Ananda

Wellness Programmes

ANĀNDA®
IN THE HIMALAYAS
A DESTINATION SPA

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Ananda Wellness Programmes

Ananda’s portfolio of programmes offer a complete range of foundation and comprehensive wellness programmes targeted at specific health goals.

Foundation To Wellness Programmes

Ananda's Foundation Wellness Programmes provide an introduction to understanding your body and mind from a holistic perspective. Wellness consultants offer guidance to creating a healthy ongoing lifestyle of positive habits and dietary changes to meet your health goals. Select wellness therapies and personalised wellness cuisine help start your wellness journey. Guests on Foundation programmes are also encouraged to attend daily scheduled group wellness sessions including yoga, meditation, and Vedanta classes to enhance the programme further.

Comprehensive Wellness Programmes

Ananda’s signature comprehensive wellness programmes are immersive to achieve transformative results. These programmes are more intense with higher number of therapies each day combined with several personal sessions of yoga, meditation and fitness, depending on the specific goals of the programme. These programmes include continuous wellness consultations with experts through the duration to guide and monitor progress with strong emphasis on personalised diet plans specific to each programme and wellness goal.

Programme Summary

A ready reference of all categories, programmes and applicable lengths of stay

PROGRAMME	FOUNDATION		COMPREHENSIVE		
	5 *nights*	7 *nights*	7 *nights*	14 *nights*	21 *nights*
DETOX & CLEANSING					
Holistic Detox			✓	✓	✓
Yogic Detox			✓	✓	✓
Panchakarma					✓
IMMUNITY & VITALITY					
Ayurvedic Rejuvenation			✓	✓	✓
Renew			✓	✓	✓
Yoga	✓	✓	✓	✓	✓
Fertility Enhancement				✓	✓
MENTAL HEALTH & SPIRITUAL BALANCE					
Stress Management	✓	✓	✓	✓	✓
Dhyana Meditation			✓	✓	✓
Sleep Enhancement			✓	✓	✓
FITNESS & WEIGHT MANAGEMENT					
Weight Management				✓	✓
Activ-Fitness	✓	✓	✓	✓	✓
HORMONAL BALANCE					
Rebalance			✓	✓	✓
PCOS Management				✓	✓
CHRONIC AILMENTS					
Pain Management			✓	✓	✓

Standard Inclusions
For All Wellness Programmes

A Pre-arrival wellness questionnaire to be filled and submitted online by the guest (mandatory for confirmation of wellness programme)

B Pre-arrival lifestyle and diet guidelines (recommended to be followed for 7 days for optimal results)

C Consultations

- Consultations with Lead Consultant on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation.
- In addition, comprehensive wellness programmes include consultation with Emotional Healer and Physiotherapist.

D 3 Ananda Rejuvenation Spa Cuisine meals (breakfast/ lunch/ dinner), per night per person.

Our specially curated menus are tailor-made to each individual incorporating seasonal variations in cuisine as well as recommended styles of cooking. The six fundamental food categories of sweet, sour, salty, pungent, bitter and astringent are combined with three macronutrients of protein, fat and carbohydrates, all of which provide certain nutritional factors key to good health. Our cuisine comprises fresh natural foods low in fat and calories with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the avoidance of added or artificial salts, colors, flavours, or preservatives.

E Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath

F Scheduled Spa Lifestyle and Wellness activities: (group sessions)

- Yoga – daily
- Pranayama, Meditation and Mantra Chanting - daily
- Vedanta lectures and interaction - daily
- Fitness – daily
- Cooking demonstrations - weekly
- Wellness Lectures – weekly
- Trek to Kunjapuri mountain top and temple – weekly

G Programme Inclusions

- Inclusions shown for each programme are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

- All personal yoga, fitness and meditation sessions in case of double occupancy will be provided as combined sessions for both persons unless otherwise advised by Ananda's wellness consultant.



Ananda *Holistic* Detox

Toxins constantly build up in the body due to pollution and other environmental factors leading to lack of energy, weight gain, inflammation and related issues.

Detoxification focusses on toxin mobilisation and their removal by stimulating the liver to filter toxins from the body. It *cleanses* the entire digestive system to optimize digestive capacity and assimilation process, metabolic activities and evacuation abilities, improving the circulation of the blood and lymphatic systems, and finally *nourishing* the body with essential nutrients post detox completion.

The ultimate goal is to detoxify both the *mind and body* of harmful toxins and negative thoughts in a controlled and safe manner.

Who is this programme for: Those experiencing slow metabolism, liver issues, digestive and cholesterol Issues. Also important for active travellers and for overall wellbeing.

Ananda's signature Holistic Detox programme uses detoxifying experiences along with yoga, meditation and a dosha (body type) specific diet. It cleanses the digestive system including the organs attached to it like the liver, gallbladder and pancreas with the help of shodhana methods of Ayurveda, yoga, and oriental therapies. Personalized fitness sessions with a focus on cardiovascular exercises, light muscle toning and passive stretching improves the circulatory function thereby helping the mobilization of toxins and metabolic wastes accumulated in muscles and circulatory pathways. Dosha based diet made from fresh ingredients with balanced micro and macro nutrients helps to balance the agni or metabolic power in the body.

