

BODMARGA FOUNDATION  
YOGA OF AWARENESS



**BODHMARGA**<sup>TM</sup>  
— FOUNDATION —

# ABOUT BODHMARGA

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- BodhMarga Foundation is a Registered Charitable Trust, which is committed to achieving human well-being, by sharing tools and methods to enable them to reclaim their basic nature of Love and Bliss. It is our endeavor to uplift human beings and ensure their well-being in all areas of life – better physical health, stable stress-free mind, better emotional & mental health and exponential spiritual growth, so as to attain to that much desired state of Samadhi (equanimity of intellect) – a state where one remains calm, rooted and composed in extreme situations of happiness and sorrow.
- The Foundation is a non-political and non-religious organization, which aims at imparting this knowledge/skill without any discrimination, whatsoever, on the basis of religion, caste, nationality, locality, gender etc.
- The Foundation is also in the process of soliciting corporate participation, through their Corporate Social Responsibility initiative, so as to ensure that the benefits of the BodhMarga perspective reach a larger segment of the population.
- At BodhMarga, we believe that the power of music and sound when used, therapeutically, help us come out of many illnesses and conflicts. Rivesh Vade, a “Nada Yogi” and Self Realized Master, propounds the Philosophy to be in “Synergy and Flow” with the Universe.

# WELLNESS VIBE

A SOUND AND FREQUENCY REMEDY FOR BETTER LIVING



WELLNESS **VIBE**

A Sound and Frequency Remedy for Better Living

# ABOUT WELLNESS VIBE

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- At Wellness Vibe, we believe that the power of music and sound when used, therapeutically, help us come out of many illnesses and conflicts. Rivesh Vade, a “Nada Yogi” and Self Realized Master, propounds the Philosophy to be in “Synergy and Flow” with the Universe.
- Successfully conducted 200+ workshops across the globe.
- More than 10,000 people have benefitted worldwide.

# ABOUT THE MASTER

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- Rivesh Vade Academically an Engineering Post-graduate and Executive Management from IIT Bombay. He is the Founder of Wellness-Vibe & Creator of PowerBrain Music Tracks for Holistic Remedies and Sound Health.
- A Master Trainer for Holistic Transformation and Founder of BodhMarga Foundation (Yoga of Awareness), Rivesh propounds the Philosophy to be in “Synergy and Flow” with the Universe and live a life of Prosperity and Well-being”. He is also a certified music therapist from MET, Mumbai with Ayurveda as his major subject.
- His research is also appreciated by the International Ayurveda Congress, London & he is also awarded the Times Speaking Tree Award for Good Karma for his work in sound, music, health and well-being.
- Although academically qualified as an Engineer, he decided to create his own path and follow his interest in the powers of sound and music and create a platform which would be beneficial to mankind.
- Being a Nada Yogi sound frequency expert, Rivesh believes in the fact that, one can tune oneself to the perfect rhythm by opening our inner ear to the healing music and attuned vibrations.

# WHAT MADE HIM SHIFT FROM CORPORATE LIFE TO MYSTICAL LIFE?

- “Around 8 years back, I met with near death accident prior to that I was a person of insecurity, doubts and fears but automatically I went beyond my traumas and fears after this incident.
- Victory over fears helped me connecting to self. And whatever happening to this body was not bothering me to that extent now.
- I was enjoying my own company even with many injuries and I felt some inner shift happened.
- Now fears and patterns don't have any control over me. And the same experience I don't just shares but radiate into my workshops to bring the real change in people's lives”.



Rivesh Vade conducts Retreats across the world on where he works on removing patterns, fears and stuck emotions using the ancient esoteric practices and correct sound frequencies. This empowers the participants with methods and abilities to remove all road blocks and attain peace, prosperity and success. After listening to his inner wisdom, many people have seen a dramatic shift in their consciousness, career, finance, relationship, health and many other aspects of life.

