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Ananda in the Himalayas launches new virtual wellness programme

 [Joshua Hendren](https://www.theglassmagazine.com/author/joshua-hendren/) (<https://www.theglassmagazine.com/author/joshua-hendren/>)  February 1, 2021

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WHILE many of us have now adapted to online wellbeing services and workout classes during lockdown, maintaining a stellar health and fitness regime from the confines of the home remains a tricky task.

Thankfully, a new programme by [Ananda in the Himalayas](https://www.anandaspa.com/en/home) (<https://www.anandaspa.com/en/home>), India's premier luxury spa retreat, is designed to make your at-home wellness pursuits as uncomplicated and stress-free as possible.



Ananda Spa

Led by the award-winning spa's esteemed practitioners, the Ananda Wellness Bliss programme brings Ananda's expertise in Ayurveda, yoga and meditation directly to your home via live video consultation.

Taking a comprehensive approach to health, the programme includes two digital Ayurvedic consultations, during which an Ayurvedic physician will assess your mental, physical, and emotional health and create a personalised diet and activity plan, to help "restore energy, balance and peace".



Yoga Asana

12 blissful one-on-one yoga or meditation classes are also included in the package, allowing clients to focus on one or a combination of Hatha yoga, meditation or Pranayama. Each private session is led by an in-house teacher, who is on hand to provide guidance and help you achieve your goals.



Ananda Spa

Group classes are also available as well as shorter programmes for those with a less forgiving work schedule. A superb introduction to what the leading spa destination has to offer, all classes are conducted online, with spa vouchers valid for three months.

by Joshua Hendren

The Ananda Wellness Bliss programme costs £446

To book or discover more please visit [Ananda Spa site \(https://www.anandaspa.com/en/home\)](https://www.anandaspa.com/en/home) or email: wellbeing@anandaspa.com

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