



Ananda In The Himalayas:
Celebrating 25 Years
of Holistic Wellness Excellence



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Ananda in the Himalayas is a multi-award winning luxury wellness retreat in the Himalayan foothills, surrounded by the majestic Himalayas,
the birthplace of India's ancient practices of yoga, meditation and Ayurveda.

*Overlooking the spiritual town of Rishikesh and the Ganges river valley in Northern India, **Ananda** is a retreat dedicated to restoring balance and harmonising energy through a holistic approach to wellbeing.*

*It integrates traditional Indian wellness practices of **Ayurveda**, **Yoga** and **Vedanta** philosophy with the best of international wellness experiences and healthy organic cuisine to bring about the union of mind, body and soul.*





LEGACY

1973

Ashok Khanna (grandson of M.S. Oberoi, founder of Oberoi Hotels), builds the Oberoi Sheraton Mumbai

2000

Ashok Khanna founded Ananda, India's first luxury wellness retreat

2005

Ananda is ranked #1 Destination Spa in the world by Condé Nast Traveller

2009

Ananda welcomes record number of international clients from 6 continents

2010 - 2015

Ananda integrates holistic wellness approaches from around the world

2016 - 2023

Ananda expands with Ayurvedic Panchakarma, Traditional Chinese medicine, and Emotional Healing

2024

Ananda undergoes significant digital transformation with 360° wellness management

2025

Ananda celebrates milestone 25th year as a global wellness leader



The small hamlet of Narendra Nagar came into existence in 1895, when Maharajah Narendra Shah of the region decided to move his capital from Tehri to a more picturesque locale. The town nestled in the Shivalik foothills was chosen not only for its extraordinary scenic beauty, but also for its proximity to the plains below.

HISTORY

'The Palace', home now to 'Ananda in the Himalayas' was built in the same year and has looked down into the Doon valley from its majestic height of 3500 feet for over 100 years. Crowning a picturesque ridge of the mighty Himalayan ranges, the palace is a symbol of the grandeur and splendour of an era gone by. Original relief work still adorns the palace walls and two magnificent World War I cannons flank the royal gateway. In the early 1900's, Narendra Nagar became a popular destination with the British Viceroy of the time.

The Palace 'Annexe' was added to the original palace building in 1910 to house the Viceroy and his entourage who visited Narendra Nagar fairly often. Over the years, through the regal corridors of the Palace echoed the footsteps of many distinguished guests - **Late Lal Bahadur Shastri and Late Mrs. Indira Gandhi - Prime Ministers of India and spiritual leaders like Ma Anandmayi and Swami Shivananda** as well as the last British Viceroy of India - **Lord Louis Mountbatten.**

25 YEARS

of Wellness, Vision & Legacy

The Journey to Ananda

In the early 1980s, a cultural shift sowed the seeds of Ananda in my mind. As India transformed with the advent of IT, work culture changed and stress levels soared, highlighting the need for a haven where individuals could escape, rejuvenate, and reconnect with their inner selves. I envisioned creating a destination spa—a sanctuary for holistic well-being. The first challenge was determining the right philosophies and location.

My father and I travelled across India in search of the perfect setting. While southern India was renowned for Ayurveda, its roots lay in the Himalayas—rich with traditional herbs—and our journey led us along the sacred Ganges, revered for centuries as a river of purification. On a foggy day in 1998 in Narendra Nagar, we discovered the ideal location: the Maharaja of Tehri Garhwal's palace, its turrets rising from the mist, exuding mystical charm and positive energy. Today, with the historical town of Rishikesh and its valley in view, Ananda remains deeply connected to the Ganges—a symbol of spiritual awakening.

Overcoming Challenges & Gaining Support

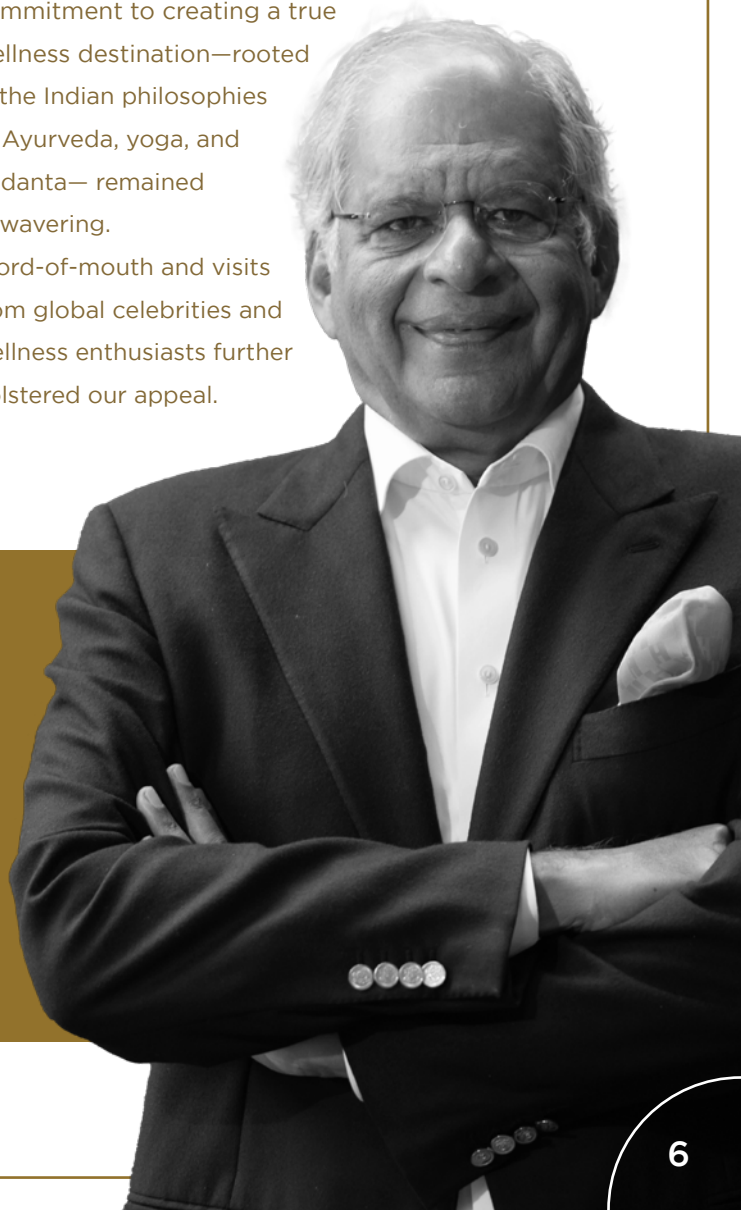
The journey to establish Ananda was fraught with challenges. The royal estate could only be leased and required complex negotiations. The unique energy of the space kept us determined through natural obstacles, storms and earthquakes, that set construction back. Ananda as a wellness destination was the first of its kind in a market that has only recently embraced this concept.