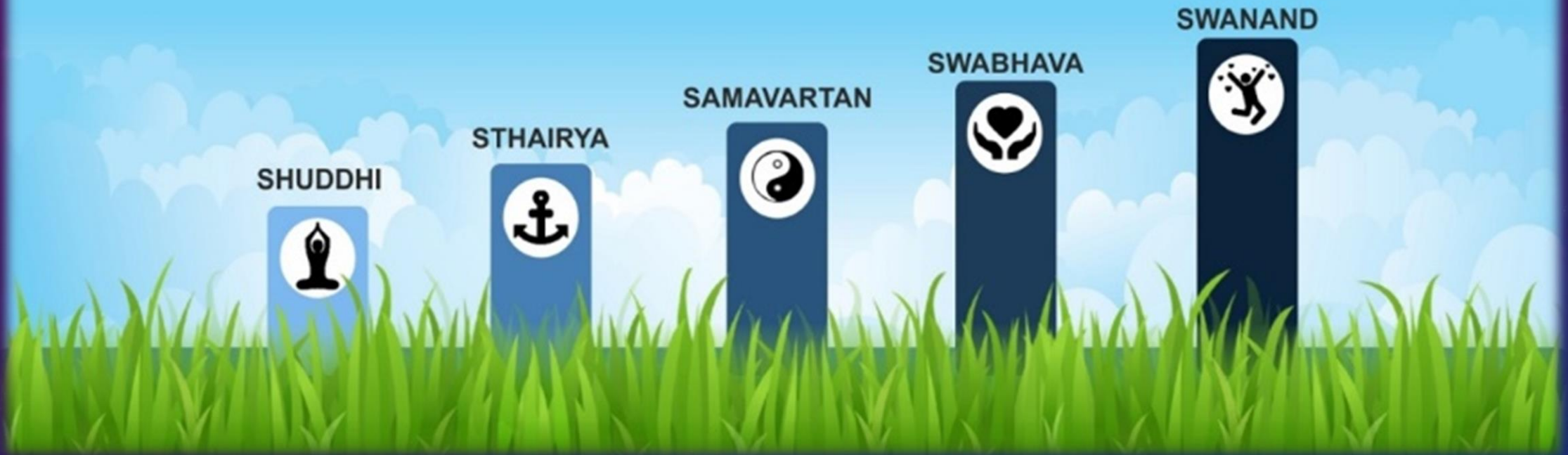


## AWARDS & RECOGNITIONS:

- 2017: He was awarded with Times Group's prestigious **Speaking Tree** award for his achievement in "**Spirituality and Holistic Wellbeing Using Sound and Frequency Therapy**".
- 2016: **Gyan Yog Seva Kendra** award for introducing **Nada Yoga** on International Yoga Day.
- 2015: **LIFE POSITIVE** appreciated for introducing **Nabhi Kriya Cleansing with Sound**.
- 2014: **Arogyam** award from **Parle Health Association**.
- 2013: **International Spiritual Hindu Mythology Award (ISHMA)** award for Sound Healing.



# JOURNEY OF LIFE WITH RIVESH VADE



## BEING IN THE FLOW OF LIFE

- Shuddhi ( Cleansing )
- Sthairya ( Stability & Rootedness)
- Samavartan ( State of Balance )
- Swabhava ( Love & Devotion )
- Swanand ( Bliss & Eternal Happiness )

[Know more about the Journey](#)

# SOME WORDS ABOUT ADVAIT DANKE

- Advait Danke is currently a student at NMIMS University pursuing Bachelor's in Computer Science.
- He is an internationally certified Sound Therapist and Music Therapist (Ragachikitsa) with Ayurveda as his major subject.
- He has been learning the art of Indian Classical Music & composes music for creating relaxation.
- He conducts Nada Yoga & Sound Meditation Sessions and supporting people to connect with their own-self.
- He has extensively toured in Europe for performing in the international cultural festivals for representing India, Nada Yoga, Sound Therapy, Ayurveda and to spread the awareness of Nada Yoga.
- He conducts successful sound therapy workshops for couples, families, youth & children and many people have seen positive shifts in their stress, anxiety, depression, insomnia and other health patterns.



- He has performed in various disease awareness, fund raising events for spreading the awareness about Nada Yoga.
- He received a commendation for performing his Sound Therapy concept in Mumbai's Vile Parle Cultural Parade.
- His voice is getting tuned to positive frequencies under the grace of Gurus & Masters and it creates an aura of love which benefits the people greatly.
- He conducts sound therapy sessions at various NGOs, Orphanages, Old Age Homes and contributing for altering the human condition through sound, frequencies and vibrations.
- He is connecting the world through the vibrational power of sound & music and creating a possibility for love, compassion, harmony and relaxation.

# BODHMARGA FOUNDATION

## (YOGA OF AWARENESS)

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- Rivesh Vade, the Founder of BodhMarga Foundation (Yoga of Awareness) believes that rather than working on our thoughts we need to change our frequencies. Modern studies and the teachings of spiritual masters have shown that, when you actually observe and closely understand, under the light of awareness, majority of challenges humanity going through today can be taken care.
- BodhMarga Foundation has been conceived to ensure human well being and growth, based on the profound and ancient teachings of **Advaita** and **SpandaShastra** (science of vibrations). As per Advaita philosophy, “**Bodh**” means **awareness or presence**, which is the characteristic of consciousness. The word “**Marga**” means path and in this case, it denote “the path to reach divinity”.
- **AT BODHMARGA, OUR MAIN AIM IS TO FREE PEOPLE FROM THE TRAP OF IGNORANCE AND BRING THEM ON THE PATH OF AWARENESS & ENLIGHTENMENT.**

