

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, Tibetan and international experiences with Reiki Healing to tackle the stress naturally. The whole programme is designed to provide tranquility to the stressed body & mind and to bring back the natural rhythm of the psychosomatic system.



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Ayurvedic therapies like Shirodhara and international experiences like Reflexology, Rose Quartz, Amethyst Rejuvenation facial and meditation techniques like Yoga Nidra, intensify the experience of deep relaxation by removing tensions from physical, mental and emotional levels.

The intensity of the programme increases in the Comprehensive 7 night programme as it includes Ayurvedic massages like Abhyanga (traditional oil treatment to balance and relax the whole body), Tibetan Kuu Nye massage (which focuses on lymphatic drainage, acupressure and meridian energy channels) to improve the nervous system and to stimulate the free flow of energy within the body.

Ajapa Japa (a meditation technique to develop an awareness of the spontaneous mantra) is used to internalize the mind, releasing the tensions acquired through excess engagement in sensory contents. Reiki (a gentle hands-on technique on different chakras of the body) 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. Personal fitness sessions focus on therapeutic stretching to relieve the physical stress built up in the muscles and mild cardio improves overall blood flow).

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 treatments like Abhyanga and Aromatherapy.

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 like Reiki healing and Vedanta lectures are focused on.

Ananda's Stress Management reduces stress and anxiety, improves sleep, strengthens immunity, provides relief from headaches and improves blood sugar imbalance.





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INCLUSIONS	STRESS MANAGEMENT		
	DE-STRESS	7 nights	14 nights
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic Therapy sessions</i>	1	3	5
<i>International Therapy sessions</i>	4	7	16
<i>Personal Yoga sessions</i>		3	5
<i>Personal Pranayama sessions</i>	1	2	4
<i>Personal Meditation sessions</i>	1	3	5
<i>Ayurvedic Consultation</i>	1	1	1
<i>Emotional Healing Consultation</i>		1	1

THERAPIES	STRESS MANAGEMENT		
	DE-STRESS	7 nights	14 nights
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic Therapy</i>	Shirodhara	Shirodhara, Abhyanga	Shirodhara, Abhyanga
<i>International Therapy</i>	Grounding Aromatherapy Massage, Reiki, Ananda Fusion, Reflexology	Grounding Salt Scrub, Grounding Aromatherapy, Ananda Fusion, Reiki, Reflexology, Rose Quartz facial or Amethyst Rejuvenation, Tibetan Kuu Nye	Grounding Salt Scrub, Grounding Aroma Cocoon, Aromatherapy Massage, Ananda Fusion, Reiki, Reflexology, Rose Quartz facial or Amethyst Rejuvenation, Tibetan Kuu Nye Massage