Global events challenged business, yet our commitment to creating a true wellness destination—rooted in the Indian philosophies of Ayurveda, yoga, and Vedanta—remained unwavering.

Word-of-mouth and visits from global celebrities and wellness enthusiasts further bolstered our appeal.

“I envisioned creating a destination spa—a sanctuary for holistic well-being.

The first challenge was determining the right philosophies and location.”



Building Our Approach

In the early years of Ananda, we experimented with yoga styles taught across India. We discovered that the traditional Hatha Yoga from the Bihar School would be best for a broader audience. The approach aligned with Ananda's vision while fostering physical and mental rejuvenation.

Many destination spas focused on rapid weight loss or short-term, medically oriented treatments. We embraced long-term, holistic Indian wellness solutions. Inspired by Swami Parthasarathy, a profoundly learned educator, who translated the Bhagavad Gita, Vedas, and other ancient scriptures from Sanskrit into English, we integrated Vedanta for an enriched experience. He guided his students through the wisdom of introspection, teaching that true wellness comes from within.

In ancient India, people understood that the balance of nature, the universe, and the elements influenced physical and mental well-being.

“Ananda’s integrated approach addresses every aspect of a person—*spiritual, mental, emotional, and physical*—resonating deeply with our core ethos and holistic wellness programmes that foster that natural balance.”

The Evolution of Wellness

To me, wellness is a profound journey of introspection—examining all aspects of life and focusing inward. Ananda's approach to health and wellness celebrates the individuality of this journey, recognising that each person's path is unique. Over the years, we have expanded our offerings beyond yoga and Ayurveda by introducing modalities such as physiotherapy, emotional healing, and Traditional Chinese Medicine. Each addition was carefully selected to complement our core philosophies.

OUR INNOVATION IS ROOTED IN INDIAN SCIENCES.

Rather than following modern wellness trends, we remain true to our roots—diving deeper into ancient wisdom and integrating practices with Eastern and Western healing modalities.

The Road Ahead

Reflecting on 25 years of Ananda, I am reminded of the journey that has brought us here. What began as a vision for holistic well-being has evolved into a sanctuary where ancient wisdom meets modern wellness. We have nurtured our offerings to adapt our timeless philosophies to the ever-changing needs of our guests.

A vital element of Ananda's success has been its people. Every member of our staff is chosen for their understanding of and commitment to the Ananda philosophy of wellness in addition to their skills. As the next chapter begins, we continue to deepen our expertise. We explore new pathways in wellness, guided by evidence-based research and insights from dedicated specialists. Carrying with us the lessons of the past, a deep respect for our roots, and an enduring dedication to transformation, we look forward to fostering well-being for years to come.

Ashok Khanna,
Founder & Managing Director

CELEBRATING 25 YEARS

In recent years, Ananda has made significant strides in enhancing its wellness offerings:

Pioneering Integrated Healing Practices

Our expanded approach incorporates Traditional Chinese Medicine, Physiotherapy, and Emotional Healing creating a comprehensive healing ecosystem and wellness experience.

Enhancing Women's Health

Ananda's dedication to holistic care has led to ground-breaking work in women's health including fertility, menopause and menstrual health, addressing crucial aspects of well-being often overlooked in traditional wellness programs

Tackling Modern Lifestyle Challenges

Responding to the growing tide of lifestyle-related health concerns, we have developed targeted programs to address these chronic issues, offering balanced and integrative solutions for chronic ailments such as Diabetes, Cardiovascular diseases, Chronic respiratory issues, Sleep disorders and Skin conditions.

Spiritual Awareness and Immersion

Ananda has enhanced its offerings to deepen guests' spiritual experiences. These include sound healing practices, mantra chanting, and expanded spiritual studies with specialised workshops incorporating wisdom from ancient traditions. Interactive sessions allow guests to actively engage in their spiritual exploration and connect more deeply with their inner selves.



AWARDS & RECOGNITION

2026

The Global Spa Awards
Best Global Ayurveda Retreat

2025

Condé Nast Traveller,
Middle East Gold List

Tatler Best Awards
Best Wellness Retreat & Best 100 Hotels

The Luxury Spa Edit Awards
Best Global Yoga Retreat

Vogue Beauty & Wellness Honours
Best Wellness Retreat

2024

Condé Nast Traveller, -
Readers' Choice Awards (UK)
#1 in the 'Destination Spa' category

Tatler Spa Guide
Mindful Escapes Award

The Luxury Spa Edit Awards
#3 in 'Best Global Yoga Retreat' category

Destination Deluxe Awards
Winner - 'Wellness Program of the Year':
Sleep Enhancement Program

2023

Condé Nast Traveller, -
Readers' Choice Awards (USA & UK)
#1 in the 'Destination Spa' category

#3 in Top 20 Destination Spa Resorts
of the World

Destination Deluxe Awards
#3 in 'Wellness Retreat of the Year' category

Travel & Leisure Worlds Best Awards
#3 in 'Best Destination Spa' category

2022

Condé Nast Traveller, India -
Readers' Travel Awards
Favourite Destination Spa

Condé Nast Traveller, (UK & USA) -
Readers' Choice Awards
#7 in the 'Destination Spa' category

Global Spa Awards
Best Holistic Wellness Retreat

Travel & Leisure (India)
Best Eco Retreat, India's Best Awards

2021

Condé Nast Traveller, India -
Readers' Travel Awards
Favourite Destination Spa

2020

Condé Nast Traveler (UK & USA) -
Readers' Travel Awards
Best Destination Spa in the World

