



➤ *Ananda Sleep Enhancement*

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

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

Circadian misalignment induced by sleep deprivation 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
THERAPIES						
Ayurveda, International, Oriental, Emotional Healing	12	24	36	18	38	56
PERSONAL SESSIONS						
Yoga, Pranayama, Meditation	3	5	8	3	5	8
CONSULTATIONS						
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.