The Comprehensive Holistic Detox Programme starting 7 nights, flushes out toxins from the entire system by various ayurvedic cleansing methods. Yoga asanas and breathwork release the physical as well as psychic blockages. Yogic cleansing techniques help to flush out toxins from the oesophagus, and sinuses. Personalised detox diets optimise metabolism and aid in the cleansing process and replenishing vital nutrients in post detox nourishment. The comprehensive Holistic Detox programme helps achieve an increase in energy levels, improved focus and concentration, better digestion and absorption of nutrients, better immunity and stamina, glowing skin and toned body.

Holistic Detox

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, International, Oriental, Cleansing	11	22	33
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation, Fitness	3	6	10
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Yogic* Detox

Ananda's Yogic Detox programme uses different Hatha Yogic cleansing techniques (Shatkarmas) to detox in a natural and effective way. Shatkarmas, similar to Ayurveda, are also used to balance the *three Doshas* in the body.

In Yogic detoxification, elements of Asana (Hatha Yogic postures), Pranayama (Yogic breathing techniques), meditation and Yogic/Ayurvedic diet are incorporated along with Shatkarmas to give *profound experiences* of vitalization and harmony.

Who is this programme for: Those experiencing mild digestive issues or respiratory disorders. Also for cleansing energy blockages, improving range of motion of the joints, and elasticity of the muscles.

The programme is exclusively designed on the principles of Hatha Yoga which aims at purification of entire body and mind through Yogic techniques. Simultaneously, other therapies help the lymphatic system get rid of toxins.

Asana (posture) and Pranayama (Yogic breathing techniques) are used to activate the organs and prepare them for the process of cleansing. Techniques of relaxation are incorporated to release the physical tensions in body and mind. Shatkarmas (traditional Yogic cleansing) are employed to cleanse the system. Various techniques of Pranayama are performed to establish internalization and harmonization of prana and awareness, psychic purification for a balanced state of mind.

Ananda's Yogic Detox Programme releases deep rooted muscular and neural tension, enhances vitality, relaxation and improved blood purification, promotes balance in energetic patterns of the body and an increased sense of physical stability, helps with problems like sinusitis, hay fever, asthma, tonsillitis and dust allergies. The thorough cleansing results in a deep sense of purity.

Yogic Detox

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, International, Oriental, Cleansing	10	18	27
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation	6	13	20
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Yoga Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	11

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Yoga and Meditation Guide
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *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.

The Panchakarma programme is for 21 nights and follows 3 distinct stages.

Who is this programme for: Deep cellular detox and for restoring the body's innate balance. Also for those experiencing diabetes, migraines, uncontrollable weight gain or chronic digestive issues.

The first stage is Purvakarma or pre-purification measures. Before purification begins, there is a need to prepare the body to aid toxin removal. The programme starts with improving digestion both at the cellular and gastrointestinal level through digestive juice stimulants (dipana), and digestants (pachana). This is followed by Snehapana or escalating consumption of medicated ghee for three to seven days, depending on the strength and nature of an individual.
Next is Snehana which is the application of oil to the entire body with a massage technique that helps toxins move towards the gastrointestinal tract. Alongside this is Svedana or therapeutic sweating and is given every day immediately following the Snehana.

The second stage consists of main panchakarma cleansing therapies which include Vamana (emesis), Virechana (Purgation), Kashaya Vasti (Decoction enema), Sneha vasti (medicated oil enema) and Nasyam (elimination of toxins through the nasal passages and para-nasal sinuses.

The third stage is Paschatkarma which focuses on special diets to rest and rejuvenate the cleansed system, along with natural herbal remedies to replenish the digestive enzymes and immune system. Lifestyle changes are prescribed following return from Ananda.

Panchakarma is a very special Ayurvedic procedure and requires proper guidance from a highly trained and skilful Ayurvedic practitioner. At Ananda, Panchakarma is performed under the supervision of our expert Ayurvedic doctors and customized for each guest with their specific constitution in mind.

While the sessions are a broad guideline of inclusions, Ananda's Panchakarma programme is customized for each individual based on age group, health conditions, constitution, gender and other factors like digestion, and existing toxin levels. Hence it is important to share a detailed medical history prior to the inception of the programme. Based on this assessment and with a detailed consultation on arrival, a customized programme is created by Ananda's Ayurvedic experts.

Panchakarma

Inclusions — 21 *nights*

THERAPIES	
Ayurveda, Cleansing	34
PERSONAL SESSIONS	
Yoga, Pranayama, Meditation	9
CONSULTATIONS	
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda Ayurvedic *Rejuvenation* and *Immunity* Booster

Ananda's Ayurvedic Rejuvenation and Immunity Booster Programme is designed to improve body vitality through intensive Ayurvedic treatments, nourishing diet, immunity boosting rasayanas and yoga practices. These therapeutic and cleansing therapies are known for their immuno-enhancing, neuro-nutrient, healthy ageing and anti-cellular stress effects. The programme focuses on balancing nutrition, creating a richer ojas system, boosting agni and enhancing microcirculation to strengthen immunity. This results in improved *immunity* and *energy*, better *metabolism* and healthy, glowing, *refreshed skin*.