Condé Nast Traveller, India -
Readers' Travel Awards
Favourite Destination Spa

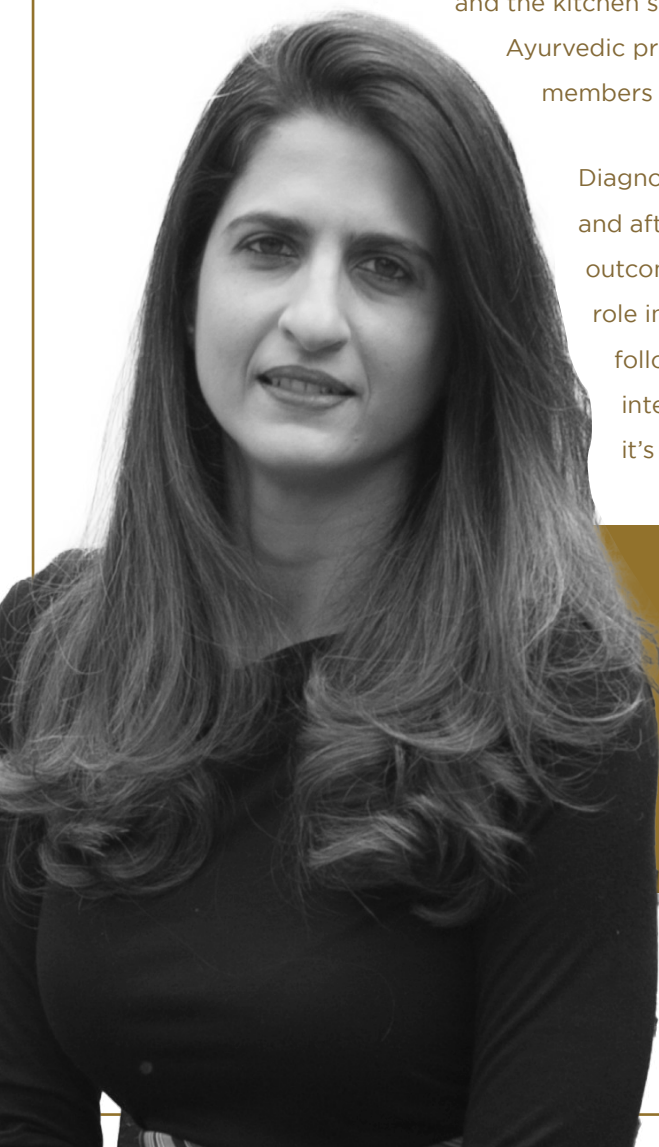
Redefining Wellness *with Ananda*

Our commitment to holistic wellbeing has led us to pioneer integrated healing practices. We have brought into our fold experts with outstanding credentials in various fields, from Ayurveda to yoga and meditation, traditional Chinese medicine, and emotional therapy.

What has really changed in a big way is the depth and focus of what we offer now. Today, our programmes are comprehensive and deeply immersive, with stays lasting between 2 weeks to sometimes 2 months. A significant majority of our guests experience these purposive wellness programs. They seek to address long-term and chronic issues of physical and mental health. **We have created sustainable solutions addressing obesity and diabetes, arthritic and chronic pain, menstrual and menopausal health issues, enhancing emotional and mental wellbeing and many more.**

The combination of authenticity, personalisation, and the sheer dedication of the team is what makes Ananda really stand out. Every element is carefully curated. Our 75 rooms host about 100 guests at a time, and each of them gets a completely personalised wellness program. Our 25 spa rooms handle 150 treatments a day, and the kitchen serves almost 300 different customized menus daily, all based on Ayurvedic principles. Behind the scenes, it's a huge effort, with 350 staff members ensuring everything runs seamlessly.

Diagnostics have become a core part of our approach, before, during, and after programs to ensure everything we do is evidence-based and outcome-driven. What I'm most proud of is how we've extended our role in our clients' wellness journeys. With year-round consultations and follow-ups, we've moved beyond being just a retreat to becoming an integral part of their well-being process. That's a huge change, and it's what will define Ananda for the future.



“Looking ahead, our focus sharpens on blending ancient wisdom with modern science to craft hyper-personalised wellness journeys.”

Aashica Khanna,
Director

Wellness pillars

Ananda is dedicated to restoring balance and harmonising energies through a holistic approach blending the healing principles of the East and West. Ananda's offerings are based on the following 5 wellness pillars.

Ayurveda & Holistic Wellness

Ayurveda, a healing science dating back 5000 years, emphasises the need to cleanse, rejuvenate, and revitalise the entire body and mind. At Ananda, the Ayurvedic experience is transformational, from massages and detoxifying therapies to specialised diet programmes. Our commitment to this ancient life system is evident in the use of authentic ingredients, herbal supplements, and treatment rituals, with therapists trained in traditional Ayurvedic schools and expert guidance from leading Ayurvedic Doctors.





Ayurveda is the traditional, ancient and scientific Indian system of holistic medicine and has been handed down through the centuries by physicians who greatly value health and fitness of the human body. With deep insight into the structure of the universe and life, these scholarly sages have formulated norms for preserving health and curing diseases.

Ayurveda is a system of complete health care, theory and practice for eliminative and palliative therapy for the healthy and the sick, so that mankind can enjoy life in full spirit. True to its name, Ayurveda is your means to vibrant good health, particularly in today's fast paced world.

Ananda Ayurvedic therapies promote *positive health* in many ways

Ananda's Ayurvedic programmes are prescribed to the guest after a detailed consultation with the physician. Specific daily routines, a regulating and nutritious diet, and wellness activities are prescribed for the individual creating a holistic approach to the entire programme. The physicians also plan an aftercare programme for the guest that helps them to get full benefits of the Ayurvedic treatments received at Ananda.





Healthy Cuisine

In ancient Indian wisdom, healing comes from within as much as it does from outside and we definitely are what we eat. At Ananda, our specially curated menus are tailor-made for each individual based on their specific wellness programmes and needs. From Ayurvedic menus for each body type or dosha, to detox and weight management diets, to fitness regimes and balancing yogic menus, the culinary offering at Ananda is a nutritious, balancing, and healthy journey incorporating fresh, locally sourced, seasonal ingredients.

The cuisine at Ananda is customized to suit the body type of every individual. There is no one type of diet that is suited for everyone. According to Ayurveda everything is made out of the five elements of air, space, fire, water and earth, including our bodies.

Each individual is categorised into body types depending on activity level, medical condition and lifestyle. Special care menus are provided in consultation with the in house Ayurvedic doctor, to align the specific imbalances of the various body types, while maintaining emphasis on serving a balanced diet.

Ananda also presents a unique Culinary Studio where Chefs showcase signature Ayurvedic preparations for guests to learn and continue their healthy journey.

Ananda in the Himalayas' cuisine concept is 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 artificial salt, colors, flavors, or preservatives. Local fresh produce from nearby farms and ayurvedic herbs from our herb garden on site create a complete 'Farm to Table' process for our guests.

The objective at Ananda is to provide gourmet health cuisine for guests, who, whilst relaxing, desire to re-vitalize their body and soul through a healthy approach to diet and lifestyle.





