

अतुल्य! भारत  
Incredible India



MEMORABLE  
JOURNEYS  
HEARTOFINDIA.CO.IN

ANANDA®  
IN THE HIMALAYAS  
A DESTINATION SPA

WELLNESS TOUR IN ASSOCIATION WITH ANANDA

# WELLNESS TOUR

WELLNESS / YOGA/ REJUVENATION/ DETOX/ AYURVEDA/ STRESS/ FITNESS

## TOUR HIGHLIGHTS

IN ASSOCIATION WITH ANANDA



### WELLNESS DIET

A unique food plan to internally cleanse the digestive system



### MASSAGE THERAPY

Age old therapies for body relaxation



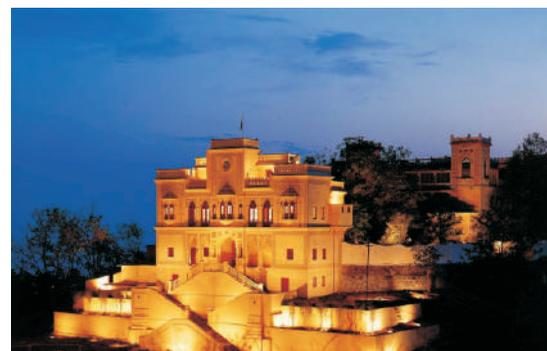
### WORLD CLASS HOSPITALITY

Luxury Accommodation



### BODY GLOW

Scrubs to bring back your body skin to full glow



### HERITAGE LUXURY STAY

Stay in an ancient grand palace



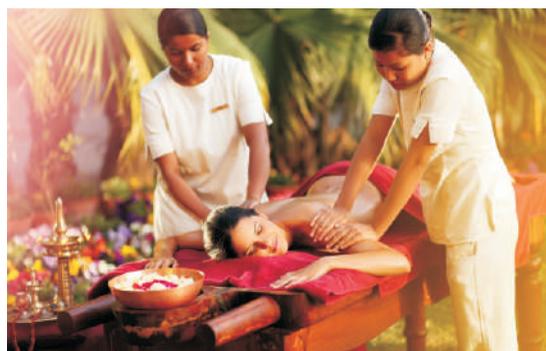
### SPECIAL TREATMENTS

Age old therapies to improve nerve muscle weaknesses



### ALL INCLUSIVE PACKAGES

Stays that include everything in house



### REJUVENATE

Therapies for the body mind and soul



### MEDITATION

A recipe for the soul



### ANANDA IN THE HIMALAYAS

A relaxation destination in the himalayas



## RELAXATION BREAK IN THE HIMALAYAS 7-21 DAYS

### PROGRAMMES

These signature all-inclusive packages are programmes which are tailor made for individual health goals. Ananda's wellness programmes follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere expertly guided by our team of expert ayurvedic doctors, skilled therapists, nutritionists, yogis and spa cuisine chefs. Years of research by our ayurvedic, yogic and international wellness experts have enabled a unique integrated focus on the core physical and mental aspects which have the most impact. The results are award winning programmes which work to create a sustainable journey towards a healthier, enriched lifestyle.

### AYURVEDIC REJUVENATION

Ananda's Ayurvedic Rejuvenation Programme is designed to suit every individual's personal needs. The programme aims at improving vitality of one's body through Panchakarma treatments along with complementing Ayurvedic treatments, controlled diet and yoga. The programme results in improved immunity and energy, better metabolism and healthy, glowing refreshed skin

### HOLISTIC DETOX

Ananda's Detox Starter for 5 nights is a perfect introduction to those who have not experienced an Ananda Detox before. Ananda's comprehensive Detox Programmes for 7, 14 & 21 nights rest the digestive system through controlled eating of whole organic foods, improves the circulation of the blood and lymphatic systems, filters toxins from the body and finally nourishes it with essential nutrients.

### REBALANCE

The new Ananda Rebalance programme aims at Balancing of Wellness holistically, looking at Circadian Rhythm and Your Internal Master Clock. Our aim is to allow you to restore the correct balance in the process of realigning Wellness. Rebalance programme is ideal for anyone who is stressed out emotionally and physically and needs to take a break from their day to day life and invest some time in themselves, whilst providing you with the rest and relaxation needed to allow your body and mind to heal. The programme allows sufficient time to immerse in our scheduled daily sessions of yoga, meditation, pranayama, fitness and Vedanta to create a balanced state of mind and body in sync with your circadian cycle.

### YOGA

The Yoga Programmes at Ananda help you cultivate the ancient discipline of yogic practices to recharge yourself by enhancing clarity of thought. Every aspect of your mind, body and soul achieves a heightened sense of balance. The comprehensive programmes of 7 and 14 nights focus on yoga's therapeutic process with the objective of achieving a particular physiological, psychological or spiritual goal.

### WEIGHT MANAGEMENT

The Weight Management Programme is a safe and effective way to lose weight. Ananda is the perfect haven to gain control over your body through Ayurvedic and Western treatments, detox therapies, exercise, yoga, diet and meditation. This programme aims to improve your metabolism and leaves you with a toned body and renewed vigor.

