



Art Way of Being



Stillness within



Purpose beyond

Meditation • Workshop • Healing • Conscious Living • Celebration • Social Impact

ONE SOUL WELLNESS Awaken. Heal. Transform.

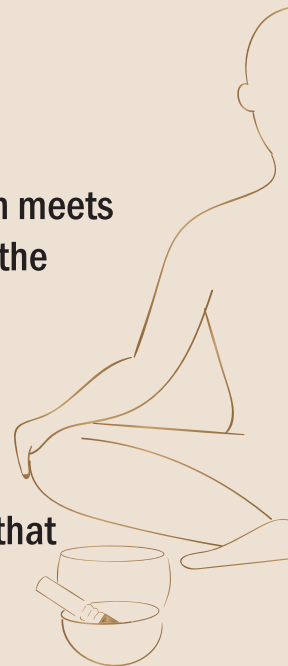
What if wellness wasn't about escaping life — but experiencing it more fully?

Welcome to **One Soul Wellness**, a transformational space where ancient wisdom meets modern holistic living. Rooted in the philosophy of Advaita Vedānta, we explore the deeper connection between:

ATMA — Soul | MANAS — Mind | TANN — Body

Through immersive retreats, therapeutic healing, meditation, yoga, breathwork energy practices, workshops & practitioner certifications, we craft experiences that help you pause, reconnect, heal & transform.

Your journey begins with one step. _____



RETREATS

(Pause the world. Reconnect with yourself.)

3 | 5 | 7-Day Transformational Wellness Experiences

Rishikesh • Himalayan Escapes • Urban Retreats



THERAPEUTIC & HEALING SESSIONS

(Release. Rebalance. Reconnect.)

Reiki • Sound Healing • Breathwork
Aura & Chakra Balancing • Guided Meditation
Energy & Holistic Healing Practices

CERTIFICATIONS & WORKSHOPS

(Learn the practice. Live the transformation.)

- Reiki & Karuna Reiki
- Akashic Records
- Crystal & Rudraksha
- Meditation — Active & Passive From personal exploration to professional practice.
- Sound Healing
- Dowsing
- Aura & Chakra



SPECIALIZED PROGRAMS

(Wellness designed for every stage of life.)

Corporate Wellness • Children & Parenting
Stress Management • Inner Child Healing

COMMUNITY EXPERIENCES

(Healing is more powerful together.)

Full Moon Gatherings • Soul Circles & Kirtans
Community Healing Events • Awakening Festivals
Light & Gratitude Ceremonies



7 PATHWAYS. ONE SOUL

Seven pathways to explore ancient wisdom, energy practices & conscious living.



REIKI & KARUNA REIKI

(Awaken the healer within through energy, intention & self-healing.)



SOUND HEALING

(Master the science, art & practice of healing through sound & vibration.)



AKASHIC RECORDS

(Explore the soul's blueprint & unlock deeper intuitive awareness.)



CRYSTAL & RUDRAKSHA

(Connect with the wisdom of sacred stones, crystals & Rudraksha traditions.)



AURA & CHAKRA

(Explore your subtle-energy field & learn practices for chakra & aura awareness.)



DOWSING

(Develop intuitive sensitivity through pendulum & energy-detection practices.)



MEDITATION (Active & Passive)

(Move from a restless mind to deeper stillness, awareness & inner connection.)

LEARN • EXPERIENCE • PRACTICE • TRANSFORM

**CERTIFICATION PROGRAMS
DELHI, RISHIKESH, PAN INDIA**



Discover Our Courses
www.onesoulwellness.in/courses

A Signature Theme for One Soul Wellness

Seven pathways to explore ancient wisdom, energy practices & conscious living.



PRAKRITI - Where Nature Heals the Soul *(Return to the Wisdom of Nature)*

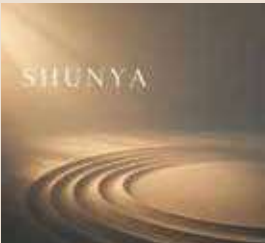
"When you slow down, the forest begins to speak. The mountains become your teachers the river your meditation & nature gently reminds you who you truly are."

(Reconnect with the five elements & rediscover your natural state of peace.)

ANANTA *(Where the Journey Has No End)*

"Beyond the horizon of the mind lies the infinite. In the silence of the Himalayas, discover the limitless awareness that has always lived within you."

(Reconnect with the five elements & rediscover your natural state of peace.)