# OUR MISSION

- For Youth & Adulthood
  - To create and raise the new generation with compassion and contentment. To promote relaxation, stability and sustained success for the adults, youth, students & children
- For Women
  - To create unconditional love in the women in such a way that she gives it back to the entire family and community
- For Family
  - Create relationship and harmony in every family
  - Prepare the new generation (parents) to raise their family through love & spread the awareness about Garbh-Sanskar
- For Old Age People
  - Create relaxation, contribute and bring fulfilment in their life

# PROJECT MĀULĪ

- **THE PROJECT MAULI** initiative of BodhMarga foundation is an attempt to reach out to and ensure well-being of every human being, family and society in all areas of life. It is an outcome of the deep understanding that love, compassion and sharing with all life forms is Oneness in action, i.e Advaita. The word “Mauli” means mother and it is the love of a mother which is the most supreme form of love that a human being is capable of. The word “healing” means “giving love” or “loving”. We know that the best healer to a baby is the mother. This is because of the unconditional love that the mother has for the child. Primarily, it is the healing touch of the mother which sees the child through during its formative years. Studies have revealed that the touch of the mother is important for the survival of the child. In fact, it is often noticed that if there is no love in the family, pets and even plants die.
- Our aim is to foster motherly love in all of us, to foster Māulī (माऊली) in each and everyone of us.
- To create unconditional love & compassion in each and everyone of us.
- More about the project - <http://www.bodhmarga.org/the-project-mauli/>

# PRACTICES IN PROJECT MĀULĪ

- Yoga of Awareness
  - Siddha Nada Yoga & Sound Therapy
  - Vitthal Nada Yoga
  - PanthaRaj Kriya
- Spandashastra (The Divine Science of Vibration)
- Advaita Bhakti (The Bhakti Movement)
  - Siddha Kirtan & Bhajan

# Vitthal Nada Yoga

Learn Easiest Yet Most Powerfull Yoga

The Yoga of Light, Sound, Vibration, Devotion & Awareness

Scientific solutions for Physical, Psychological & Spiritual Well-Being through Nada Yoga & Teachings of Sant Dnyaneshwar Maharaj

Helps In :

- Remove Fear, Depression, Anxiety, Stress and Emotional imbalances.
- Create Harmony in mind and Body with Deep Relaxation
- Capacity to Think Clearly, Work better, Digest, Taste, Feel and Experience Increases
- Effective in Sleep Issues, Acidity, Sexual and Urinary Disorder, Laziness, Dullness, Lack of Energy
- Balances Digestive Power, Diabetes, Harmones, Endocrine & Nervous System
- Strenthens Heart Function, Blood Circulation, Pranic Energy and Confidence
- Stimulate Kundalini and the Fastest way to Spiritual Growth