Yoga & Meditation

Yoga and Meditation at Ananda is a completely traditional practice which offers a means of balancing and harmonising the body, mind and spirit. This is achieved through the Hatha Yoga and Raja Yoga systems comprising asana, pranayama, mudra, bandha, shatkarma and meditation, all of which are a pathway to a higher level of consciousness. The aim of such guidance at Ananda is to curate a personalised yoga and meditation practice for each individual which can be incorporated into everyday life.



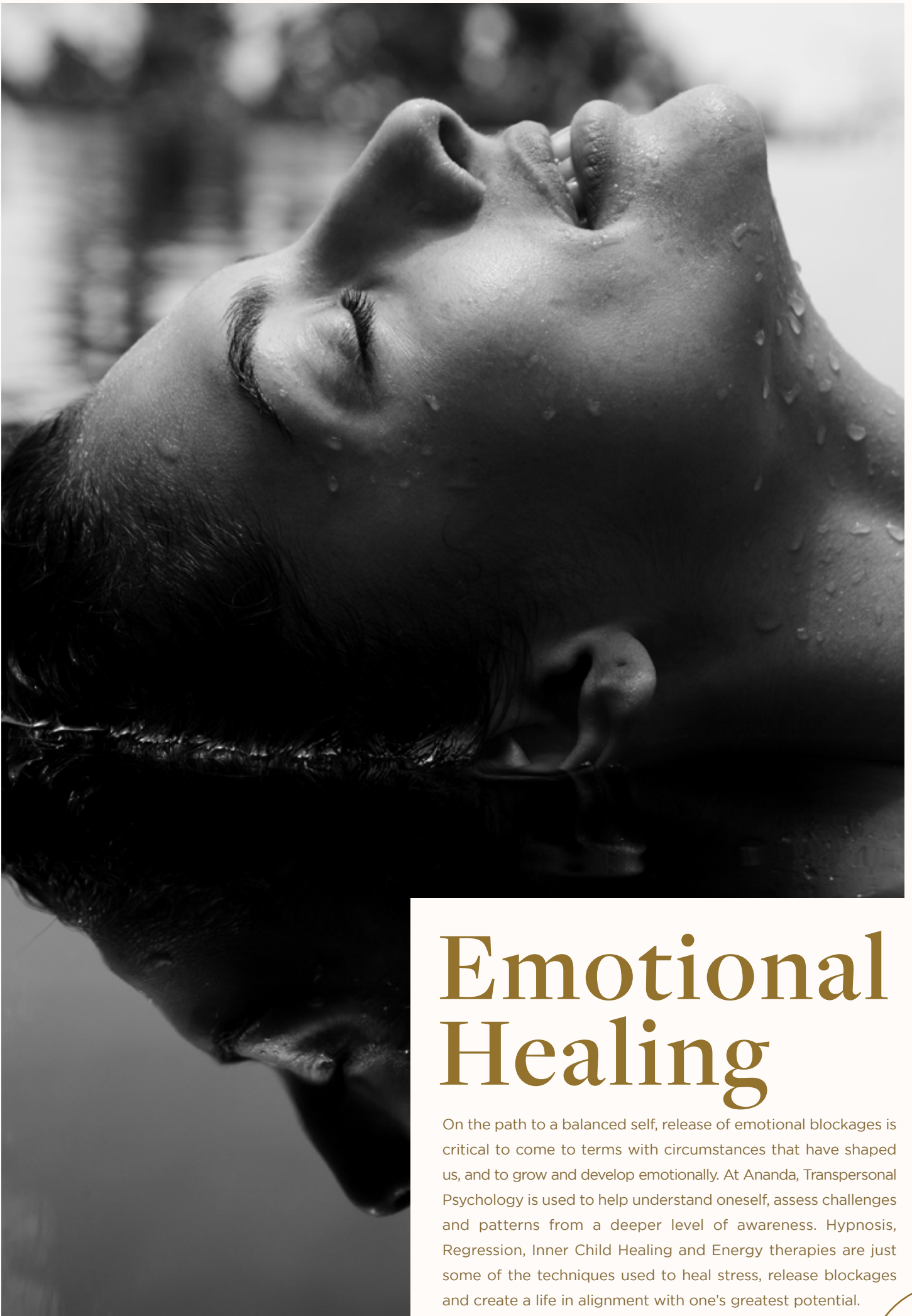


Yoga at Ananda is completely pure and traditional in form, stemming from the roots of Hatha yoga and adapting it to suit individual needs. It is a disciplined science teaching the techniques of the renowned Bihar School of Yoga encompassing all aspects of life to balance the mind, body and spirit. Our experienced Yoga teachers are trained to understand the personal objectives and goals of guests during their stay at Ananda and beyond.

Breathwork practices/Pranayama are also practiced. Pranayama literally means expansion of prana (Vitality). Various techniques of Pranayama rectify the faulty patterns of breathing. It removes the blockages from the subtle energy channels and enhances the level of vitality and relaxation.

The body is prepared for meditative practices using yoga asanas. Techniques that enhance focus and concentration to quieten the agitations of the conscious mind, and awaken the awareness and immense healing potential of the subconscious are practiced daily.





Emotional Healing

On the path to a balanced self, release of emotional blockages is critical to come to terms with circumstances that have shaped us, and to grow and develop emotionally. At Ananda, Transpersonal Psychology is used to help understand oneself, assess challenges and patterns from a deeper level of awareness. Hypnosis, Regression, Inner Child Healing and Energy therapies are just some of the techniques used to heal stress, release blockages and create a life in alignment with one's greatest potential.



Many physical, emotional or mental challenges stem from something specific in the mind. For healing to be complete and permanent we need to deal with our mind and emotions. Ananda's Emotional Healing techniques combine traditional coaching and psychology with deeper processes that work with the subconscious mind to help clients experience emotional release.

These healing practices can address chronic conditions like insomnia, autoimmune conditions, pain management, weight loss. Anxiety, stress and recurring emotional patterns like guilt, anger, jealousy, rejection or past childhood traumas can cause deep seated or subconscious unrest. Using established techniques we can assist in managing physical health, emotional wellbeing, work and relationships.

Guiding you towards purpose and autonomy, we can help you connect with yourself at a deeper level.