Who is this programme for: For healthy aging and improving immunity. Also for those experiencing , post-surgical care, post cancer care, gynaecological issues.

The **7-day Programme** contains a series of detoxifying, de-stressing and revitalizing experiences. Key treatments help in improving the digestive fire and boost the circulatory functions. Purvakarma or pre-operative measures are done to dislodge the toxins from ‘Srothas’ or circulatory pathways to prepare the body for major cleansing therapies.

The **14-day Ayurvedic Rejuvenation** Sodhanam results in deep therapeutic effect and relief from specific medical and health conditions. Intensive cleansing procedures over 3 to 4 days eliminate toxins and balances the doshas (elements) in the body. A balanced diet, based on one’s body type and ayurvedic lifestyle routine, is prescribed as aftercare or ‘Paschatkarma’ to maintain the result of the cleansing and to boost metabolism.

The **21-day Ayurvedic Rejuvenation** Rasayanam programme results in complete wellbeing. After two weeks, the cleansing treatments make the body more receptive to rasayanam, a medicinal programme, which helps in keeping the body young and agile, preserving health and longevity and increasing physical and mental capabilities.
Rejuvenation/Rasãyana agents promote nutrition through different modes like, at the level of rasa (tissue transfer), agni (digestive fire) and srota (micro-channels). This is how Ayurvedic immunology conceives a bond between micro nutrition with immune enhancing effect. Major cleansing treatments like medicated enemas will be included in this programme for 5 to 6 days to balance the doshas in the body.

Ananda’s signature Ayurvedic Rejuvenation and Immunity Booster programme improves immunity, enables better metabolism, enhances energy and vitality and ensures glowing and refreshed skin. The weekly progress checks and programme revisions make the comprehensive Rejuvenation programme more intense, personalized and result oriented.

Ayurvedic Rejuvenation & Immunity Booster

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, Cleansing	11	22	34
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation	4	7	9
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Fertility Enhancement*

Ananda's Fertility Enhancement program is a highly customised path of Ayurvedic wisdom, Yoga, Oriental Medicine and Transpersonal Psychology to provide vital guidance for holistic and natural procreation. Based on Vajikarna, the branch of Ayurveda that deals with fertility, this program emphasises on cleansing the body of toxins, refining the metabolic function and stabilising hormonal fluctuation for improved performance of the reproductive seed or shukra dhatu that literally translates to 'bright, pure and radiant'.

Who is this programme for: Primarily for couples preparing for a healthy conception. Also addresses those experiencing issues due to endocrinal disorders, metabolic disorders, obesity, PCOS, erectile dysfunction etc.

A wide range of modern lifestyle & social factors today affect fertility in both men and women. These factors encompass nutrition, body weight, emotional stress and exposure to various environmental and occupational hazards. Additionally, substance misuse, delayed age of conception, and sexual dysfunction contribute to the inability for timely and natural conception.

The first or the readjustment phase of the Fertility Enhancement programme incorporates Ayurvedic Dinacharya or lifestyle modifications. The Yoga practices at this point target to improve blood circulation in the abdominal region to maintain genital health, while promoting endocrinal harmony. The readjustment phase alters faulty patterns to bring about a change in mental and emotional receptivity, preparing an individual or a couple for the intensive purificatory therapies to follow in the next phase.

Built on Vajikarna, a branch of Ayurveda that deals with issues of fertility, the second phase of bio purificatory treatments through Panchakarma therapies flush out accumulated Ama (toxins) associated with disturbed circulatory forces or doshas. The process purifies agni - the metabolic fire responsible for regenerating the reproductive seed or shukra. Traditional Chinese Medicine works on stabilising hormonal fluctuations by improving health of specific organ systems that play a key role in fertility. A deep dive into the limiting patterns of the mind through transpersonal psychology is an important part of this phase.

The third phase comprising shamana therapies (purificatory and restorative) help improve mood and regulate the secretion of healthy hormones. Specific diet therapy and use of adaptogen herbal remedies like Ashwagandha, Shatavari, Shilajit, and Ashoka are an important part of the restorative phase. The thoroughly researched and sensitively crafted approach of the programme create an ideal mind-body state to procreate.

The Fertility Enhancement Programme is available for 14 days. For clinical cases, the minimum duration will be 21 nights.

Fertility Enhancement

Inclusions	14 *nights*	21 *nights*
THERAPIES		
Ayurveda, Cleansing, Oriental, Emotional Healing	22	33
PERSONAL SESSIONS		
Yoga, Pranayama, Meditation	6	10
CONSULTATIONS		
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Renew*

Both age and health are reflected in skin, bones and joints. As the body's *largest* organ skin is the *first* layer of defence from external factors, but often due to several factors including unhealthy diet, hormonal changes, lack of sleep, environmental pollution and smoking its ability to work as an effective barrier is impaired.

The Renew programme using Ayurvedic, Oriental and International therapies works on *building* skin health and unlocks youthful essence through skin cleansing and skin nourishment. This programme also *improves* musculo-skeletal health and provides relief from muscle stiffness, rheumatism and arthritis.