DNYANOTTAR BHAKTI MOVEMENT THROUGH NADA YOGA

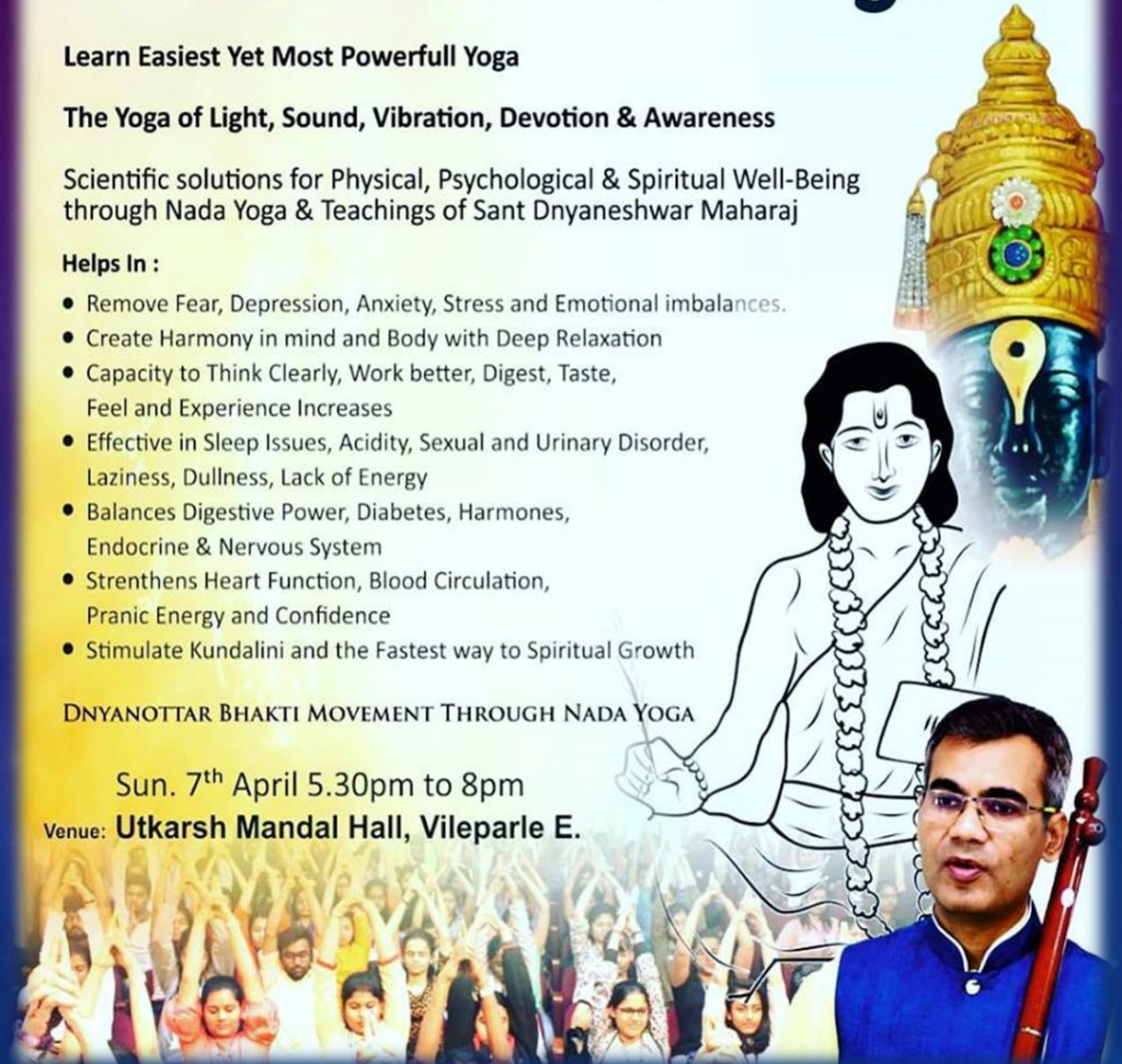
Sun. 7<sup>th</sup> April 5.30pm to 8pm

Venue: **Utkarsh Mandal Hall, Vileparle E.**

## VITTHAL NADA YOGA

The very sound made by the word “**Vitthal**” leads the one who utters it to the inner world. In fact, Yogic Chanting has always been recognized as the first step towards meditation and spiritual growth. It also helps in maintaining health and well-being. In fact, recent research has indicated that chanting “**Vit-TThal**” loudly, while being in yogic posture, can lead to a stable heart rate, lower blood pressure, improved blood circulation, increased production of endorphins and aids metabolic process. Chanting can also help to focus the mind, which in turn alleviates stress levels.

At BodhMarga, one is taught to chant Vitthala in a specific and accurate manner so as to derive maximum benefit from the emanating sound. This helps the person to remain rooted in his spiritual practice or sadhana.





## PANTHARAJ KRIYA

The **Pantharaj Kriya** leads the yogi to the realization of Advaita Vedanta. Oneness can only be experienced when duality is overcome, which is possible only when our inner energy from Ida and Pingala enters into Sushumna. Else, such an experience of oneness is impossible and it only remains a philosophical thought.

Although all forms of Yoga can take a sincere seeker to Self-realization, yet Sant Dnyaneshwara's Pantha Raja Yoga is considered as the royal path and is the fastest one. It is an advanced Raja Yoga technique as it works directly on the inner life-force, leading the practitioner to a state of devotional love (Bhakti), which is a natural corollary to knowing and union. In fact, Sant Dnyaneshwar has termed this phenomenon as "Gyanottar Bhakti"



**BODHMARGA**<sup>TM</sup>  
— FOUNDATION —

### **Project MĀULĪ**

**To nurture unconditional love, compassion  
and mother (मातृ तत्त्व) in each and everyone**

#### **PRACTICES IN PROJECT MĀULĪ**

- **Yoga of Awareness (Nada Yoga, Kriya Yoga)**
- **Siddha Sound Therapy**
- **Vitthal Nada Yoga**
- **PanthaRaj Kriya**
- **Spandashastra (The Divine Science of Vibration)**
- **Advaita Bhakti (The Bhakti Movement)**
- **Siddha Kirtan & Bhajan**
- **Realization of Dnyeshwari & Gita**

# WHAT IS NADA YOGA? THE YOGA OF INNER SOUND

- 'Nada Yoga' can be termed as 'The Yoga of Sound'.
- 'Nada' means flow of sound and 'Yoga' means Union.
- Nada Yoga is the process of the union of the individual with the cosmic consciousness through the flow of sounds. It is based on the premise that the entire cosmos and everything in it made up of sound vibrations or Nada.
- It is an ancient Indian system and science of inner transformation through sound and tones.
- Nada Yoga uses concept of sound vibrations and the resonances to heal various psychosomatic and psychological conditions. It also helps increase one's awareness and grow spiritually.
- On the path of Nada Yoga, body is healed, the mind recovers its balance and person becomes a fully functional individual, living with the sense of well-being and in harmony with the nature. This enables the person to become sensitive to the inner sound & vibrations of the body.
- Nada Yoga is a phenomenon of going within ourselves and realizing the true-self through experiencing the internal sound and vibrations of each and every cell.