SHUNYA *(In Emptiness, Everything Awakens)*

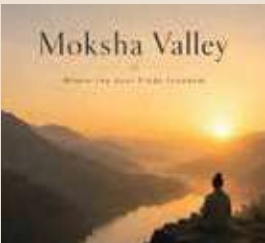
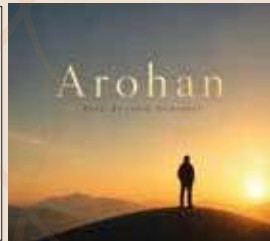
"When the noise fades, the heart begins to sing. In sacred stillness the emptiness you fear becomes the space where healing begins."

(Silence, meditation, surrender & inner awakening.)

AROHAN *(Rise Beyond Yourself)*

"Every step towards the mountain is a step towards your highest self. As you ascend the peaks, your spirit rises with them."

(Personal transformation, courage & spiritual elevation.)



MOKSHA VALLEY *(Where the Soul Finds Freedom)*

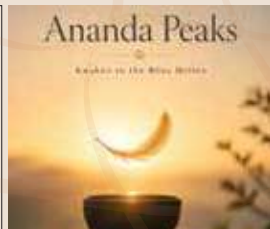
"Nestled between ancient mountains and timeless silence lies a valley where burdens dissolve, the heart softens & the soul remembers freedom."

(Letting go, healing emotional weight & inner liberation.)

ANANDA PEAKS *(Awaken to the Bliss Within)*

"Bliss is not found at the summit—it blooms within every mindful breath every sunrise & every moment of presence."

(Joy, gratitude, celebration & conscious living.)



SATTVA SANCTUARY *(A Retreat into Clarity & Balance)*

"When life becomes simple, the mind becomes clear. When the heart becomes quiet, the soul becomes radiant."

(Purity, mindful living, nourishing food, meditation & harmony.)

PRANA *(Breathe. Heal. Become.)*

"The breath is the bridge between body, mind & soul. Follow it into the heart of the Himalayas and rediscover the life force flowing through you."

(Breathwork, energy healing, vitality & renewal.)





JEEVANAM *(Celebrate the Art of Living)*

"Life is not measured by how fast we move, but by how deeply we experience each moment. Come home to the beauty of simply being alive."

(Mindful living, gratitude, connection & presence.)

HRIDAYA *(The Journey Back to the Heart)*

"Beyond every thought, every fear & every expectation lies the heart—waiting patiently to welcome you home."

(Self-love, compassion, emotional healing & authentic connection.)



SPIRITUAL WELLNESS TOURISM INDIA – WHERE WELLNESS HAS ROOTS

(From ancient wisdom to modern wellbeing.)



Our Spiritual Wellness Tourism vision brings together heritage, healing, nature, culture and conscious travel to create meaningful experiences for the modern wellness traveller.



FOR THE WORLD'S WELLNESS SEEKERS

- International Wellness Travellers
- Conscious Domestic Travellers
- Spiritual Seekers
- Yoga & Meditation Practitioners
- Corporate & Entrepreneurs
- Wellness Communities
- Find your path. Experience your transformation. One Soul. One Journey. One Transformation.



About Meditation Crafts

(Where Ancient Wisdom Meets Modern Mindful Living)

Welcome to Meditation Crafts — a premium wellness brand by One Soul Wellness LLP & India's trusted destination for authentic healing crystals, Rudraksha beads, singing bowls & spiritual lifestyle essentials.



MEDITATION
CRAFTS
Mindfully Crafted, Deeply Centered

Our Purpose

To weave Vedic wisdom, energy healing & mindful design into everyday modern life.

Every piece at Meditation Crafts is chosen to help you:

- Elevate your energy • Deepen your meditation • Cleanse your space
- Support emotional & spiritual healing • Build a sacred sanctuary of peace.



What We Offer

(A premium collection of holistic essentials, curated for a life in balance.)



Healing & Energy Tools Natural healing crystals & gemstones Energized crystal bracelets Rudraksha malas & beads Tibetan singing bowls Feng Shui & Vastu items Spiritual idols & sacred décor.

Aromatherapy & Ritual Supplies

Scented candles • Essential oils
Incense sticks & smudge tools.

Yoga, Meditation & Lifestyle

Meditation chairs & cushions, Premium yoga mats, Yoga props & accessories
Mindful travel essentials • Home fitness gear

Every piece is ethically sourced, ritually cleansed & energetically activated carrying balance protection & abundance into your life.