Based on an initial assessment a combination of any of the following techniques may be used in the session:

Hypnotherapy, a guided state of subconscious awareness to understand and process emotional energies

Regression, exploring your past to understand origins of challenges and how to resolve them

Inner Child Work, resolution of adult challenges related to specific instances during formative years

Spiritual Psychology, understanding your life and journey from a wider spiritual perspective to integrate these learnings them into your daily life

Energy Healing, healing energy to help identify and release energy blocks.

Spiritual Awareness

The need for spiritual awareness and living a spiritual life arises from a sincere desire to change from the material and superficial and to live an authentic life. With the preparedness of Ayurveda, Yoga and Emotional Healing, one is prepared to awaken the inner self. Ananda offers different paths to enlighten oneself, from exploring the ancient philosophies of Vedanta, to higher states of meditation and mantra chanting, to self-study or swadhyaya and conscious spiritual practice or sadhana.



Vedanta designs the pursuit of happiness through logical and systematic exposition of eternal truths. It is a system of knowledge discovered by pre-eminent seekers of Truth. The knowledge promotes material and spiritual well-being. It combines dynamic action with mental peace. It instills the higher values of service to provide prosperity and peace to the community. Above all, its philosophy leads one to the ultimate goal of self-realisation.

At Ananda, daily interactive talks are conducted by experienced teachers from the Vedanta Academy, founded by the renowned Swami Parthasarthy, internationally acclaimed exponent of Vedanta.

Vedanta *Philosophies*

Vedanta is derived from two words, **veda** – knowledge and **anta** – end. Vedanta therefore means the culmination of knowledge. It is the ancient Indian philosophy which answers the fundamental questions of life.



ANANDA WELLNESS PROGRAMMES

**OUR SIGNATURE ALL-INCLUSIVE
WELLNESS PROGRAMMES ARE
TAILOR-MADE FOR INDIVIDUAL
HEALTH GOALS**

These programmes follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere expertly guided by our team of expert Ayurvedic doctors, skilled therapists, nutritionists, yogis, and wellness cuisine chefs. Years of research wellness experts have enabled a unique integrated focus on the core physical and mental aspects which have the most impact. The results are award winning Intensive & Comprehensive programmes which work to create a sustainable journey towards a healthier, enriched lifestyle.

Intensive Wellness Programmes are deeply committed journeys designed for transformative results. **Comprehensive Wellness Programmes** are immersive journeys addressing proactive health goals, lifestyle issues, and moderate disorders. Ananda also offers **Foundation Wellness Experiences** which introduce guests to a holistic understanding of body and mind.



The background of the page is a photograph of a white, open-sided pavilion with a flat roof, situated in a lush garden. Two people are sitting on the floor inside the pavilion, facing each other in a meditative posture. The garden is filled with various tropical plants, including large agave-like plants in the foreground and palm trees in the background. The sky is blue with some light clouds.

The programmes enlisted below have a duration of 7, 14 or 21 nights.

Detox & Cleansing

Holistic Detox
Yogic Detox
Panchakarma

Immunity & Vitality

Ayurvedic Rejuvenation
Renew
Holistic Yoga

Hormonal Balance

Rebalance
Menstrual Health
Fertility Enhancement

Mental Health & Spiritual Balance

Stress Management
Dhyana Meditation
Sleep Enhancement

Fitness & Weight Management

Weight Management
Activ-Fitness

Chronic Ailments

Pain Management

The Healing Plate

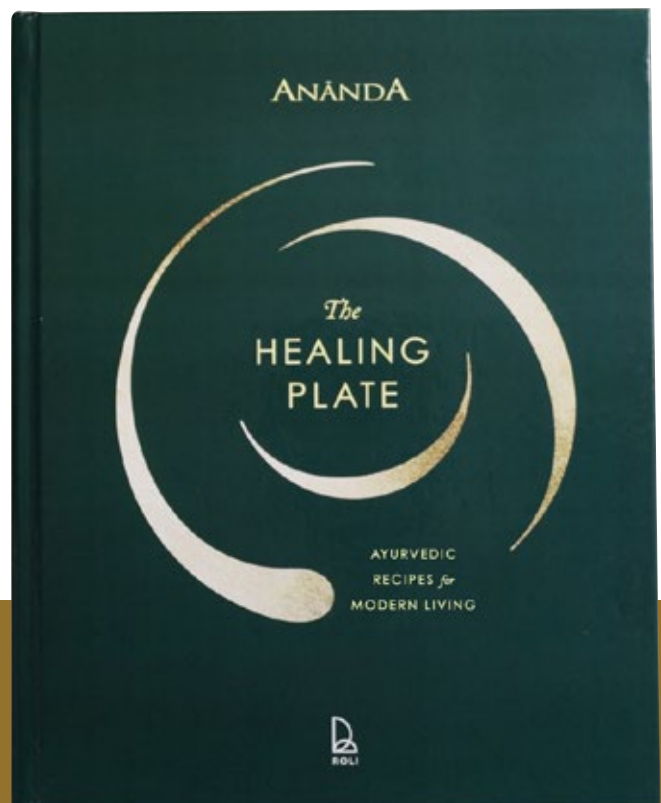
Ayurveda for Modern Living

25 years of integrative health experience has led to the creation of 'The Healing Plate' - a contemporary Ayurvedic culinary guide based on ancient Ayurvedic principles.

It includes 100 never-before-published recipes refined over decades to suit bio-energies, climate, seasonality and digestion. These are tried-and-tested therapeutic recipes trusted by guests from over 70 countries.

Why This Book Matters Now

Wellness has reached an inflection point. Consumers are no longer satisfied with trend-led nutrition or surface-level “clean eating.” They are looking for depth, authenticity, and systems rooted in time-tested knowledge, yet interpreted for modern life. Our book is a response to this moment..



“This is not just another cookbook. It is a rare meeting of Himalayan wisdom and contemporary nutrition science, reframing food as a pathway to balance, awareness, and vitality”

Diwaker Balodi
Director of Culinary & F&B

To target the most vital modern-day wellness needs, this book is organized into essential themes forming the pillars of wellbeing that matter most to us today. For each, there are guiding Ayurvedic principles and practical, nourishing recipes.



ENERGY

DIGESTION

INFLAMMATION

IMMUNITY

DETOXIFICATION

COGNITION

SLEEP

“The essence of this cookbook lies in Ayurveda’s ancient knowledge that nutrition must be both personalised and seasonal. By guiding readers to recognise their doshas and adapting all ingredients to personal and seasonal needs, we can connect modern wellness goals with Ayurvedic wisdom.”

