



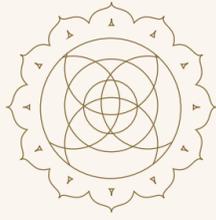
# Ananda Wellness Programmes

**ANĀNDA<sup>®</sup>**  
— IN THE HIMALAYAS —



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# Ananda Wellness Programmes

Ananda's portfolio of programmes offers a complete range of Intensive, Comprehensive and Foundation wellness programmes targeted at specific health goals.

## Intensive Wellness Programmes

Ananda's signature Intensive wellness programmes are journeys of deep commitment to achieve transformative results. They are ideal for addressing more challenging wellness objectives or for cases with deep seated chronic issues or complex disorders.

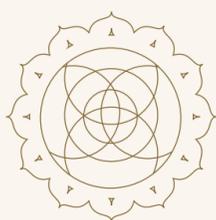
These programmes include continuous wellness consultations with experts prior to arrival, during the programme and post departure to guide and monitor progress and achieve wellness goals. Programmes in the intensive category have the highest frequency of daily therapies combined with several personal sessions of yoga, meditation, fitness, and other wellness practices. On average, Intensive Wellness Programmes **include 3 hours of wellness sessions daily.**

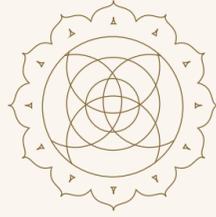
## Comprehensive Wellness Programmes

Ananda's comprehensive wellness programmes are immersive to address proactive health goals, ongoing lifestyle issues, and moderate disorders. These programmes include continuous wellness consultations with experts prior to arrival, during the programme and post departure to guide and monitor progress and achieve wellness goals. These programmes include therapies combined with personal sessions of yoga, meditation, fitness, and other wellness practices. On average, Comprehensive Wellness Programmes **include 2 hours of wellness sessions daily.**

## Foundation Wellness Programme

Ananda also offers a Foundation Wellness Programme which provides an introduction to understanding your body and mind from a holistic perspective. Customised wellness therapies help start your wellness journey. This programme includes a wellness consultation prior to arrival and during the programme. Guests on the Foundation programme are also encouraged to attend daily scheduled group wellness sessions including yoga, meditation, and Vedanta classes to enhance their wellness experience further. The Foundation Wellness Programme **includes 1 hour of wellness session daily.**



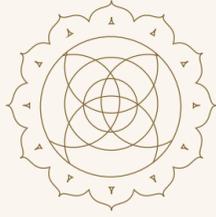


# Programme Summary

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

PROGRAMME	Intensive and Comprehensive Wellness Programmes		
	7 nights	14 nights	21 nights
<b>DETOX &amp; CLEANSING</b>			
Holistic Detox	✓	✓	✓
Yogic Detox	✓	✓	✓
Panchakarma			✓
<b>IMMUNITY &amp; VITALITY</b>			
Ayurvedic Rejuvenation	✓	✓	✓
Renew	✓	✓	✓
Holistic Yoga	✓	✓	✓
<b>MENTAL HEALTH &amp; SPIRITUAL BALANCE</b>			
Stress Management	✓	✓	✓
Dhyana Meditation	✓	✓	✓
Sleep Enhancement	✓	✓	✓
<b>FITNESS &amp; WEIGHT MANAGEMENT</b>			
Weight Management		✓	✓
Activ-Fitness	✓	✓	✓
<b>HORMONAL DISORDERS</b>			
Diabetes Management		✓	✓
Hormonal Rebalance	✓	✓	✓
Menstrual Health		✓	✓
Fertility Enhancement		✓	✓
<b>CHRONIC AILMENTS</b>			
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.
  - Comprehensive and Intensive 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 the 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.



### ➤ *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 the assimilation process. This enhances metabolic activities and evacuation abilities, improves blood and lymphatic circulation, and finally, nourishes 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 (purificatory) 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 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 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	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Cleansing	11	23	33	18	35	53
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation, Fitness	3	6	10	3	6	10
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





### ➤ *Yogic Detox*

Ananda's Yogic Detox Programme focuses on *Shatkarmas*, the six powerful purification techniques of Hatha Yoga, designed to detoxify the body and mind.