Why Thousands Trust Meditation Crafts



100% Genuine, High-Vibration Crystals Authentic stones, sourced from the finest mines across India and beyond.

Ritually Cleansed & Energy-Activated Every piece purified through sage, sound, or sun.



Handpicked, Never Mass-Produced We work directly with artisans, healers & ethical suppliers — not warehouses.

Vedic Wisdom, Modern Design Ancient tradition, shaped for how you actually live today.



The Choice of Healers, Yogis & Seekers Wellness professionals across India rely on us for their daily practice.

Shop India's Finest Spiritual & Wellness Essentials

Elevate your space. Transform your energy. Awaken your inner harmony.

ONE SOUL FOUNDATION (From Inner Transformation to Social Transformation.)

One Soul Foundation is a public charitable organisation committed to nurturing people strengthening communities & creating meaningful social impact.



OUR PURPOSE (Awaken potential. Empower people. Create impact.)

Our work connects wellbeing, education, inclusion, social welfare, environmental awareness and community development to create a more compassionate & conscious society.

OUR 6 PATHWAYS OF IMPACT



Disability Inclusion
Creating dignity, participation & equal opportunities.



Environmental Awareness
Inspiring conscious choices & responsibility towards nature.



Empowering Women
Building confidence, independence & meaningful opportunities.



Holistic Education
Encouraging learning creativity & personal growth.



Healthcare & Welfare
Health awareness preventive care & community wellbeing.



Research & Development
Encouraging knowledge innovation & for social progress.

OUR BELIEF

ONE SOUL → ONE FAMILY → ONE COMMUNITY → ONE WORLD

OUR VISION

Where education creates possibility, inclusion creates belonging, wellness creates resilience & opportunity creates independence.

FROM CSR TO CONSCIOUS IMPACT

Transforming CSR commitments into meaningful social impact through.

CSR • Community Programs • Education • Healthcare • Wellness • Social Impact

A Registered Public Charitable Organisation | 12A • 80G • CSR-1

Partner with us. Support an initiative. Create an opportunity. Become part of the change.

Transforming Individuals. Empowering Communities. Creating a More Conscious Tomorrow.

Deepak Gupta / Swayam Saakshi

Founder & Conscious Visionary

Wellness • Social Impact • Conscious Living

One Soul Wellness | One Soul Foundation | Meditation Craft

20+ years of spiritual practice blending Himalayan ancient wisdom, Meditation, Reiki
Tantra, Zen, Sufi practices & Kriya Yoga Guided by Osho, Sri Aurobindo & J. Krishnamurti.

Certified Meditation Facilitator • International Reiki & Karuna Reiki

Grand Master (USA) • Aura Trainer • Crystal & Dowsing Expert • Akashic Records • Kriya Yoga Disciple.



Poonam Nagpal

Co-Founder | Wellness Coach & Guide

Creating Spaces for Wellness, Awareness & Transformation

One Soul Wellness | One Soul Foundation | Meditation Craft

Sound Healing Trainer • Reiki Practitioner • Akashic Records Practitioner

Holistic Wellness Guide

Blending spiritual wisdom, energy healing and conscious living

Her work is a journey from outer expression to inner awakening—helping people reconnect with their energy & purpose of life.



Lokesh Kumar

Director | Operations & Strategic Growth

One Soul Wellness • One Soul Foundation • Meditation Craft

Driving operations, strategic growth and meaningful client experiences, Lokesh brings expertise in leadership, partnerships, business strategy and relationship management.

He ensures seamless execution while strengthening the vision of holistic wellness, conscious growth & impactful experiences.



Three Marks
One Mission
Your Wellbeing



One Soul
WELLNESS
Atma Deepo Bhava



MEDITATION
CRAFTS
Mindfully Crafted, Deeply Centered



One Soul
Foundation
Back to Source...

Scan Location



Get in Touch

+91 88822 42339, +91 91366 63337, +91 98100 38054

011 4288 3915

onesoulwellness.in | meditationcrafts.com | onesoulfoundation.com

onesoulwellness.official@gmail.com

Follow us on:- [f](#) [i](#) [x](#) [v](#) [in](#) onesoulwellness.official

Discover
One Soul Movement



Wellness & Experience Center

Delhi: Basement, 249, Block B, Sector 8
Dwarka, Delhi - 77

Corporate Office

Delhi: GF 02 Prakash Deep Building 7,
Tolstoy Marg Connaught Place, Delhi - 01

Awaken. Heal. Transform. In-Person | Online | Hybrid