Who is this programme for: For vitality of skin and hair, and joint care. Also for those experiencing skin allergies

Includes therapies to detoxify the skin and renovate underlying skin issues, and nourish the skin by hydrating, lubricating, and rejuvenating skin cells. The second phase includes beneficial Ayurvedic therapies to reduce wrinkle formation by nourishing and hydrating. It also improves blood circulation by cleansing the channels of lymphatic circulation thereby enhancing toxin elimination. Special oil blends are used for facial skin healing and combined with ancient marma massage and light nurturing stokes. This helps to purify and open up the energy field of the face & neck. After this, you experience improved skin health & improved lymphatic drainage.

Uses therapies to improve circulation, helping in removing ama or metabolic waste, thereby improving agni or metabolic fire, soothing the musculoskeletal system. Stimulating therapies improve energy flow within the body and restore the body's natural equilibrium. Besides improved skin health, overall benefits from the programme are improved joint flexibility, strengthened muscular system, and slowing of the degeneration process

Renew

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, International, Oriental	11	21	33
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation	2	7	10
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Yoga*

Rediscover yourself and enable heightened *balance* and *rejuvenation* through the classical approaches of Hatha Yoga and Kriya Yoga where individual sessions are specifically tailored for ones' needs. The programme includes *personalized* Asanas (Hatha Yogic postures), Pranayama (breathing techniques), Mudras (channelling of energy) and Bandhas (energy locks) in order to experience the *holistic* approach of Yogic traditions.

Who is this programme for: For those seeking to create a foundation of yoga practice and philosophy, conscious living, healthy living, mindful movement, and to improve agility and flexibility.

The programme has balanced inclusions of personalized Asana (Hatha Yogic posture), Pranayama (breathing techniques), and Yogic Kriyas in order to develop an understanding of the holistic approach of Yogic philosophy.

Upon arrival, there is a detailed Yoga consultation with our resident Yoga expert to help personalize the sessions to your needs. The individualised Hatha Yoga sessions are specifically tailored for ones' needs. Each posture has manual adjustments which will help one understand the relationships between the muscle groups and body parts being engaged. To develop a deeper understanding of how the body engages in each posture, the instructor guides the awareness to specific areas to enhance body's natural intuition.

The Ananda Yoga programme helps to develop a sound understanding of Yogic practices, develops strong will power and concentration, and improves immunity, sleep and clarity of thought.

Yoga

Inclusions	5 *nights*	7 *nights*	14 *nights*	21 *nights*
THERAPIES				
Ayurveda, International, Oriental	4	8	15	22
PERSONAL SESSIONS				
Yoga, Pranayama, Meditation	4	8	17	26
CONSULTATIONS				
Pre-Stay Diagnostics, Ayurveda, Emotional Healing[1], Physiotherapy[1], Interim Assessments[1], Pre-Departure Briefing, Post stay follow up[1]	4	8	9	11

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

[1]for 7 nights and above only

Consultations with Lead Consultant – Yoga and Meditation Guide
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Stress Management*

Ananda's Stress Management programme helps to lead a well-balanced, healthy life by reducing stress and relaxing the mind. This programme is a *customized* holistic approach of Ayurveda, Yoga, meditation and emotional healing to tackle the stress naturally. The whole programme is designed to provide *tranquillity* to the stressed body & mind and to bring back the *natural rhythm* of the psychosomatic system. Holistic healing treatments intensify the experience of *deep relaxation* by removing tensions from physical, mental & emotional levels.

Who is this programme for: For psychological wellbeing, mental detox and emotional fitness. Also for those experiencing anxiety, depression, stress, grief, PTSD.

The objective of the programme is to improve the nervous system and to stimulate the free flow of energy within the body. Other meditative techniques and emotional healing sessions uses the universal life force energy to break up energy blockages within the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself.

The first phase is to understand the basic cause of stress, the imbalance in the body and mind. Planning of the diet and activities is streamlined based on these findings. It helps the body and mind to relax and release the tension accumulated through various deep work treatments.

In the second phase, treatments and procedures help to soothe the mind and bring about relaxation on a deeper level. These include sessions on meditation and yoga, which help cleanse the mind and facilitate stress management on a long-term basis.

In the third phase of the programme, procedures with even deeper impact on the mind and spiritual level. Ananda's Stress Management reduces stress and anxiety, improves sleep, strengthens immunity, provides relief from discomfort of the mind and emotional energy blocks.

Stress Management

Inclusions	5 *nights*	7 *nights*	14 *nights*	21 *nights*
THERAPIES				
Ayurveda, International, Oriental, Emotional Healing	6	11	24	38
PERSONAL SESSIONS				
Yoga, Pranayama, Meditation	1	2	6	9
CONSULTATIONS				
Pre-Stay Diagnostics, Ayurveda, Emotional Healing[1], Physiotherapy[1], Interim Assessments[1], Pre-Departure Briefing, Post stay follow up[1]	3	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

[1]for 7 nights and above only

Consultations with Lead Consultant – Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Dhyana Meditation*

A process of *self-realization*, 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* through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and *awareness* of the journey towards experience of Dhyana (continued meditative awareness).

Who is this programme for: For mind management, improving focus and concentration, somatic and psychosomatic healing and for deep spiritual immersion. Also for those experiencing emotional disturbances.

