



**BOMBAY  
CHARTERED  
ACCOUNTANTS'  
SOCIETY**

## **“Life and Breath Camp” (Everyday Wellness by Healthy Breathing Habits)**

Dear Members,

We invite you to join us single or with your spouse, family, relatives and friends for a transformative program to unlock the Power of Conscious Living.

Discover the art of mindful breathing and its profound impact on your well-being. Learn techniques to calm your mind, nourish your body and awaken your spirit.

Please take advantage of this opportunity to revitalize your life and find inner peace. Register now and breathe your way to a happier, healthier you.

A much awaited training on How to be in a state of Well Being at all times.

Due to wrong way of breathing we tend to lack energy and strength to meet our day to day demands to complete work or tasks allotted and fall short of completion.

We tend to be weak and lazy and inspite of desire to be Strong and Healthy at all times, we are unable to cope with day to day life. We need to be in a state of well-being to enjoy life.

The details are as follows:

<b>Topic</b>	<b>“Life and Breath Camp”</b>
<b>Days &amp; Dates</b>	<b>Saturday and Sunday – 10th and 11th May, 2025</b> <a href="#">Add event to Outlook Calendar</a>
<b>Time:</b>	9.00 am to 6.00 pm on Both Days
<b>Faculty/Presenter</b>	Shri Pravin Manker
<b>Physical Mode (Offline) at Venue</b>	Bombay Chartered Accountants' Society, 7, Jolly Bhavan 2, BCAS Chowk, New Marine Lines, Churchgate, Mumbai – 400020. <a href="#">Google map of location</a>
<b>Fees</b>	<b>BCAS Members and their families: Rs.2,950/-</b> <b>BCAS Non-Members: Rs. 3450/-</b>  (Good to attend with spouse and family members-can help each other to follow learnings and stay healthy)
<b>For Registration</b>	<a href="#">CLICK HERE</a>

**About the Faculty:**

Pravin Manker is a pharmacist who has worked in various capacities in the pharma field.

As a consultant he has guided pharma companies in technology and management.

Currently he is a trainer in the industry in India and overseas.

His experience in breathing, meditation and as life coach spans 20 years of which 14 years have been spent as life coach.

He is also a practitioner of Vaastu Shastra and Acupressure.

**Content:**

Please register and attend to transform your life to enhance your capacity to work and enjoy life.

**Note: Last date for registration is 5<sup>th</sup> May 2025. Limited Seats.  
Registration on First Come First Served Basis.**



**Human Resource Development Committee**  
**Chairman: CA Mihir Sheth**  
**Convenors: CA Jigar Shah, CA Dnyanesh Patade &  
CA Utsav Shah**  
**Co-ordinator: CA Gracy Mendes**



Our mailing address is:  
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