Dr. Sreelal Sankar
Head of Ayurveda

FUTURE DIRECTIONS

1 *Deepening Ancient Wisdom*

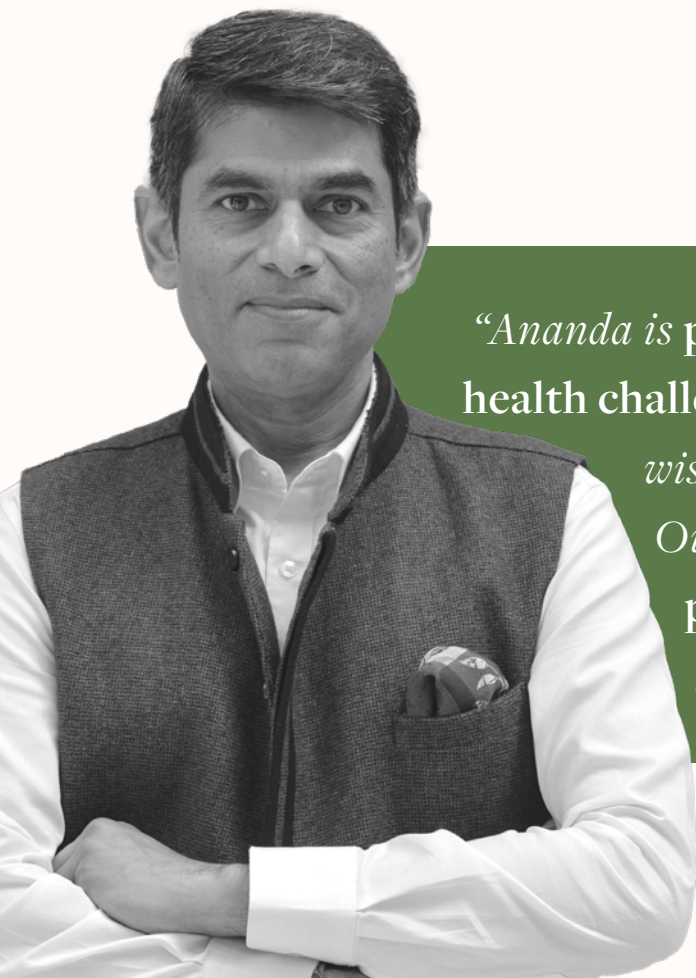
- Intensify research and application of traditional Indian sciences and healing practices.
- Introduce comprehensive yogic lifestyle development through classical Bihar School Yoga methodologies.
- Develop programs integrating rare aspects of ancient wellness traditions, such as Ayurvedic Vajikarana for fertility enhancement.

Evidence-Based *Innovation*

- Establish a dedicated research team to study the efficacy of integrated wellness approaches.
- Partner with research/technology institutions to validate and improve wellness programme assessment methodology.
- Implement personalised health monitoring technologies.

Personalized Wellness Journeys

- Evolve the Ananda Wellbeing App to provide comprehensive year-round wellness care, coaching, and guidance.
- Invest in technologies to improve data analysis and wellness outcome tracking.



“Ananda is pioneering solutions for tomorrow’s health challenges. We’re focusing on deepening ancient wisdom while embracing evidence-based outcomes. Our future plans will integrate technologies for personalised health monitoring and tools to improve analysis of wellness outcomes.”

Mahesh Natarajan
Chief Operating Officer



ACCOMMODATION

3 Villas | 8 Suites | 64 Rooms

Ananda's 75 rooms, suites and villas are designed with classic elegance in the colonial hill architectural style and blend seamlessly with the lush surrounding landscapes.

The 64 elegant rooms feature panoramic views of the valley or of the Palace. With a serene and natural feel, each room is a haven in itself with luxurious beds, perfectly appointed bathrooms with **bathtubs overlooking landscaped gardens** or the valley, and private balconies with picture perfect views.

8 Suites facing either the Valley or the Maharaja's palace have **secluded private gardens**. The historic Viceregal Suite with its own **private terrace** offers spectacular views of surrounding valleys.

Each of the 3 private luxury villas has 40 sq. meters **private villa pools** which are surrounded by Sal trees and a deck area with comfortable lounge beds.



Facilities in all accommodation types include:

- Private balconies or gardens
- Bathtub with picture window view
- Separate shower
- Walk-in closet
- In-room safe
- Tea and coffee maker
- Temperature AC & heat control
- LCD Television





DINING

The Restaurant & Tree Top Deck

The recently redesigned restaurant is surrounded by a tree top outdoor deck and serves global cuisine guided by Ayurvedic principles

The Pavilion

A casual & cosy setting for drinks and light snacks, located adjacent to The Restaurant & pool. High tea is served here.

The Poolside

Set on the ridge of the Himalayan mountain hills, a perfect place to relax with healthy snacks and fresh juices.





SPA FACILITIES

The 25000 sq. ft. spa with a state-of the art gymnasium, physiotherapy centre and outdoor pool overlooks the Rishikesh valley

The journey from the palace to the spa snakes through woods and manicured lawns. The reception of the spa is an airy atrium hall, where natural breeze flows through ancient pines and wild flowers.

Separate relaxation areas for men and women offer the following facilities:

- A Finnish sauna overlooking the valley and the forest
- Turkish steam bath
- Chilled plunge pool
- A footbath area, with natural rounded Ganga pebbles of different grades, in which, the water temperatures change in each segment



A walkway leads to the therapy rooms offering treatments like Ayurvedic massages, International and Tibetan therapies, and Aromatic baths.

Ananda offers a unique blend of therapeutic treatments based on traditional Indian practices of Ayurveda, yoga and meditation. The spa also offers the latest European and Thai treatments to purify the body and soothe the senses.





We also offer **Holistic physiotherapy** that includes a comprehensive assessment. Our state of the art physiotherapy centre is well equipped with the latest therapeutic tools like Class IV LASERS, ZRT Matrix therapy, Joint alignment adjusting tools, Interferential therapy, Ultrasound therapy and more.

Spa Boutique The spa complex also houses a boutique where arts, crafts and accessories specially designed and developed for the resort are available. It also sells a fine collection of silk, wide variety of music, books, Ananda wears, art objects, herbal teas & powders, Ananda spa range, natural skincare and cosmetics.

Spa Facilities

- Kama Suite for a couple with sauna and massage
- Hydrotherapy facilities: steam, sauna, Kneipp foot bath, cold plunge, showers, locker and changing rooms
- Outdoor heated lap pool
- Gym: 16 station life fitness gym with cardio, strength training and aerobics facility

24 treatment rooms
2 relaxation rooms,
4 consultation rooms



Venues for Yoga & Meditation

Yoga Pavillions

The **Hawa Mahal Pavillion** is a majestic open-air marbled floor shelter with gold leaf ceiling fresco. The **Music Pavillion** is surrounded by a still and peaceful water pool and the central lawn with a cascading waterfall flowing down the steps. These intimate settings are ideal for group sessions, individual instruction or private meditation.

