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CHARDI KALA



Soaring Spirits

Human potential directly impacts organisational effectiveness. In the aviation sector, achieving peak performance relies heavily on the organisation's ability to harness this potential of the employees. Human potential is realised when the mind and body are united, creating unlimited energy.



CHALLENGES FACED BY AIRLINE CREW

- ✈ Disrupted sleep patterns
- ✈ Musculoskeletal tension
- ✈ Inadequate and untimely nutrition



INTRODUCING THE CHARDI KALA PROGRAM

- ✈ Chardi Kala is a mind-body calm energy experience program for airline flying crew. It is a way of life.
- ✈ Mind Body Heart Energy Program crafted for women.
- ✈ Artfully designed experience for internal change.
- ✈ Timeless rhythmic practice blending music energy vibe.

PROGRAM DETAILS



Flight Attendants

Full-day Recharge Program

- Self-discovery with UF Index
- Ancient rhythmic, meditative movement
- Modern core strength
- Strengthen the subconscious mind
- Relaxation with movement
- Intuitive nutrition
- Recovery with Alexander Technique
- Art therapy/Outdoor cycling
- Live music/Dance movement practice

Optional:

Luxury Overnight Stay

Pilots

Full-day Recharge Program

- Self-discovery with UF Index
- Ancient rhythmic, meditative movement
- Modern core strength
- Strengthen the subconscious mind
- Relaxation with movement
- Intuitive nutrition
- Recovery with Alexander Technique
- Breathwork for increasing energy anytime
- Ballroom dance training/Music

Optional: Personalised Premium pick-up & drop service with a luxury overnight stay



Monthly moderated anonymous Zoom calls.

YOUR PILOTS AND CABIN CREW WOULD

- ✈ Feel recharged in mind, body and spirit.
- ✈ Tap deep reservoirs of energy.
- ✈ Exude calm and happiness.
- ✈ Improve productivity and organizational effectiveness.



OUR ASSOCIATIONS



ABOUT URBAN FITNESS

UF is a mind-body fitness lifestyle experience platform creating social impact. After training 10,000 women in the police forces of five states since 2014, we have turned our attention to airlines flying crew and created the holistic program "Chardi Kala".



BHRAMARI | BEE



CHARDI KALA

URJA



NUEVE

Iconic Fusion Fest, Celebrating Women



CONTACT US

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