



NATURE HEALS PACKAGE

2 NIGHTS 3 DAYS

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



PRICE

Rs 22000 per person

per person on twin/double sharing basis

Rs 28000 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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DAY 1

2:00 pm	Arrival / Welcome drink Check-in / Light Snacks
3:00pm - 4:00pm	Ayurveda doctor consultation - Medical history / Knowing your body type - prakriti / Lifestyle advice / Therapy plans
4:00pm - 5:00pm	Ayurvedic Abhyanga Special ayurvedic whole body massage with specially made medicated ayurvedic oil.
5:30pm - 6:30pm	Personalized Yoga Session Sharing your yoga and pranayama experience if you are practicing by yourself or if you have got any training or workshop related to yoga and pranayama or meditation Yoga session / Pranayama / Yoga asana / Dhyan Relaxation
7:00pm - 8:00pm	Ayurveda Sattvic Dinner



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DAY 2

6 am	Bhramha Muhurta Jagran – early waking up Mindful observation of forest view, bird sounds and morning sky. Usha paan – luke warm water drinking Morning rituals, shower
7:00am - 8:30am	Yoga session – Yoga, Pranayama, Dhyan
9:00am - 10:00am	Sattvic breakfast
10:30am - 10:45am	Mindful walking for 10 mins
11:00am - 12:00pm	Ayurveda therapy
12:00pm - 12:30pm	Sauna
1:00pm - 2:00pm	Sattvic lunch
3:00pm - 4:00pm	Forest bathing or Ayurveda therapy
5:00pm - 6:00pm	Sound healing / Calming down your energy
7:00pm - 8:00pm	Sattvic dinner
8:00pm - 9:00pm	Camp fire

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



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DAY 3

6 am	Bhramha Muhurta Jagran – early waking up Mindful observation of forest view Bird sound and morning sky. Usha paan – luke warm water drinking Morning rituals, shower
7:00am - 8:30am	Yoga session – Yoga, Pranayama, Dhyan
9:00am - 10:00am	Sattvic Breakfast
10:30am - 10:45am	Mindful walking for 10 mins
11:00am - 12:00pm	Ayurveda Therapy
12:00pm - 12:30pm	Sauna
1:00pm - 2:00pm	Sattvic Lunch & Departure

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



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