



PADUKONE - DAVID
CENTRE FOR SPORTS EXCELLENCE

P R E S E N T S

THE WELLNESS RETREAT

Experience rejuvenation, enhance endorphins
and elevate camaraderie

SOMETIMES, THE BEST IDEAS ARE BORN OUTSIDE THE MEETING ROOM

Join us at CSE as we curate and provide businesses and their employees an experience of a lifetime. In our sprawling 15-acre campus, secluded from the rigours of the city, CSE provides a getaway into the exciting world of sports amongst serene quietness.

Enjoy a luxurious stay at The Residences at CSE, indulge in the best of Indian and French cuisine, and enhance your endorphins through sports, as we customise a program from an array of options to ensure teams come together to strengthen their bonds.



BADMINTON



FOOTBALL



SHOOTING



SWIMMING



CRICKET



SQUASH



BASKETBALL



TENNIS



VOLLEYBALL



YOGA



SPIN CYCLING



SPORTS SCIENCE



YOGA SESSIONS AT AKSHAR YOGA

"Yoga is essentially a practice for your soul, working through the medium of your body"

A session centered around wellness, the practitioners at Akshar Yoga are sure to guide you through an experience that not only is calming but relieves you of stress, improves your focus, and enhances morale.



SPIN SESSIONS AT CHAKRA ATHLETICA

"Life is like a bicycle, to keep your balance, you must keep moving"

At Chakra, high-intensity music comes together with the simple joys of riding a bike making it an exciting, sweat dripping party on two pedals. Enjoy a fun, quick way to spend some calories as our instructors ensure you have the best time on two wheels.



ACCOMODATION AT THE RESIDENCES

" Sometimes all we need is a little bit of pampering"

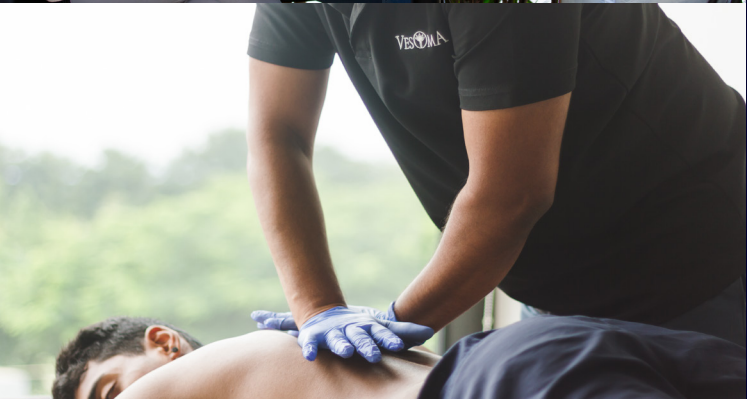
Discover calm luxury a stone's throw away from CSE, as you make The Residences your temporary abode. With spacious rooms and seamless service at your fingertips, The Residences at CSE is sure to add grandeur to your retreat.



DELECTABLE CUISINE AT AMIEL GOURMET

" Good food is the foundation of genuine happiness"

A gourmet outfit that whips up the most delectable gastronomic delights that can tickle your deepest fancies. Enjoy the crisp sound of a breaking baguette or the slurp of a long strand of spaghetti as you experience pure culinary bliss!





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Contact

+91 73531 73000 ✉ info@centreforsports.in

🌐 centreforsports.in