Ma Anandamayi Abode

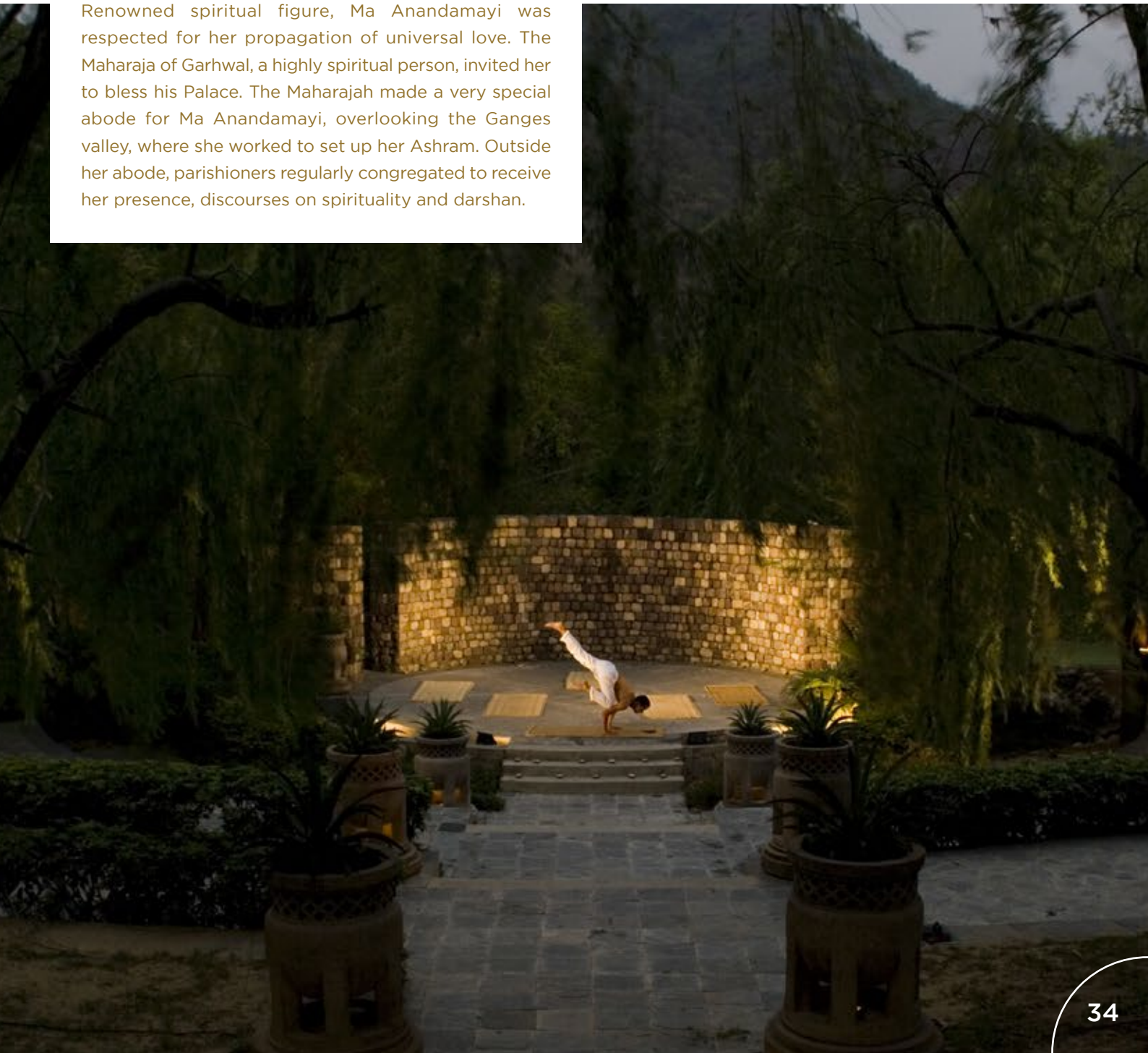
Renowned spiritual figure, Ma Anandamayi was respected for her propagation of universal love. The Maharaja of Garhwal, a highly spiritual person, invited her to bless his Palace. The Maharajah made a very special abode for Ma Anandamayi, overlooking the Ganges valley, where she worked to set up her Ashram. Outside her abode, parishioners regularly congregated to receive her presence, discourses on spirituality and darshan.

Viceregal Hall

The historic ballroom is ideal for more active forms of yoga. A tranquil hillside garden is tucked just outside the valley's ridge – a perfect refuge for Himalayan tea after an invigorating yoga session or peaceful meditation.

Hill Amphitheatre

Terraced hill side stage and amphitheatre with views of the foothills and palace





Outdoor Recreational Activities

An exhilarating extension to the spa at Ananda, we offer an array of outdoor adventures and thrilling explorations into the Himalayas, Ganges river, and surrounding National parks.

- Trekking
- White water rafting
- Kayaking
- Visit to Rajaji and Chilla National Park
- Morning energisers - nature walks
- Golf

Other Facilities

Billiards Room

Ananda houses one of the oldest billiard tables (100 years old) in India. The charming room includes a spectator's gallery and fireplace.

The Library

The library houses the Maharaja's eclectic collection of literary & historical books on the Imperial era and augmented by contemporary topics, including Ayurveda, wellness, lifestyle, natural history, yoga, meditation and more.



Architecture and Design

Where Wellness, Nature & Heritage Converge

Ananda's architecture, deeply rooted in wellness, is inspired by the Vedic traditions of Ayurveda, Yoga, and Vedanta and infused with the natural energy of the Himalayas. Designed by Chhada, Siembieda & Associates, every aspect supports healing and transformation. The eco-conscious architecture harmonises with the palatial estate's storied heritage.

Traditional Gond and Yantrik art, monastic hues, and sacred Yantra motifs create an environment of spiritual energy and deep reflection that complements a journey to inner balance and reflection. Outdoor pavilions like the cascading waterfall encourages flow, while the Musical Pavilion and its reflective water body amplifies nature's meditative resonance. The 25,000 sq. ft. spa, the heart of Ananda, is a sanctuary of healing with aesthetically designed therapy rooms offering tranquil views of nature.



