



➤ *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:						
THERAPIES						
Ayurveda, International, Oriental, Cleansing	9	18	27	11	26	39
PERSONAL SESSIONS						
Yoga, Pranayama, Meditation	6	13	20	9	17	27
CONSULTATIONS						
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.