These cleansing practices harmonize the Solar and Lunar energies within the body, clearing internal systems of impurities caused by modern habits, diet, and stress. Through Shatkarmas, alongside Asanas (postures), Pranayama (breathing techniques), Mudras (energy seals), and Bandhas (energy locks), the programme offers deep rejuvenation and a pathway to inner balance and vitality.

**Who is this programme for:** This programme is ideal for those seeking natural detoxification, enhanced vitality, and improved physical and mental well-being. Whether you're looking to cleanse your body of toxins, strengthen your immune system, or restore mental clarity, the Yogic Detox provides a holistic, medication-free approach to healing and renewal.

The programme Shatkarmas, the six cleansing techniques that purify the body’s internal systems. The first three focus on the physical body, clearing blockages in the digestive, respiratory, and circulatory systems. These practices lead to lightness, renewed energy, and prepare the body for deeper meditation. The final three Shatkarmas calm the mind, reduce stress, and improve concentration, resulting in emotional balance and mental clarity.

Yogic Detox	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:						
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Cleansing	9	18	27	11	26	39
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	6	13	20	9	17	27
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Yoga, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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 – Yoga and Meditation Guide**

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations 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.





### ➤ *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	Comprehensive	Intensive
Inclusions   Nights:	21	21
<b>THERAPIES</b>		
Ayurveda, Cleansing	34	54
<b>PERSONAL SESSIONS</b>		
Yoga, Pranayama, Meditation	9	9
<b>CONSULTATIONS</b>		
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





## ➤ *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/Rasāyana 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 Rejuvenation programme more intense, personalized and result oriented.

Ayurvedic Rejuvenation	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, Cleansing	10	21	32	17	35	54
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	4	7	9	4	7	9
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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. Comprehensive and Intensive wellness programmes consultations 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.





### ⇒ *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 strokes. 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	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:						
<b>THERAPIES</b>						
Ayurveda, International, Oriental	12	22	34	19	35	53
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	2	7	10	2	7	10
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





## ➤ *Holistic Yoga*

Our Holistic Yoga programme seamlessly integrates and guides on the *ancient wisdom* of classical Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga, and Jnana Yoga offering a *well-rounded experience* that nurtures your physical, mental, emotional, and spiritual well-being.

**Who is this programme for:** This programme is ideal for individuals looking to deepen their understanding of yoga philosophy and practice, whether your goal is to improve flexibility, heal therapeutically, discipline the mind, or enhance spiritual awareness.

The structure includes a blend of Hatha Yoga and Raja Yoga, which focus on the outer aspects of the body, breath, and mind, fostering stability, lightness, and expanded consciousness. It also incorporates elements of Karma Yoga, Bhakti Yoga, and Jnana Yoga, which address attitudinal and behavioral transformations, cultivating mindfulness, devotion, and wisdom.

Upon arrival, a detailed yoga consultation will help tailor the sessions to your specific physical, emotional, and spiritual needs. Our skilled instructors will guide you through a dynamic combination of personalized Asanas (Hatha Yogic postures), Pranayama (breathing techniques), Mudras (energy channelling), and Bandhas (energy locks), enhancing the connection between body, mind, and breath.

Through this programme, you will gain valuable insights into your strengths and abilities, while developing willpower, mental clarity, and emotional resilience. The holistic approach will enhance your physical strength, flexibility, sleep, immunity, and spiritual awareness, helping you lead a more harmonious and enriched life.

Holistic Yoga	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:						
<b>THERAPIES</b>						
Ayurveda, International, Oriental	6	13	20	10	20	29
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	8	15	25	11	22	33
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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 – Yoga and Meditation Guide

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations 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.





## ➤ *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	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:						
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Emotional Healing	11	24	36	19	37	55
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	2	6	9	2	6	9
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





## ➤ *Dhyana* Meditation

Ananda's Dhyana Meditation Programme is based on the classical Raja Yoga tradition, *focusing on managing the mind* to develop mental discipline, concentration, and inner harmony.

This programme guides participants from sensory withdrawal to deeper states of mental absorption, leading to expanded consciousness. Dhyana, or meditation, is a process where the mind evolves, gaining clarity and wisdom.