Originally the palace estate of the Maharaja of Tehri-Garhwal, Ananda preserves historic grandeur while adapting for modern well-being. The Viceregal Palace, now housing the reception, library, and yoga studios, retains original wood panelling, antique chandeliers, and period furniture.

Renovations completed recently maintain harmony with nature; new Deluxe Suites offer expansive private balconies with valley views, while the renovated private villas incorporate local craftsmanship and vibrant colours reflecting the natural flora of the surrounding Sal forests. The redesigned restaurant, with high ceilings and tapestries inspired by the ancient Himalayan hill kingdoms, embodies Ananda's philosophy of mindful living.





Community & Skill Development

Ananda aims to serve the local community through skill development, employment, local business support, partnerships, and environment initiatives in the region.

Our initiatives:

- Impart vocational training to women from socially, educationally and economically backward areas.
- Collaborate with local farmers for sustainable farming and sourcing
- Carry out cleanliness drives in the local Himalayan hills and Ganges river in order to improve cleanliness
- Adopt local schools in Narendra Nagar and provide for the maintenance and upkeep of these schools for underprivileged children.

Ananda's sustainability practices

Waste & Recycling

- Garbage segregation is done to facilitate proper disposal and recycling
- Used oil from the spa is sent to bio diesel manufacturers for reuse
- All E-waste is recycled

Water Management

- All the recycled water from the sewage treatment plant is used for gardening, without usage of harsh chemicals
- On-site water bottling plant to produce clean drinking water, served in reusable glass bottles.
- Synthetic grass (turf) at the Golf course which does not need watering
- Drip irrigation and sprinklers installed for all the gardens and lawns
- Opt in bath / bed linen reuse programme

Energy Saving

- Use of Micro switches and Key slots to manage electricity consumption
- Use of heat pumps in place of hot water generators that helps in reducing carbon dioxide emission
- LED bulbs and lights are used in all guest rooms and public areas
- Only Battery operated golf carts are used for transportation of guests, staff and material within the property premises to reduce vehicle emission

Dining Sustainably

- Ananda grows Ayurvedic herbs and kitchen spices in its on-site garden
- Food waste is sent to the local municipal corporation
- We work with local farmers and organic farms to grow a large part of our vegetable and fruit produce



Ananda in the Himalayas

CONTACT & LOCATION

Address

The Palace Estate, Narendra Nagar, Tehri-Garhwal,
Uttarakhand – 249175, India
Tel: +91-1378-227901
Website: www.anandaspa.com

Ananda Global Reservations

Tel: +91 80697 50000
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Location & Accessibility

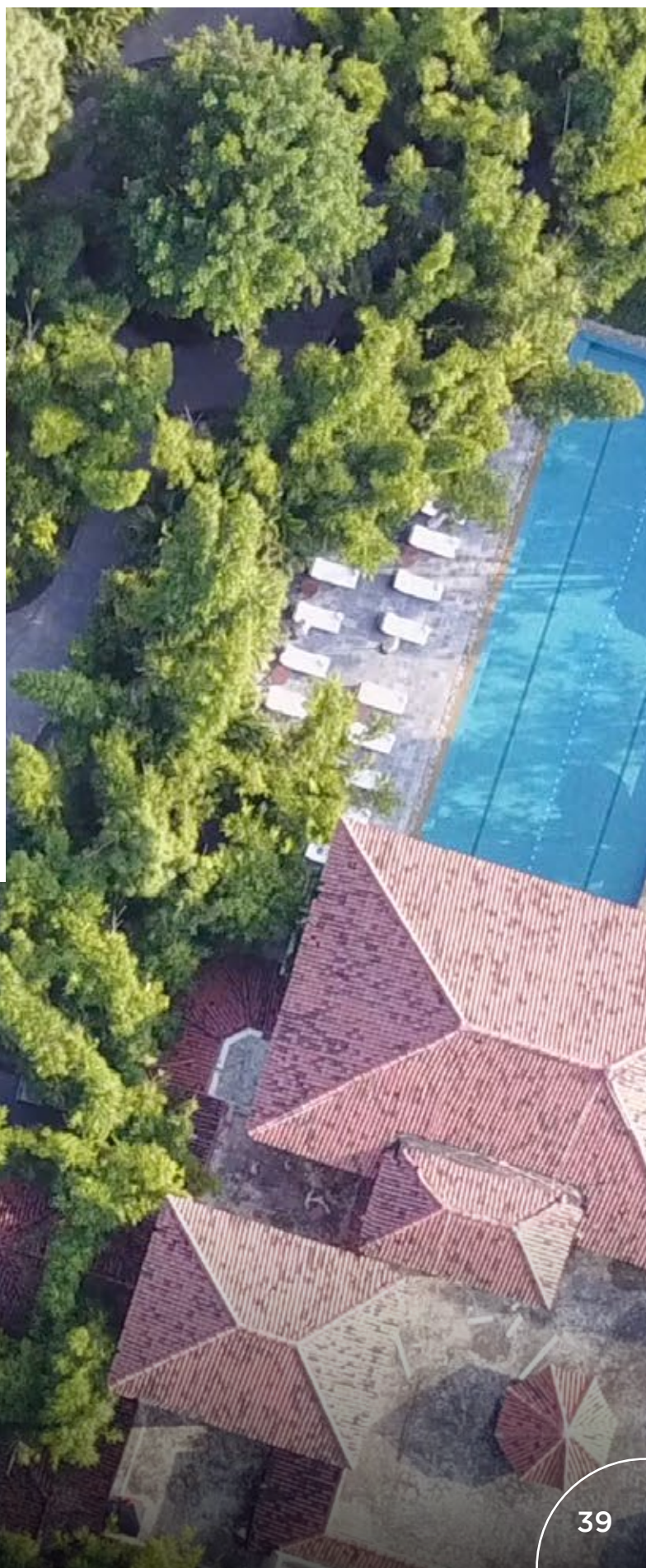
Located close to the town of Rishikesh in the precincts of the Palace Estate of the Maharaja of Tehri-Garhwal in the small town of Narendra Nagar. Ananda is situated 260 kms north of New Delhi in the state of Uttarakhand.

Air: A 45-minute flight from New Delhi to Dehradun Jolly Grant airport followed by a 40-minute drive.

Helicopter: Ananda has a private helipad that is available for chartered flights from New Delhi.

Train: A four-hour journey from New Delhi to Haridwar railway station followed by a 90-minute drive.

Road: The driving time between New Delhi and Ananda is approximately four to five hours.



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