The various concepts of Dhyana (meditation) and its practice originated in the Vedic era and have been influenced over the ages by Buddhism, Hinduism and Jainism. The practice of meditation is one of the key tools that helps harmonize the mind and also tap into the full potential of the 'higher mind'. By overcoming negative tendencies, it helps harmonize the whole personality and gives an overall sense of calm.

Daily meditation discussions include practicing techniques of pratyahara (withdrawal of the senses from the mind), followed by dharana (mental awareness) which help to relax, concentrate and build internal awareness leading to dhyana (continued awareness). Topics related to the philosophy of yoga, the structures of the yogic system, the yogic and meditative lifestyle, the positive effects of mantras (sound vibrations) and self-study are discussed during these sessions. Daily personalized Pranayama sessions promote breathing techniques that lead to control of pranas (energy) and the mind. Personalized yoga sessions focus on asanas accompanied by an awareness of one's energy.

Soothing and healing therapies complement the mindful meditation and yoga sessions. Ananda's unique Dhyana meditation programme harmonizes the physical, mental & spiritual faculties, balances chakras leading to spiritual enlightenment, stimulates reflex points to restore energy flow in the body, improves cardiovascular and circulatory health, reduces stress, improves circulation, boosts the immune system, improves memory and normalizes sleep patterns & blood pressure.

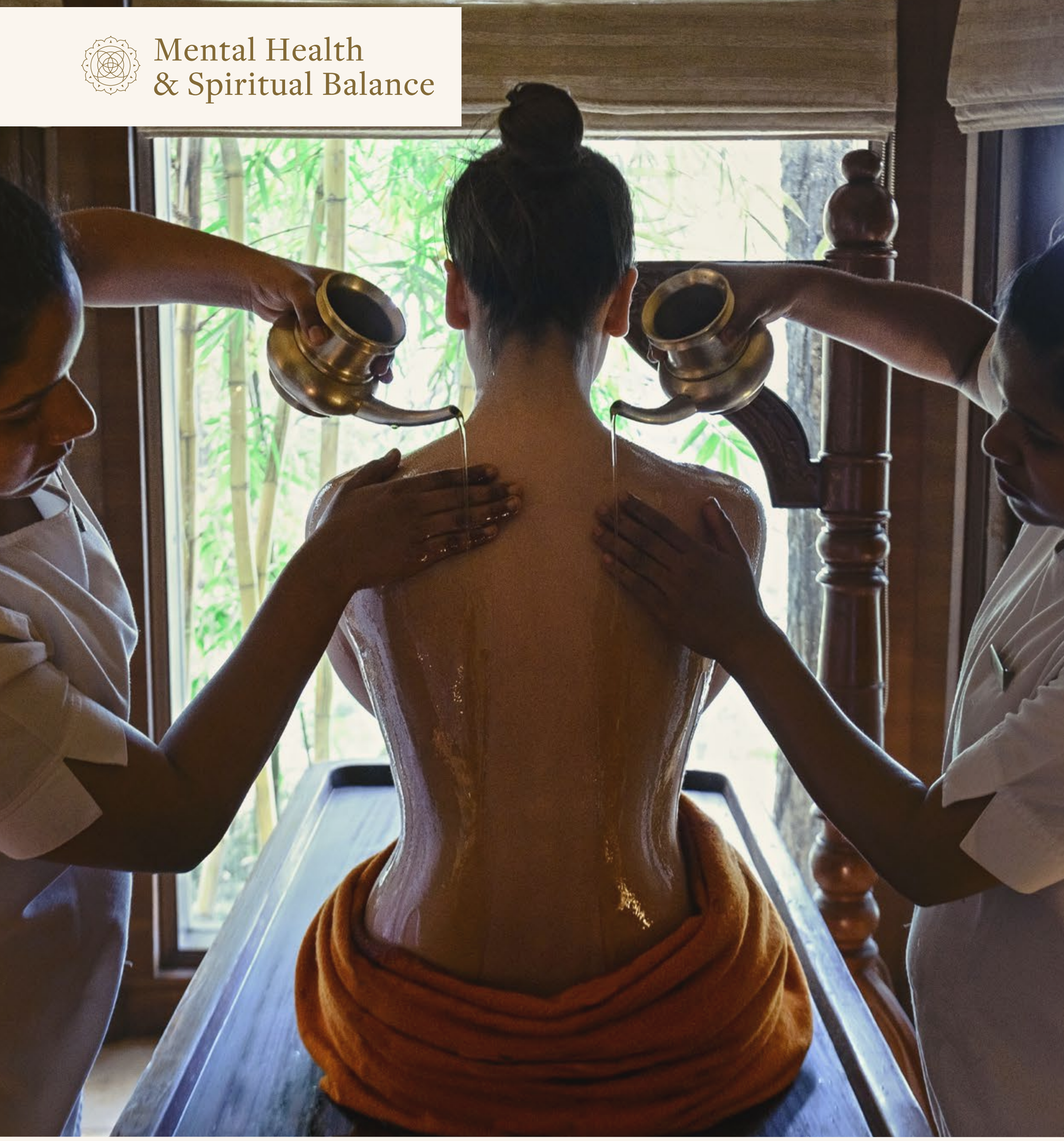
Dhyana Meditation

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, International, Oriental, Cleansing	6	12	17
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation	9	18	29
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Yoga, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	11

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Yoga and Meditation Guide
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Sleep Enhancement*

Ananda's Sleep Enhancement Program is a customised holistic approach of lifestyle modifications, dietary corrections, Ayurveda therapies and Traditional Chinese Medicine to improve sleep quality, while removing associated complications arising due to disturbed sleep. The healing therapies and guidance from physicians, yogis and healers help calm the nerves, restore the metabolic and emotional balance for high energy levels, enhanced focus, effortless concentration and a renewed state of self.

