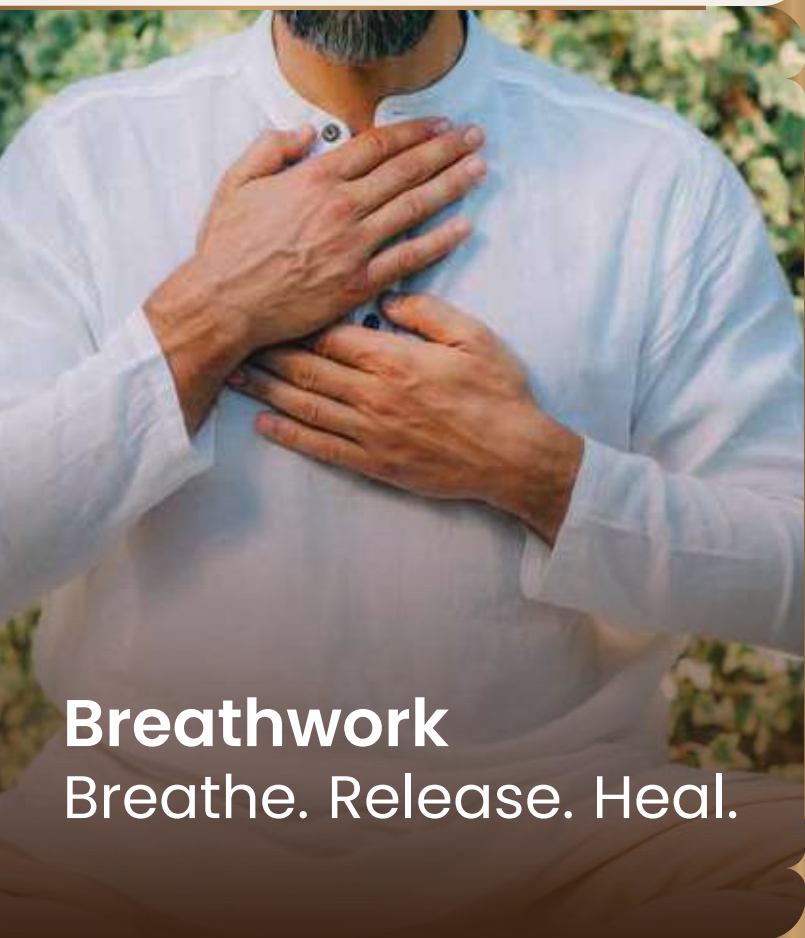
Ayurveda, Natural Resource, Herbs
Plants, Stone, Crystals, Yantra
Fengshui, Essential oil
Yoga Products



Therapeutic Healing Sessions

Restore • Release • Realign

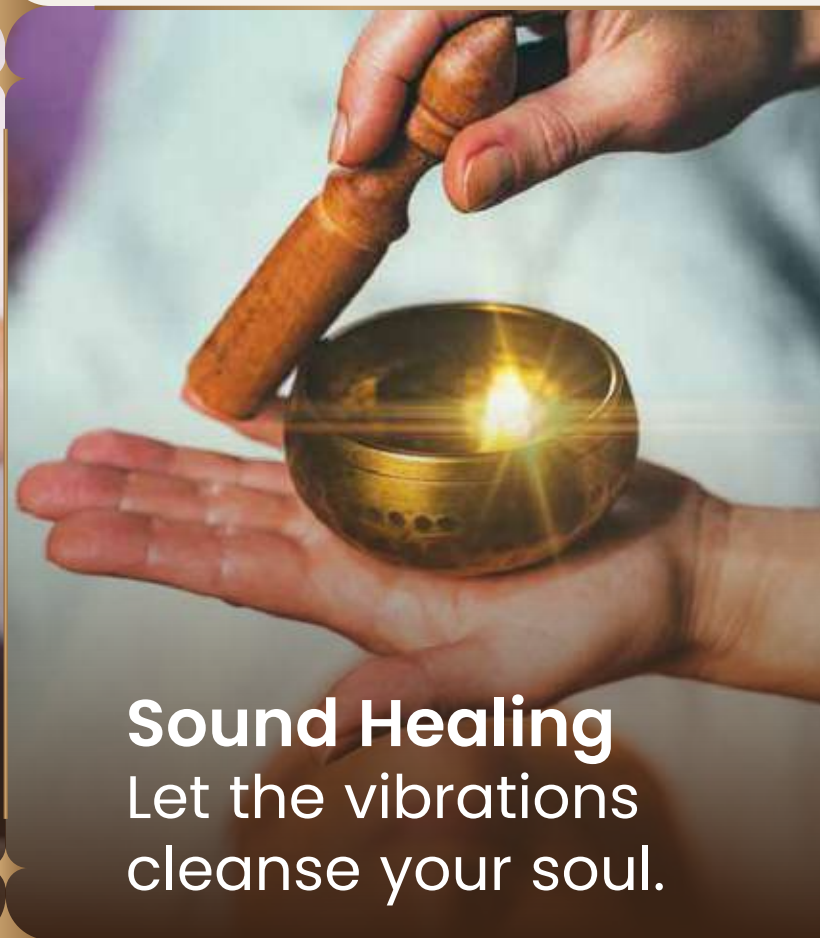
Step into a space where your soul breathes freely