**Who is this programme for:** This programme is ideal for individuals seeking to manage stress, improve mental clarity, and achieve inner peace. Whether you're new to meditation or an experienced practitioner looking to deepen your practice, the Dhyana Programme offers a structured path to help you reconnect with your inner self and explore the transformative power of meditation.

The Dhyana Meditation Programme follows the stages of Raja Yoga, starting with **Pratyahara**, where participants learn to withdraw their senses from the external world. This practice addresses stress at its root, reducing the sensory overload that constantly bombards the mind.

Once you master this withdrawal, the next stage is **Dharana**, which focuses on concentrating the mind on a single object. This stage eliminates distractions and prepares the mind for deeper meditation.

The final stage is **Dhyana**, where the mind becomes fully absorbed in the object of meditation. In this state, you experience inner peace, expanded consciousness, and freedom from mental tensions. This structured approach helps you navigate the journey from sensory overload to profound inner tranquility and spiritual awareness.

Dhyana Meditation	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental	6	14	23	10	23	35
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	8	15	22	11	21	31
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

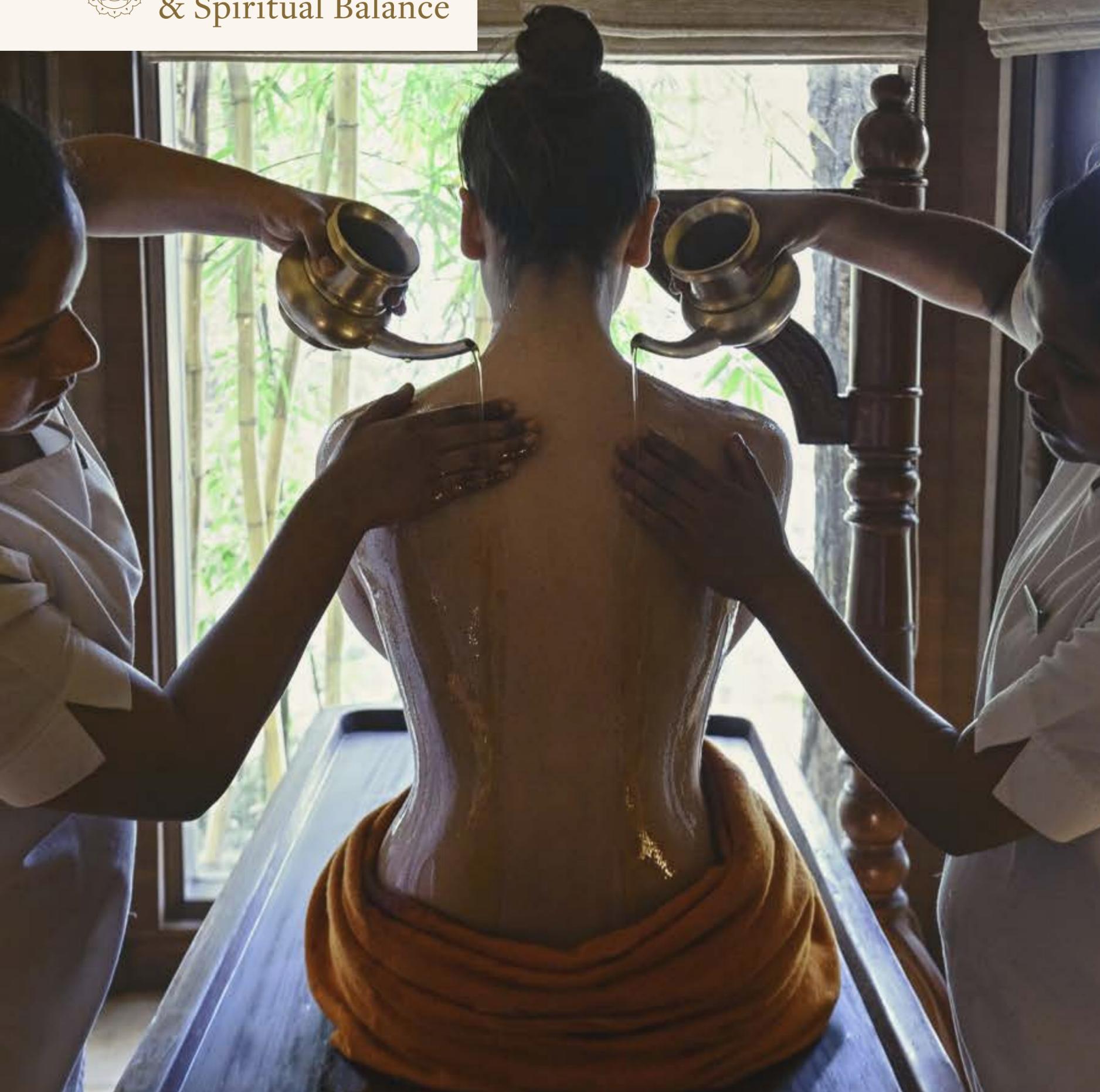
\*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