Who is this programme for: Those experiencing sleep apnea, sleep procrastination, inability to sleep, interrupted sleep, erratic sleep patterns, and endless dreaming.

Circadian misalignment induced by sleep deprivation could lead to inflammation, cardiovascular conditions, hypertension, obesity, mood swings, anxiety disorders and depression. The inability to sleep or a constant sense of tiredness is an ever rising complaint, hence the primary objective of the program is to improve the quality of sleep and enhance the mind's ability to slip into a state of deep rest.
Through Ayurvedic infusions and Brimhana (nourishing, strengthening) diet, the first phase of the program restores metabolism to nourish the Ojas system (vital energy and core essence) and dhatus (tissues). Ayurvedic treatments and Tibetan therapies, such as Abhyanga (full body massage), Pada Abhyanga (foot massage), Reflexology, Netra Tarpan (eye ritual), grounding aromatherapy and Shirodhara (healing technique focused on the third eye chakra) stimulate a free flow of energy in the body. The customised intensive yet soothing therapies prompt the physical body to rest, gently nudging the strained and over stimulated nervous system to a sense of ease.

Thereon modifications to the energetic and mental body are introduced through meditations, yoga and traditional Chinese medicine. The second phase reintroduces the mind to ideas of spacious existence. Trataka, acupuncture, tranquilising hydrobaths and Yoga Nidra gently rebuilds the mind's ability to stay calm on a deeper level, for longer periods of time.

The third phase dives into deep corners, finding reasons in the emotional body for delaying sleep, causing endless dreaming and high mental activity. **Spiritual psychology and energy healing** make an even deeper impact on the mind and spiritual body. Ananda's sleep enhancement program provides relief from emotional discomfort, strengthens mental immunity, restores the body's ability for mindful consumption, healthy assimilation and complete evacuation.

The Sleep Enhancement Program is available from 7 nights. The recommended duration for the program is 14 nights onwards.

Sleep Enhancement

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, International, Oriental, Emotional Healing	12	23	35
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation	3	5	8
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Weight Management*

Ananda is the perfect haven to *gain control* over your body through Ayurvedic and International treatments, detox therapies, exercise, yoga, diet and meditation. A safe and effective way to lose weight, this programme *improves* your metabolism and leaves you with a toned body and renewed vigor. It is also one of the few programmes in the world where *release of emotional blockages* is such a key component. The whole approach behind Ananda's Weight Management programme is through a supportive, *non-aggressive* process, yet yielding the desired results.

Who is this programme for: Those who are overweight and need targetted but sustainable weight and inch loss. Also suitable for sustainable weight gain.

The pillars of Ananda's Weight Management programme are detox therapies, exercise, Yoga, meditation and a personalised diet. Emotional healing is a key component here. The fitness activity in weight management programme is primarily focused on burning calories. The fitness consultation on the day of arrival helps our trainers understand the body based on cardiovascular function, muscle strength and flexibility. Specific training patterns like interval training will be planned according to these three parameters. Dosha based diet made of organic ingredients with balanced micro and macro nutrients, helps to balance the agni or metabolic power in the body. When Agni is out of balance it builds pseudo appetite and improper digestion leading to accumulation of metabolic wastes and thereby causing an increase in cellulite and fat deposition in the body.

The **Comprehensive Weight Management Programme** starting 14 nights starts with procedures to eliminate the ama or the metabolic waste and to reduce the subcutaneous fat from the body. Essential oils are infused with sea salt for a powerful aromatherapy body scrub to remove toxins from the skin. Other therapeutic treatments move the toxins and metabolic waste through the 'srothas' or circulatory channels as a preparation to eliminate them through the Panchakarma or cleansing procedures.

Sodhana procedures like medicated oil enema and decoction enemas completely eliminate the toxins from the body and boost the metabolic rate. Proper balanced diet based on one's body type and Ayurvedic lifestyle routine is prescribed as after care to maintain the result of the cleansing and to boost metabolism. The Ananda weight management programme enables better metabolism and lightness of body, better digestion and absorption of nutrients, weight loss and toned body and better strength, flexibility and stamina. The emotional healing sessions work on releasing repressed emotions to ensure balanced mind body balance and functioning.