- 'Nada' is the divine sound produced by our body. Working on this sound lead us to our soul. This divine sound connects our inner self to the universal self. One can experience the Infinite through the vibrational harmony created during the 'Nada Yoga' process.
- From human DNA to human emotions to bacteria, from the earth to solar systems and distant galaxies and from the newborn stars to the black holes, everything has its own sound and music. The whole universe hums with its own rhythm and frequency. And when we can hum with the frequency of the universe, we become one with it and are transformed through Nada Yoga.
- In this sense Nada Yoga works as medicine and therapy, helping a person to lead a healthy, prosperous, happy and balanced life.
- Thus we can transform ourselves and our lives through Nada or Sound and bring abundance, prosperity and well-being in all aspects of our life.
- The Siddha Parampara, Buddha Parampara, Guru-Shishya Parampara suggested some techniques & tools to neutral the frequencies of our body and mind. The moment we go within ourselves to experience the sound & vibrations, there the Nada Yoga starts.
- There are methods in yoga where you do not have to suffer to liberate yourself from old influences or tensions, where you do not always have to confront your traumas, but can *dissolve* them. And of course it is all done by practicing Nada Yoga.

# WHAT IS SIDDHA SOUND THERAPY?

- Sound Therapy is the process in which a practitioner uses all (or specific) aspects of sound — including the emotional, psychological, spiritual, physical, social, mental — to improve the health and well-being of their patient.
- Sound healing improves many facets of the patient's life, including emotional and social development, spiritual growth, cognitive and motor functioning, physical, psychological and psychiatric health and overall well-being of the human mind and body.
- Sound Therapy produces satvik (calm), madhur (sweet), harmonious vibrations which helps to re-align our frequencies of body & mind.
- Sound Therapy can actually oxygenate the cells and dispels negative vibrations, through the body and mind, due to which there is healthier balance.
- During sound therapy, person attends the theta state of brainwave (Deeper meditative state where healing takes place).
- Handmade Singing Bowls, Crystal Singing Bowls, Gongs, Chimes and other ancient instruments helps to produce the therapeutic sound which ultimately leads to unique harmony within us.
- For centuries Sound has been utilized for healing and consciousness transformation.

# HISTORY OF NADA YOGA

- Nada Yoga is an important method in Tantra.
- It is based on the Tantric practices and all the practices lead to Nada Yoga.
- **The Upanishads** (especially the *Nada-Bindu-Upanishad* and the *Hansa-Upanishad*) and **the Vedas** describe that in the beginning there was nothing. There was absolutely nothing, there was non-existence in the universe – there was only sound. The sound was unending; the sound was the only existing reality. From that sound, the universe evolved, and therefore, the fundamental structure of the universe is based on *Nada* or sound vibrations.
- Mantra, in its purest form, is a manifestation of Nada.
- The movement of Energy (Prana) in the body is an expression of Nada.
- Nada Yoga is based on the methods of Tantra, Spanda-Shastra, Shiv Sutras, Nada - Bindu Upanishad, Ayurveda, Yogic Systems & a prominent tool for enlightenment, realization of Advaita & Samadhi in Nath Tradition which is also explicitly mentioned in Dnyeshwari by Dnyeshwar Maharaj and other Nath Yogis.
- Nada Yoga or Sound Therapy works on the scientific principles of quantum physics, sound physics, law of vibration and principles of neuroscience, brainwave technology where ancient and modern principles come together to transform human body, mind and soul.

# WHAT IS MUSIC THERAPY? (RAGA CHIKITSA)

- Simply defined, *Raga Chikitsa* means “healing through the use of raga.” *Raga Chikitsa* is defined as “the knowledge of how to use raga for the purposes of healing. Fundamental features of *Raga Chikitsa* is the classification of the ragas based on their elemental composition (ether, air, fire, water, earth) and the proper use of the elements to balance the nature of the imbalance.
- Music Therapy & Nada Yoga
  - In different conscious states, the mind is attracted to different vibrations of Nada. In Indian music, these forms of Nada are known as *Ragas*; tonal frameworks that are appropriate to certain times of the day or certain seasons. It seems as if some compositions of sounds are unpleasant at one time of the day and pleasant at another.
- Ragas are closely related to different parts of the day according to changes in nature and development of a particular emotion, mood or sentiment in the human mind. Music is considered the best tranquillizer in modern days of anxiety, tension and high blood pressure.