Breathwork
Breathe. Release. Heal.



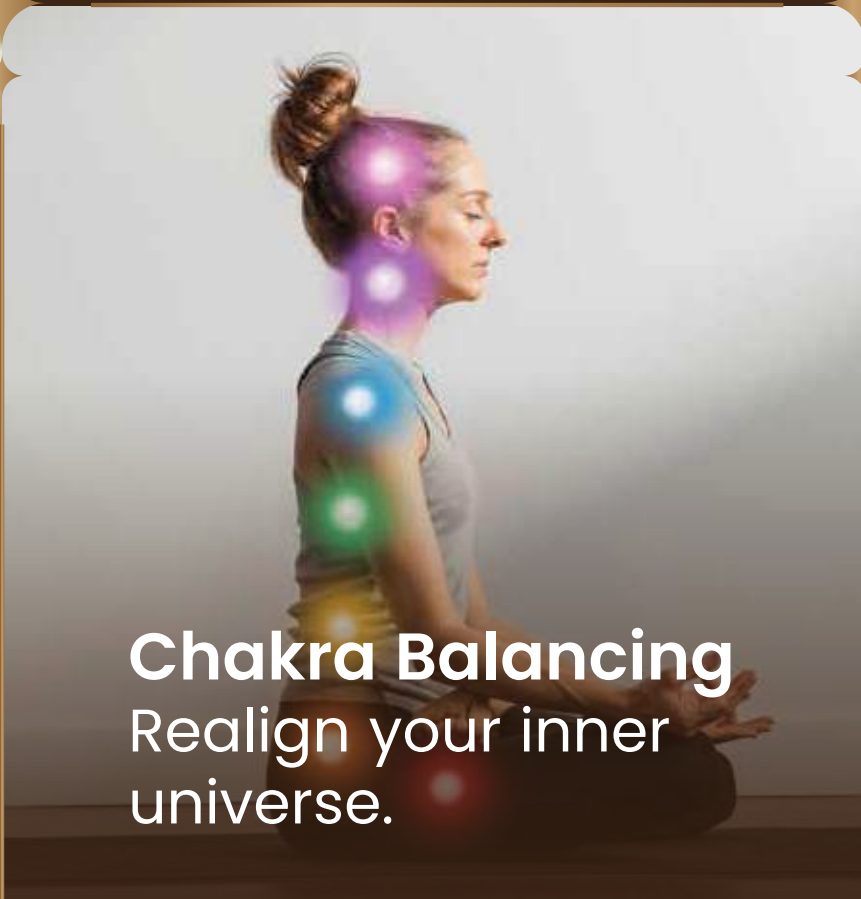
Reiki
Energy that soothes, balances & uplifts.



Sound Healing
Let the vibrations cleanse your soul.



Aura Cleansing
Shed the old, welcome the light.



Chakra Balancing
Realign your inner universe.



Guided Meditation
Journey to your still, sacred space.

Celebrations of the Soul

Gather in Light, Love & Laughter

Celebrate life with intention, rhythm & heart.
Moments that move the **Spirit, Music** that touches the **Soul**.

Our Sacred Gatherings



Full Moon Rituals
Reflect. Release. Renew.



Community Healing
Heal together rise together.



Awakening Festival
Where Soul Meets Celebration.



Soul Circles & Kirtans
Sing. Chant. Connect.



Gratitude Ceremonies
Offer thanks, receive grace.



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Join us for a journey of self-discovery & soul transformation

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 [onesoulwellness](https://www.youtube.com/onesoulwellness)



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Location - Delhi NCR | Rishikesh | Pan India