Weight Management

Inclusions	14 *nights*	21 *nights*
THERAPIES		
Ayurveda, Cleansing, International, Emotional Healing	20	34
PERSONAL SESSIONS		
Yoga, Pranayama, Meditation, Fitness	10	15
CONSULTATIONS		
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Activ-Fitness*

The Activ-Fitness programme integrates the best of indoor and outdoor personal fitness training, *guided* outdoor treks, yoga, aqua fitness and *therapeutic* spa experiences to *enhance* muscle tone and cardiovascular fitness. Physiotherapy addresses musculoskeletal and neuromuscular problems, muscular imbalances and realignment, elasticity of the muscles, range of motion of the joints and overall blood circulation.

Who is this programme for: Those looking for cardiovascular fitness, improving range of motion of the joints, enhancing muscle tone, strength and elasticity.

Ananda's Activ-Fitness foundation programmes target those who want to improve their fitness levels - be it intermediate or advanced. The programme also caters to those who are looking to improve mobility, lose weight through increased physical activity and monitored nutrition.
The programme aims for 4 hours of training a day, across individual sessions (fitness sessions, outdoor boot camps and outdoor trail workout sessions) and scheduled group sessions (aqua fitness, core strengthening, mobility, foam rolling and stretching etc.). Rehabilitation sessions through personal training session will be provided for any chronic injuries.

Nutrition consultation and diet planning is a key aspect of this programme. Nutrition focuses on fuelling workouts and assisting post workout recovery and largely focuses on foods that are high in protein, high fibre, healthy fats and complex carbohydrates and grains with low glycaemic index. The meals will be individually planned across all day, including pre and post workout snacks.

The **Comprehensive 7 and 14-night Activ-Fitness Programmes** continues with a deeper understanding of where your body needs improvement and the type of landscape and experience required for a more intensive outdoor fitness activity. Muscle endurance is tested during circuit training and personal fitness sessions gauge how your body responds to outdoor terrain.

Recuperate with physiotherapy and sports massages that help in removing muscle soreness while improving blood flow. In this phase, there is a higher emphasis on intake of complex carbohydrates and high protein to fuel the body for optimum performance.
The outdoor regime is complemented with wellness therapies to increase blood circulation, improve body mobility and restore balance. The comprehensive Activ-Fitness programme at Ananda leaves one with improved muscle tone, cardiovascular fitness, improved and relaxed mind, reduced water retention, improved lymphatic stimulation, blood circulation, appetite and sleep.

Activ Fitness

Inclusions	5 *nights*	7 *nights*	14 *nights*	21 *nights*
THERAPIES				
Ayurveda, International, Oriental, Physiotherapy	3	10	20	30
PERSONAL SESSIONS				
Fitness, Trek/Rafting	5	6	13	17
CONSULTATIONS				
Pre-Stay Diagnostics, Ayurveda, Fitness Emotional Healing[1], Physiotherapy[1], Interim Assessments[1], Pre-Departure Briefing, Post stay follow up[1]	4	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

[1]for 7 nights and above only

Consultations with Lead Consultant – Physiotherapy Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *Rebalance*

The Ananda Rebalance programme applies *traditional oriental* therapies to address hormonal balance, specifically for menopause in women and also to address changes in testosterone and other hormones in men. This *healing* approach focusses on the blockage of energy flowing through the *fourteen* meridians. Intensive therapies are then used to balance its flow, relieve pain, improve energy flow and vitalise systems intrinsically.

Who is this programme for: Overall for those experiencing hormonal changes and imbalances. Specially for women experiencing peri-menopause, and menopause related issues.

Menopause
Menopause refers to the period of time when a woman's hormone levels start to change. The transition phase before menopause is often referred to as Perimenopause. During this transition and well into the onset of menopause, the production of estrogen and progesterone decreases. It is the big drop in estrogen levels that causes most of the symptoms of menopause.

Acupuncture as an alternate treatment methodology
Hormone replacement therapy (HRT) though used widely to address Menopause has several side effects. Studies using Acupuncture have shown that Vasomotor symptoms (VMS), which include hot flashes and night sweats and other menopause symptoms), declined significantly.

Hormonal Changes in Men
In men, testosterone helps maintain and develop muscle mass, adequate levels of red blood cells, bone density, sense of well-being, sexual and reproductive function. Symptoms of low testosterone depend on the age of person, and include decreased sense of well-being, depressed mood, difficulties with concentration and memory, fatigue, moodiness and irritability and loss of muscular strength, low sex drive, and erectile dysfunction.

Acupuncture, herbal medicine, cupping therapy, moxibustion, and therapeutic exercises and each of them can increase testosterone levels. Combining these methods can lead to an even better outcome.

Rebalance

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, International, Oriental	11	22	35
PERSONAL SESSIONS			
Yoga, Pranayama, Meditation	3	6	10
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, TCM, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10	11

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Traditional Chinese Medicine Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.



Ananda *PCOS Management*

PCOS is a complex endocrinal and metabolic disorder that affects menstrual cycle, fertility, insulin production, circulatory system and appearance. Ananda uses a *traditional* Ayurvedic process to balance the body from within, and treat the imbalances causing the above symptoms. This is fortified with *customized* yogic postures and meditative practices that work on the *reproductive* system. Healing emotional issues like anxiety, depression, and low self-esteem are a critical aspect of the treatment plan.

Who is this programme for: Those with PCOS and related hormonal related issues

To balance and regularize the related hormones/internal environment by detoxification and rejuvenating the body to achieve and maintain physiology and to prepare for the next phase.