#### Consultations with Lead Consultant – Yoga and Meditation Guide

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations 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.





## ➤ *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 can 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	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Emotional Healing	12	24	36	18	38	56
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	3	5	8	3	5	8
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





## ➤ *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 targeted 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 **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	Comprehensive		Intensive	
Inclusions   Nights:	14	21	14	21
<b>THERAPIES</b>				
Ayurveda, International, Cleansing, Emotional Healing	20	30	32	48
<b>PERSONAL SESSIONS</b>				
Yoga, Pranayama, Meditation, Fitness	10	15	10	15
<b>CONSULTATIONS</b>				
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





### ⇒ *Activ-Fitness*

The Activ-Fitness Programme focuses on enhancing fitness and muscle tone by integrating Vyayama, the age-old Indian ritual for movement and breath integrated with contemporary fitness training techniques. Carefully guided at each step by Ayurvedic Physicians, Physical fitness trainers, and Holistic Physiotherapists, each individual's unique body-mind constitution, or dosha is adapted to a holistic fitness regime to achieve a *toned, powerful and agile body*. The Activ-Fitness programme is a one-of-a-kind blend of personal fitness sessions, Ayurvedic therapeutic treatments, customised diets, yoga, aqua fitness, and hikes to the Himalayan foothills.

**Who is this programme for:** Those keen to learn a holistic approach to wellness, looking to enhance cardiovascular fitness, improving blood circulation and range of motion of the joints, addressing neuromuscular problems, developing muscle tone, strength and elasticity, improving blood circulation, reducing water retention, and improving lymphatic stimulation.

Vyayama helps in maintaining the balance between the three circulatory forces or Doshas. Vyayama stimulates Agni - the metabolic capacity and enhances Ojas - the capacity to resist diseases or stress. Ayurveda grades exercise based on energy consumption, or the cardiovascular and respiratory system's response during and after physical activity. Hence Ayurveda recommends performing physical activities within range of specific symptoms aligned to the dosha.

Knowing an individual's dosha (unique bio-energetic forces that influence the body and mind) and a well-rounded understanding of the guest's acquired muscular-skeletal structure allows the team of Ananda' experts and physicians design a customised approach to Activ-Fitness. The initial and critical phase of this programme gently coaxes the body to follow a dinacharya (daily circadian cycle), postural analysis, re-constructs structural imbalances with holistic physiotherapists and imbibes a diet therapy to avoid inflammatory conditions while building strength.

Active training each day comprises individual sessions (fitness sessions, outdoor boot camps and outdoor trail workout sessions) and scheduled group sessions (core strengthening, mobility, foam rolling and stretching etc.) Rehabilitation through personal training sessions will be provided for any chronic injuries. Aqua fitness, stretching and yoga, and treks to the Himalayan foothills are include in the range of experiences. Nutrition consultation and refining the diet therapy that support focussed strengthening activity are key aspects in Phase II.

**The Activ-Fitness Programmes** continue with a deeper understanding of where the body needs improvement and the type of landscape and experience required for the goal. Muscle endurance is observed across fitness sessions to gauge how the body responds to organised strain. Recuperation is enabled 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 diet that fuels the body for optimum performance. The outdoor regime is complemented with wellness therapies to increase blood circulation, to improve body mobility and restore balance.

