

1st | 2nd | 3rd DECEMBER 2023

Humans

UNPLUGGED

EXPERIENCES

Spirituality . Self Growth . Healing



ABOUT

Conscious Connected Breathwork.

1st, 2nd & 3rd Dec' 23,
Koregaon Park, Pune

This is a shamanic & sacred space to explore our inner realms. Breathwork helps regulate the nervous system, step into states of deep connection with ourselves and the cosmos. It is a fantastic tool to find presence, alignment and let go of patterns that stand in the way of our highest good.

*Tune into your innate
wisdom with a*

CBD INFUSED BREATHWORK JOURNEY

Energy Exchange - 2500/-

Friday | 1st Dec | 6:30 pm to 8:30 pm

Saturday | 2nd Dec | 11 to 1 pm

Koregaon Park, Pune

To confirm your spot call or message us
on +91 93733 22524





INITIATION of the Higher Heart

Energy Exchange - 2500/-
3rd Dec | Sunday | 9:45 am to 11:45 am
Koregaon Park, Pune

Join us for a morning of deep connection

Cacao Ceremony ~ Breathwork
Cord Cutting ~ Heart Activations

For inquiries dm us or reach out to us on
☎+91 93733 22524

About your Space Holder :

Shubhra Chaturvedi is a certified breathwork facilitator, certified yoga instructor and a certified Essential oil specialist. She is currently studying trauma informed Psychotherapy and has been in this field of holistic wellness for over a decade now.





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Humans Unplugged, founded by Nikhil Agarwal is an avenue that helps people explore their inner selves and find greater meaning in life. It is dedicated to creating transformative experiences centered around spirituality, self growth and healing.

@nikhil_m_agarwal