The primary line of treatment begins with Nidana parivarjana to abstain from the causative factors. It is then followed by detoxification therapies like Panchakarma. These are proceeded by customized ayurvedic medicines, nourishing supplements and rejuvenating therapies to bring the body back into balance. It's also important to cure gut related issues while treating PCOS to improve metabolism and digestion.

This entire process is fortified with using customized yogic postures and meditative practices that work on the reproductive system. The physical asanas also help in toxin mobility and working of the lymphatic system, which are then expelled out of the body eventually. Meditative and breath work practices help reduce stress that accompanies PCOS.

Customized meals play a significant role in this entire process of treatment and subsequent maintenance. Healing the emotional issues of anxiety, depression, low self-esteem are a critical aspect of the treatment plan.

PROGRAMME DURATION: Available for 14 or 21 nights.

Consultations with Lead Consultant – Ayurvedic Doctor - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.



Ananda *Pain Management*

Chronic and debilitating pain is *growing* exponentially affecting a large number of people globally. Ananda Pain Management includes *comprehensive* physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to *reduce* the intensity of pain, *improve* mobility and flexibility of joints, enhance physical functioning, and gradually *remove* pain entirely through addressing the root causes.

Who is this programme for: Those experiencing muscular skeleton pain, cervical, spondylosis, spinal and specific joint issues, specific joint issues, osteoarthritis and rheumatoid arthritis, lower back pain, unexplained aches & pains.

Ananda Pain Management starts with a detailed assessment by our Physiotherapy and Ayurvedic experts. The treatment plan is highly customized basis the root cause of pain, and includes comprehensive physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to reduce the intensity of pain, improve mobility and flexibility of joints, enhance physical functioning, and gradually remove pain entirely through addressing the root causes through ongoing management.

The programme is effective for symptomatic pain relief in non-chronic conditions where muscular or musculoskeletal pain onset is less than 2 to 4 years. Specific Physiotherapy sessions, and Ayurvedic therapies allow for reduction of pain and improving range of movement with guidelines for ongoing management. This is effective for pain reduction and mobility enhancement treatment of select non-degenerative conditions to achieve where muscular or musculoskeletal pain onset is less than 5 to 6 years. In addition, comprehensive Ayurvedic pain care therapies and localized therapies helps to reduce the inflammation.
Both Physiotherapy and Ayurvedic therapies involve manipulation of soft tissue structures of the body to prevent or alleviate pain, spasm, tension or stress and to promote musculo-skeletal health. Personalised yoga asanas work on gently unlocking stiff joints and reducing pain.

The **14-night Programme** is required when muscular or musculoskeletal pain onset is more than 5 to 6 years, or for Neuro-Muscular or Neurological Pain or other degenerative conditions. Physiotherapy sessions are designed to increase range of motion of the joint complex; mobilize or manipulate soft tissues and joints; induce relaxation; change muscle function; modulate pain; and reduce soft tissue swelling, inflammation or movement restriction. Based on the assessments including chronic neck pain, chronic low back pain, fibromyalgia, osteoarthritis or similar other chronic pain syndromes, a set of customized exercises are practiced under expert guidance and a home exercise regime is prescribed to ensure pain alleviation.

Pain Management

Inclusions	7 *nights*	14 *nights*	21 *nights*
THERAPIES			
Ayurveda, Physiotherapy, International, Oriental, Cleansing	12	24	35
PERSONAL SESSIONS			
Yoga	2	4	6
CONSULTATIONS			
Pre-Stay Diagnostics, Ayurveda, TCM, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Physiotherapy Doctor
On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

Terms & Conditions
For *Wellness* Programmes

Wellness programmes are goal oriented programmes which include specific spa treatments, mandatory consultations with doctors and a custom diet as prescribed by the experts. Please note that all our wellness programmes, including Foundation & Comprehensive Wellness programmes have the following programme components, which must be adhered to:

• Pre-arrival wellness questionnaire is to be completed and submitted online for prior review and in order to prepare the wellness programme itinerary. This is a confidential questionnaire received directly by our wellness team.

• Lifestyle and diet guidelines will be sent along will be programme itinerary. We recommend that these be followed for at least 7 days prior to arrival for optimal results.

• Mandatory wellness consultation with a Wellness Expert on arrival to assess your health and to personalise a plan to achieve your wellness goals. (Consultation will be done by Ayurvedic Physician or Yoga consultant, or Physiotherapist or Oriental Physician as per the chosen programme)

• Ayurvedic and/or international wellness therapies, personal yoga, meditation and/or fitness sessions are included in each programme based on the wellness goals to be achieved. Post initial consultation and based on the assessment by the Wellness expert, some modifications may be made as required.

• Daily changing wellness menus are curated with gourmet international and Indian cuisine incorporating traditional cuisine principle, customised to each individual and their health goal. The wellness menu is mandatory for those following a wellness programme.

• Wellness cuisine menus and final spa programme as decided by the Wellness Experts are mandatory. Any additional orders from the a-la-carte cuisine or spa menus will be charged additionally.

ANĀNDA®
IN THE HIMALAYAS
A DESTINATION SPA