Activ-Fitness	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Physiotherapy	10	20	30	17	31	48
<b>PERSONAL SESSIONS</b>						
Fitness, Trek / Rafting	6	13	17	6	13	17
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





### ➤ *Diabetes Management*

Ananda's integrated Diabetes Management Programme offers a transformative, multi-disciplinary approach to diabetes and metabolic health. By integrating Ayurveda, Yoga, Traditional Chinese Medicine (TCM), physiotherapy, nutritional science, and emotional healing, the programme empowers individuals to regulate blood glucose, prevent complications, and achieve holistic well-being. Each guest receives personalized therapies and lifestyle interventions, ensuring a journey toward sustained health, vitality, and self-management.

#### **Who is this programme for:**

- Individuals with Type 2 diabetes or prediabetes seeking effective management and reversal strategies
- Type 1 diabetics (with a focus on complication prevention and overall wellness)
- Anyone seeking preventive care or support in managing diabetes-related complications such as obesity, hypertension, and dyslipidemia

The **14-night Diabetes Management Programme** is designed for deep therapeutic immersion, focusing on intensive cleansing, metabolic reset, and lifestyle transformation. Guests begin with a comprehensive assessment by lead consultants in Ayurveda, TCM, Yoga, Physiotherapy, and Emotional Healing, including blood glucose profiling, organ function tests, and risk evaluation. The core of the programme includes personalized Ayurvedic therapies such as Panchakarma detoxification and herbal formulations, alongside TCM treatments like acupuncture and moxibustion, all tailored to restore systemic balance and address the root causes of diabetes.

Daily yoga, pranayama, and meditation sessions support insulin sensitivity and stress reduction, while individualized fitness and physiotherapy plans enhance cardiovascular health and mobility. Emotional healing techniques and comprehensive nutritional guidance are woven throughout, with ongoing assessments and post-stay support ensuring lasting results.

The **21-night programme** builds further, offering a more sustained transformation with extended Panchakarma and TCM therapies for deeper detoxification and dosha balancing. Guests benefit from advanced yoga and mind-body practices, with expanded sessions for greater physical, emotional, and spiritual integration. The programme includes more frequent and varied therapies, ongoing adjustments based on progress, and continuous refinement of nutritional and lifestyle guidance to promote sustainable change. Before departure, a thorough final assessment and personalized recommendations are provided, with structured follow-up to help maintain improvements and support lasting transformation.

Diabetes Management	Comprehensive		Intensive	
	14	21	14	21
Inclusions   Nights:				
<b>THERAPIES</b>				
Ayurveda, Cleansing, Oriental, International, Physiotherapy	22	35	34	50
<b>PERSONAL SESSIONS</b>				
Yoga, Pranayama, Fitness	6	10	10	15
<b>CONSULTATIONS</b>				
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post-Stay Follow-Up	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





### ➤ *Hormonal Rebalance*

The Ananda Hormonal 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.

Hormonal Rebalance	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental	11	22	35	18	36	53
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	3	6	10	3	6	10
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10	11	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. Comprehensive and Intensive wellness programmes include consultations 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.





### ➤ *Menstrual* Health

Menstruation is a vital aspect of women's health, marking the reproductive years from adolescence to menopause. However, many women face menstrual disorders that can disrupt their normal cycles, often accompanied by physical discomfort or emotional challenges. These disorders can manifest as heavy or scanty bleeding, missed periods, and severe mood swings. These symptoms can significantly impact daily life and may also lead to health concerns such as infertility, anaemia, and osteoporosis.

Perimenopause, or the menopausal transition, brings its own set of menstrual complexities including vaginal changes, and irregular bleeding patterns. Ananda's Menstrual Health programme aims at empowering women and promoting menstrual wellness at every stage of life.

**Who is this programme for:** This program caters to those dealing conditions such as Abnormal Uterine Bleeding (including heavy menstrual bleeding, amenorrhea, or irregular periods), Dysmenorrhea (extremely painful periods), Premenstrual Syndrome, Endometriosis, Uterine fibroids and cysts, as well as those in pre-menopausal and post-menopausal stages, and individuals with PCOS/PCOD.

