



NATURE HEALS

1 NIGHT 2 DAYS PACKAGE

Ayurveda, Sound Healing, Yoga, Meditation and more...



PRICE

Rs 15000 per person

per person on twin/double sharing basis

Rs 20000 per person

per person on single occupancy

All services require pre-booking and advance payment. Walk-in clients will not be entertained. Prices are fixed. With every package, you will be enrolled into our attractive loyalty schemes.

FOR BOOKING, CALL US NOW

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junglemahalresort.com

ITINERARIES

DAY 1

- 2:00pm Check in / Tea & snacks
- 4:00pm Sauna
- 5:00pm Sound Healing
- 6:00pm Sattvik Dinner
- 7:00pm Suchhma Byayam & Yog Nindra

DAY 2

- 7:00am Morning Yoga
Mantra Chanting / Pranayama / Yogashan / Meditation
- 8:00am Sattvik Breakfast
- 9:00am Ayurveda Doctor Consultation
- 10:00am Whole Body Massage (Abhyanga)
- 11:00am Sarwanga Swedan
and one personalized ayurveda therapy (extra cost)
- 12:00pm Sattvik Lunch
- 1:00pm Check out

Ayurveda therapies include any of Sirodhara, Kati basti, Janu basti, Nasya, Patra pinda

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