
WEIGHT LOSS



INCLUSIONS

- Ayurvedic Doctor consultation
- Yoga Wellness consultation
- personalized wellness diet plan
- 8 weight loss encouraging Ayurvedic treatments
- 8 private yoga session (including asana, pranayama, kriyas, yoga nidra & meditation)
- 6 private pranayama sessions
- 3 yogic cleansing sessions
- Nature walks + hiking
- 8 individualized ayurvedic SPA treatments

Our Weight Loss Program is a safe and effective way to lighten every aspect of you. Gain control over your body through specific Ayurvedic treatments, exercise, yoga asanas, yogic cleansing methods, and a wellness diet plan. This program is designed to shed excess weight, improve metabolism, renew energy, and create both a lighter body and mind.

Guided and led by our in house Ayurvedic doctor, this Weight Loss program is tailored to each individual with a personalised diet plan, exercise and yoga sessions, and ayurvedic treatments.

8 nights/9 days

DAILY PROGRAMME

DAY 1

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Private pranayama session
- Yogic cleansing session
- Nature walk + hiking (guide charge only)
- Undvarta +steam bath

Day 2

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Private pranayama session
- Yogic cleansing session
- Deep tissue massage (himalayan Trekkers Massage)

Day 3

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Private pranayama session
- yogic cleansing session
- Ayurvedic Massage

WEIGHT LOSS

Day 4

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Private pranayama session
- Rejuvenating back massage

Day 5

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Private pranayama session
- Mud PACK Therapy

Day 6

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Private pranayama session
- Body Harmony

Day 7

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Revive massage

Day 8

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga session (including asana, pranayama, kriyas, nidra & meditation)
- Undvarta +steam bath

Day 9

- Weight loss encouraging Ayurvedic treatments
- Private yoga session private yoga sessions (including asana, pranayama, kriyas, nidra & meditation)
- closing ceremony

Junior Suite

Single	Double	Triple
\$7,100	\$11,040	\$15,850

(*Inclusive of applicable taxes)