# AYURVEDA AND SOUND THERAPY

- As per the Rasashastra, a division of Ayurveda, sound created by specific vibrations with specific metal composition can bring harmony and wellbeing.
- In Ayurveda perspective, the mind and body is comprised of the five elements (ether, air, fire, water, earth) and each individual possesses his or her own dosha – or constitution – (vata, pitta, kapha). In Ayurveda, sound has been used mainly to balance these constitutional energies.
- Sound Therapy can be prescribed to transform discord into harmony based on these qualities of the mind and the elements of the body in need of balancing. Sound consists of ether, which contains the properties of all five elements.
- To balance and heal particular parts of the body, the subtle body and the mind. Ayurveda promotes the use of particular sounds and mantras to bring transformation by raising the body's vibrational frequency.
- It is observed that sound release the disturbance in the flow of energy and meridians.
- Since half a decade at Wellness Vibe Research Center many cases are studied to understand how these sounds of Himalayan Singing Bowls made out of genuine bell metal can help restore the dosha (functional energies) or constitutions.



# BENEFITS OF NADA YOGA / SOUND THERAPY

- **Benefits to spiritual health:**
  - Connection with the self.
  - Spiritual Growth.
  - Access to unconscious mind.
  - An 'out of body' experience.
  - Experience a state of trance –a detached awareness.





## BENEFITS OF NADA YOGA / SOUND THERAPY

- **Benefits to physical health:**
  - Activates self-healing mechanism of the body.
  - Improved sleep quality and overall relaxation.
  - Relief from pain.
  - Complete body detoxification.
  - Higher levels of energy levels.
  - Stronger immune system and smooth recovery after illness.
  - Relief from headache, fatigue & insomnia.
  - Balancing energy levels of the body.
  - Overcome addictions.
  - Improved joint function.
  - Reduced pain and inflammation.
  - Heals illness like Arthritis, Backache, Joint pains, Digestive concerns, Sinus and many more.



# BENEFITS OF NADA YOGA / SOUND THERAPY

- **Benefits to mental health:**
  - Heals illnesses like stress, insecurity, fear, depression and anxiety.
  - Balances all psychosomatic disorders.
  - Improved attention span and concentration.
  - Increased mental clarity and creativity.
  - Improved emotional & mental stability.
  - Increased confidence & self-esteem.
  - Increased memory levels.
  - Improved ability to interact.
  - Synchronization of left and right hemispheres of the brain.

# BENEFITS OF NADA YOGA / SOUND THERAPY

- **Other benefits:**
  - Deepening meditative state.
  - Higher levels of energy.
  - Smooth recovery after illnesses.
  - Achievement of "relaxation response".
  - Management or resolution of learning issues, ADD, ADHD, Hypertension & Autism.
  - During pregnancy it calms the mother and her unborn child and prepares both for easier delivery with less pain.
  - Relief from menstrual difficulties, digestive difficulties, joint and muscle aches.
  - Relief to cancer, neuro-disorder patients, specially-abled children.
  - Relief from chronic illnesses, arthritis, diabetes, hypertension, B.P., kidney stones.
  - Benefits to overall physical, mental, emotional and lifestyle challenges.

[Experience Nada Yoga & Sound Therapy Session](#)

# WELLNESS VIBE ACTIVITIES & EVENTS

- [Sound Therapy Masterclass](#)
- [Navel Activation & DNA Activation](#)
- [The Success Code : Change your DNA Blueprint](#)
- [Train The Trainer : Happiness Coach](#)
- [Nada Yoga Teacher Training Course](#)
- [Journey of Life](#)

# ACTIVITIES & EVENTS

## DNA Activation Workshop

- Benefits of DNA activation can range from all physical, mental, emotional and spiritual aspects of our being, to better relationships and renewed life purpose.
- Reprogram your cellular memory to remove stagnancies.



[Know more about the workshops](#)



## Navel Activation Workshop

### Benefits:

- Reduction in Anxiety, Fear & Stress.
- One get relief from pain.
- Prevent injury and illness.
- Increases clarity, creativity.
- Emotional & mental healing.
- Enhance intuition, decision making & self-awareness.

# ACTIVITIES & EVENTS

## Certificate Program in Sound Healing Based on Ayurveda

- A study of sound's power to transform consciousness and well-being.
- Learn Science of Sound Healing & Ayurveda.
- Learn the art of Self Healing with Sound.



Know more about the workshops



## Mass Sound Healing

Sound has the ability to positively affect our whole being.

### Benefits:

Heal Sleep disorders.

Reduce Anxiety, Depression & Stress.

Pain management.

Lower Blood Pressure.

Improved ability to relax.

Improved ability to express emotions.

