
THE SOUND AND BALANCED MIND



INCLUSIONS

- 3 night accommodation
- 3 ayurvedic spa treatments
- Ayurvedic Doctor consultation

Junior Suite

Single	Double	Triple
\$3,650	\$5,450	\$7,560

(*Inclusive of applicable taxes)

Designed to rejuvenate bodies and minds that have been clouded by modern life and unhealthy environments, this comprehensive program guides you to a calmer mind and inner harmony. Discover the art of relaxation and embark on a journey within.

This immersion into mental well-being and spiritual balance offers limitless opportunities to cultivate inner peace. From harnessing the majestic calming power of the Himalayas to Buddhist monk-led meditations and mind-clearing yoga, this extensive program purifies every aspect of you.

3 nights/4 days

DAILY PROGRAMME

DAY 1

- introduction into journaling for mental clarity
- learning the art of breathing
- 60 min calming yoga session
- 60 min chanting and mantra meditation session

Day 2

- sunrise meditation + tea ceremony
- hike to Buddhist Monastery + monk-led meditation
- yoga nidra session

Day 3

- 60 min sound healing therapy
- 60 min yoga session
- art therapy with local artist / pottery session with pottery master
- evening trataka practice (candle meditation)

Day 4

- 60 min sunrise yoga session
- closing blessing ceremony with priest