At Ananda, we recognize that many menstrual issues stem from an imbalance of Doshas. Ananda offers targeted Ayurvedic therapies aimed at restoring hormonal balance and detoxifying the body. This holistic approach includes personalized yoga and meditation, tailored dietary plans, fitness sessions, and lifestyle adjustments to achieve doshic equilibrium. Addressing emotional challenges like anxiety, depression, and low self-esteem is also a key component of the treatment plan.

The treatment begins with Nidana Parivarjana, which involves avoiding causative factors, followed by detoxification therapies like Panchakarma. This is complemented by customized Ayurvedic medicines, nourishing supplements, and rejuvenating therapies to restore balance.

It is crucial to enhance metabolism at both the digestive and cellular levels to ensure the proper functioning of the reproductive system and related organs. The treatment plan includes Ayurvedic procedures for detoxification and the use of herbs to balance aggravated doshas. This entire process is supported by personalized yogic postures and meditative practices that target the reproductive system. Physical asanas aid in toxin mobilization and lymphatic function, leading to eventual expulsion from the body.

Additionally, meditative and breathwork practices help alleviate stress associated with menstrual disorders. Customized nutrition plays a vital role in both the treatment process and long-term maintenance.

Menstrual Health	Comprehensive		Intensive	
	14	21	14	21
Inclusions   Nights:				
<b>THERAPIES</b>				
Ayurveda, Cleansing	23	34	36	55
<b>PERSONAL SESSIONS</b>				
Yoga, Pranayama, Meditation	6	8	6	8
<b>CONSULTATIONS</b>				
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





### ➤ *Fertility* Enhancement

Ananda's Fertility Enhancement programme is a highly customised path of Ayurvedic wisdom, Yoga, Traditional Chinese Medicine, and Emotional Healing to provide vital guidance for holistic and natural procreation. Based on Vajikarna, the ancient branch of Ayurveda that deals with fertility, this programme emphasises on cleansing the body of toxins, refining 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 or individuals who are preparing for a healthy conception. It addresses concerns of those experiencing endocrinal disorders, metabolic or lifestyle disorders, obesity, PCOS, erectile dysfunction etc. It is also ideal for those planning egg freezing, as well as those planning or undergoing IVF.

The first or the readjustment phase of the Fertility Enhancement programme incorporates Ayurvedic Dinacharya or lifestyle modifications. Simultaneously, TCM works on fertility by unblocking the meridians and ensuring the stagnated energy in the body begins to flow again. 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.

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. TCM 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 emotional therapy is an important part of this phase.

The third phase comprising shamana (purificatory) and shodhana (restorative) therapies help improve mood and regulate the secretion of healthy hormones. Specific diet therapy and use of herbal remedies like Ashwagandha, Shatavari, Shilajit, and Ashoka are an important part of the restorative phase.

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

Fertility Enhancement	Comprehensive		Intensive	
	14	21	14	21
Inclusions   Nights:				
<b>THERAPIES</b>				
Ayurveda, Cleansing, Oriental, International	23	34	36	55
<b>PERSONAL SESSIONS</b>				
Yoga, Pranayama, Meditation	6	8	6	8
<b>CONSULTATIONS</b>				
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10	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. Comprehensive and Intensive wellness programmes include consultations 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.





### ➤ *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, 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	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Physiotherapy, Cleansing	12	24	36	19	38	57
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	2	4	6	2	4	6
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

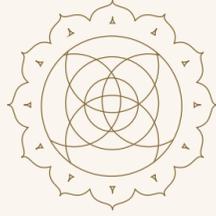
\*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

#### Consultations with Lead Consultant – Physiotherapy Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations 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.



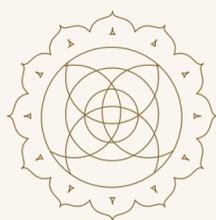


# Terms & Conditions

## 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 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 with 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 principles, and customized to each individual's health goals.
- The wellness cuisine menu and final spa programme as decided by the Wellness Experts are mandatory for those following a wellness program, and any additional orders from the a-la-carte cuisine or spa menus will be charged additionally.



**ANANDA**<sup>®</sup>  
— IN THE HIMALAYAS —  
A DESTINATION SPA