# BODHMARGA ACTIVITIES AND EVENTS

## “I AM” Retreat



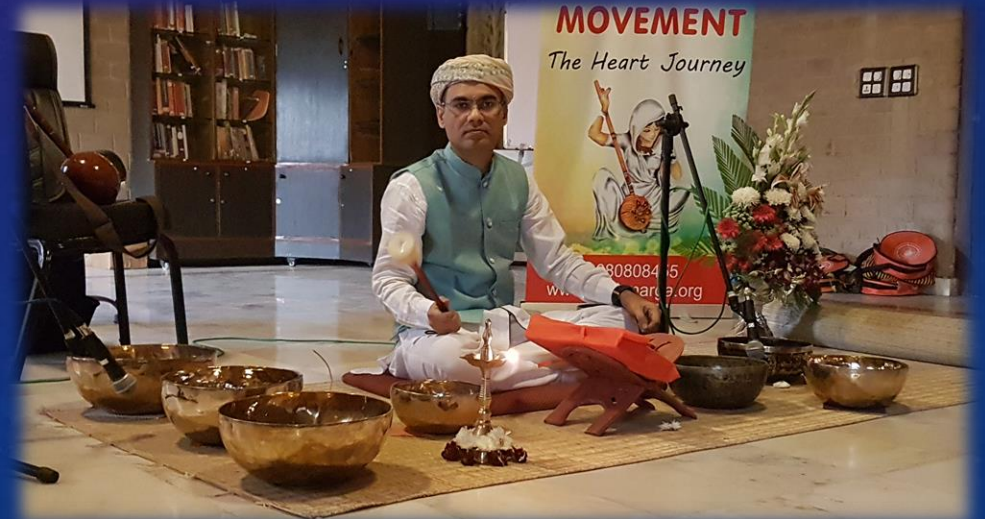
- One moment of awareness is one moment of Miracle, Freedom & Enlightenment.
- We assure 3 days awakening with absolute Abundance, Prosperity, Freedom, Fearlessness, Joy, peace & Love.
- Intensive Awakening Miracles (I AM) Retreat provides Authentic tools, reflections, easy practices to access Awakened Heart and Kriya.

### **Benefits of the Retreat:**

- The art of loving self
- Way to become thoughtless
- To change the sensations of traumas & emotions
- Experience spiritual awakening
- Brain, Heart and Navel alignment
- Cosmic connection for manifestation
- Awaken the peace within
- Attitude towards Fear of Death
- Emptying out your ego
- Eliminate unhealthy life patterns
- Connect to grace and the higher self

[Videos, Details & Testimonials of the Retreats](#)

# SOME OF OUR BODHMARGA RETREATS (INDIA)





# INTERNATIONAL PAPER PRESENTATION IN LONDON ON SOUND & AYURVEDA



Participated in International AyurVeda Conference (IACV)



Nada Yoga (Sound Therapy) session at A1 Silver Innings dementia home, Mumbai



Nada Yoga awareness at 64<sup>th</sup> International Folklore Festival, Cervený Kostelec, Czech Republic



Nada Yoga awareness at 50<sup>th</sup> International Folklore Festival, Zakopane, Poland



Nada Yoga awareness in Europe at a retirement home in Cerveny Kostelec, Czech Republic



Nada Yoga & Sound Therapy session at the Fortis Hospital, Mumbai



Nada Yoga session with 180+ students & faculties at Kelkar College, Mumbai  
The youth understood the secret of inculcating LOVE within, which is the ultimate truth of SUCCESS



Bodhmarga activities in various colleges and institutions for youth, students and teachers



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Bodhmarga activities in various colleges and institutions for youth, students and teachers



Nada Yoga & Sound Therapy awareness at a childhood cancer fund raising event, Mumbai



Siddha Nada Yoga & Sound Therapy sessions for old age people and communities



Siddha Nada Yoga & Sound Therapy sessions for old age people and communities



Siddha Kirtan & Bhajan activities

[Watch more Siddha Kirtans here](#)



Siddha Nada Yoga & Sound Therapy sessions for old age people and communities

## SOME OF OUR PAST EVENTS (ABROAD)



SOUND HEALING WORKSHOP IN PHUKET



NAVEL ACTIVATION IN LONDON, LIVERPOOL Apr.  
2017

# TESTIMONIALS

- "I just wanted to say a huge heartfelt thanks for such a wonderful concept for bringing back to India. It was truly fantastic...so powerful...at one point I felt like all my surroundings were going to literally disintegrate! I could feel the different waves of sound washing over and through me...it was beautiful and I was able to know different beings. Thank you for holding the space for us so beautifully too"  
– Shweta P
- "I came to Advait with a back pain since two days. I was worried about it and also my neck pain had gone bad. In a single session I could feel lightness. I was able to have the three days of hectic schedule fulfilled with absolutely no stress or pain. I thank Advait and his Guru for his sound therapy with those instruments"  
– Sneha S
- "I think I was amongst those luckiest guys who got a chance to experience this great method of relaxation and to connect with myself.  
Post a hectic weekly schedule, when this therapy was done on me, I felt super light and relaxed." – Ketan A
- "After the one hour session, my entire family felt the healing. My mother experienced complete relaxation and her back ache disappeared. My granddad felt his leg pain calm down. And my dad, who was tolerating jerky knee pain after his chemotherapy, his pain significantly reduced the next day onwards. A big thanks to Advait and his Guru for his endeavor to heal the world. More power to you. :) Let us have another session soon!" – Meghna H