### STRESS MANAGEMENT

The Stress Management Programmes focuses on a healthy lifestyle which aims at minimizing stress, creating positive changes and promoting synergy in your life. The comprehensive programmes of 7 and 14 nights incorporate various balance yoga asanas, pranayama, Ayurvedic therapies, Grounding Aromatherapy, Reiki and other comprehensive healing experiences that result in a **RENEW** comprehensive balance of mind, body and soul.

The Renew Programme effectively unlocks your youthful fervor. It cleanses your body from within and provides relief from muscle stiffness, rheumatism and arthritis. The comprehensive programmes of 7 and 14 nights also include holistic healthy-ageing processes including skin nourishing and beauty remedies.

### DHYANA MEDITATION

A process of self-awareness, the practice of meditation is one of the key tools to help harmonize the mind and tap into the potential of higher consciousness. Ananda's Dhyana Programme guides each guest through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and towards experience of Dhyana (continued meditative awareness).

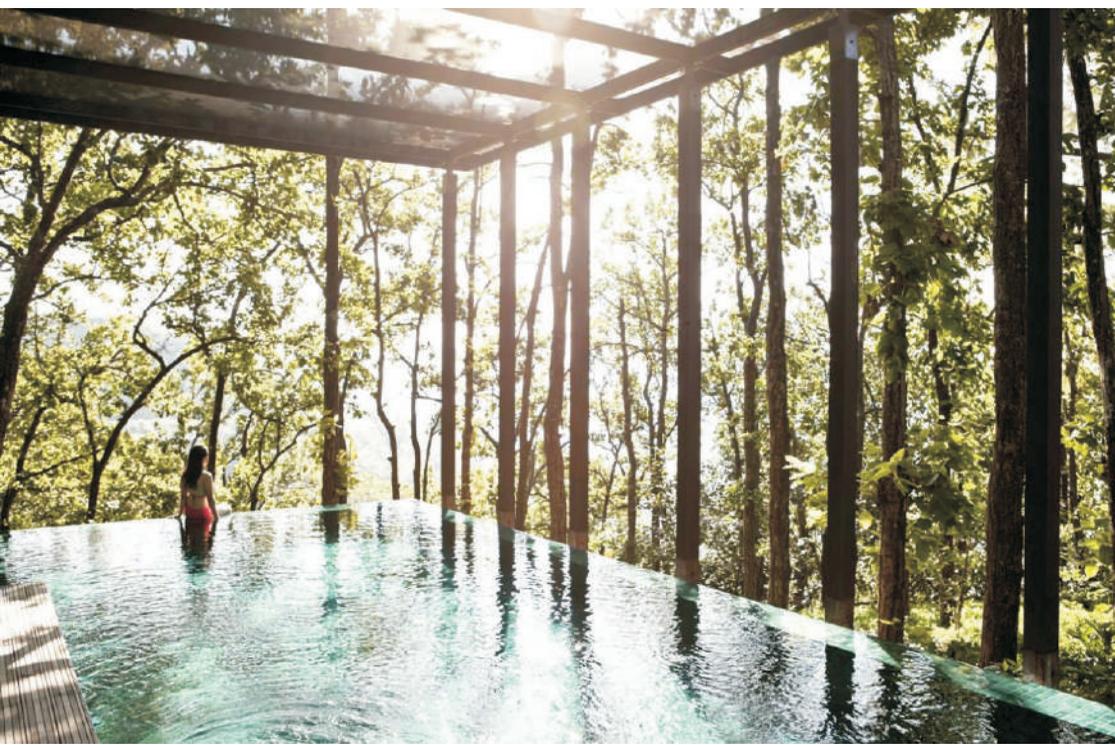
### PANCHAKARMA

The traditional science of Ayurvedic Panchakarma offers the most natural and complete cleanse. It is the ideal method of detoxifying and rejuvenating the body and mind and healing from within. Overlooking the spiritual Ganges river in the Himalayan foothills, Ananda creates an idyllic setting for a holistic cleanse. The Panchakarma programme is for 21 nights and follows 3 distinct stages. For those with time limitations, a shorter introduction version of Panchakarma can be customised for 14 days as well.

### THERAPUTIC TREATMENTS

- Physiotherapy for Chronic Pain / Injury Management
- Auto-immune Disease
- Obesity
- Allergies
- Nicotine Addiction
- Respiratory Disorders
- Chronic Pain
- Blood Pressure
- Cholesterol Reduction
- Hormonal Imbalances
- Diabetes
- Digestive Disorders
- Heart Disease
- Skin Disorders
- Insomnia





# HOTELS

ANANDA®  
IN THE HIMALAYAS  
A DESTINATION SPA

WE FEATURE IN

**HELLO!**

TAJ  
PALACE  
NEW DELHI

WE FEATURE IN

travelxpHD  
see more. xplore more.

AWARDED BY

THE FINANCIAL EXPRESS



WE FEATURE IN

NDTV  
GOODTIMES

## TOUR INCLUSIONS

- ACCOMMODATION AT ANANDA SPA RESORT
- ACCOMMODATION AT NEW DELHI
- DOMESTIC FLIGHTS
- AIR CONDITIONED TRANSPORT
- AIR PORT AND HOTEL TRANSFERS
- ALL TAXES INCLUDED
- E-VISA

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