# CASE STUDIES & TESTIMONIALS

- BP & Diabetes are under control- **Sarika K, Mumbai**
- Knee Pain vanished – **Dr. Vidya Sathe, Pune**
- My financial worries & insecurities are released from my DNA- **Krishnan, Bangalore**
- I started growing spiritually and prospered in terms of health, finance – **Dr. Saurabh Chaudary, Dean of Medical College**
- There is a great relief from my chronic back pain- **Sofi, Greece**

# MEDIA MENTIONS

- Nada Yoga | Sound Therapy coverage by Zee Media on the Indian News Channel ZeeTV 24 Taas
- It is my privilege to feature on an Indian News Channel with my Guru and spread awareness about Nada Yoga & Sound Therapy
- <http://bit.ly/soundbathzeenews>

Press Release of ZeeTV 24 Taas

Dated: Jan 6<sup>th</sup>, 2019



# MEDIA MENTIONS

Press Release of Times of India  
Dated: 23<sup>rd</sup> Feb 2017



## ‘Human body ultimate place for awakening’

TIMES NEWS NETWORK

**Nagpur:** “We have always been taught to develop intelligence, not awareness. The missing part is awareness which should be learnt and Bodh is nothing but awareness,” said ‘nada’ yogi Rivesh Vade. Everything is related to sound, even our emotions. Sound has a quality to create emotions and people float on them, he added.

Speaking on ‘Heal stress heal disease — Gita Bodh and mass sound healing’ at Chitnavis Centre on Tuesday, Vade, an engineering postgraduate and executive management from IIT Bombay and founder of Bodh Marga Foundation, said that human body is the ultimate pla-

ce for awakening. Those who use their mind do not usually have control over their body. When one starts ignoring body, the pain begins and that is why painkillers are the most sellable items in the market today.



Rivesh Vade speaking during the programme

Vade said, “Our body is full of vibrations and each part has its own frequency. When each frequency will coordinate with one another then only the balance can be acquired.” He said that money alone cannot bring peace of mind which made him shift from corporate to mystical life. “You must have samvedna (sensation). Nowadays, many people are hurting themselves or take drugs to get sensation. As sensation stops, addiction to wrong things begins,” he added.

*(Reporting by Megha Tiwari)*

& MANY MORE....

# HOW WILL THE SESSIONS IMPACT THE COMMUNITY

- The sessions will be about the impact of frequencies and vibrations on the human body & mind and how sound alters our consciousness, stress/anxiety levels and well-being of life. It will be about the connection between emotions and vibrational energies. The speaker will talk about how sound & music affects the body, brain, brainwave entrainment and its medicinal benefits on body and brain including secretion of neuro-hormones, hormones and chemical reaction in the body and brain.
- The sessions will also focus on the impacts of music and sound on stress & anxiety levels that humans are currently dealing with and a way to reduce the levels for contributing to the health and well-being aspect of the audience.
- Seeing music as more than just to entertain and move our body and emotions, the speaker will share the healing and divinity aspect of the it and discussing the potential of sound therapy for the future timeline.
- The event will also comprise of personal transformation of the speaker and how he is developing himself as a human and contributing back to the humanity through the medium of Meditation and Sound Therapy.
- The event will also focus on the advantages of practicing eastern esoteric practices.

- The proposed sessions will ask others to view their world, their life in terms of vibrations and energy patterns/spectrum which will enable them to create opportunities and abundance in their life and to release their stuck emotions and imbalance in their areas of life. The proposed talk will invite the audience to forgive and love themselves.
- The impact of the event will be contribution to the humanity and the lives of the audience through the medium of sound, frequencies and vibrations and sharing the awareness of what vibrational energy is capable of and how one can harness the power of sound and music.
- The event will also ask others to introspect in their lives and get present to stress and anxiety levels and start creating positive shifts in those levels.
- The event also aims to inspire the people to alter their lives and to rediscover themselves for who they are and to create awareness for themselves.
- The larger impact will be a sense of deeper understanding of frequencies, emotions and matter and contribution towards human condition and create love and compassion in the world.

# CONTACT INFORMATION

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THANK YOU!