



## NATURE HEALS DAY PACKAGES

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



**BULBUL**

**Rs 5000**  
per person



**HIUNJURÉ**

**Rs 6000**  
per person

**SUNAAKHARI**

**Rs 7000**  
per person

**DHANWANTARI**

**Rs 8000**  
per person

Prices are fixed. With every package,  
you will be enrolled into our attractive  
loyalty schemes.

**FOR BOOKING, CALL US NOW**

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## BULBUL PACKAGE

10:30am - 11:00am	Welcome Drink
11:00am - 12:00pm	Sound Healing Session
12:00pm - 1:15pm	Ayurveda Therapy 1 (Abhyanga or Sirodhara) Swedan
1:30pm - 2:30pm	Vegetarian Sattvik Lunch
2:30pm - 3:00pm	Know your body type - Ayurveda Session
3:30pm - 5:00pm	Yoga / Meditation / Laughing Yoga
5:00pm	Tea & Departure



## PRICE

**Rs 5000** per person

All services require pre-booking and advance payment. Walk-in clients will not be entertained.

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## HIUNJURÉ PACKAGE

Welcome Herbal Drink / Detox Water

Ayurveda Doctor Consultation

Two Personalized Therapies

Swedan

Tea / Snacks & Departure

Therapies provided only after doctor consultation and will include two therapies of the following: Abhyanga, Sirodhara, Kati basti, Janu basti, Nasya, Patra pinda, Sauna.



## PRICE

**Rs 6000** per person

All services require pre-booking and pre-payment. Walk-in clients will not be entertained.

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## SUNAAKHARI PACKAGE

7:30am - 8:00am	Welcome Herbal Drink / Detox Water
8:00am - 9:30am	Yoga & Sound Healing (Pranayam)
9:30am - 10:30am	Vegetarian Sattvik Breakfast
10:30am - 11:00am	Know your body type - Ayurveda Session
11:00am - 11:30am	Ayurvedic Doctor Consultation
11:30am - 12:15pm	Ayurveda Therapy (Abhyanga)
12:15pm - 1:00pm	Personalized Ayurveda Therapy & Swedan
1:30pm - 2:30pm	Vegetarian Sattvik Lunch & Departure

Therapies provided only after doctor consultation and will include one therapy from the following: Sirodhara, Kati basti, Janu basti, Nasya, Patra pinda, Sauna.



## PRICE

**Rs 7000** per person

All services require pre-booking and pre-payment. Walk-in clients will not be entertained.

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## DHANWANTARI PACKAGE

7:30am - 8:00am	Welcome Herbal Drink / Detox Water
8:00am - 9:30am	Yoga & Sound Healing (Pranayam)
9:30am - 10:30am	Vegetarian Sattvik Breakfast
10:30am - 11:00am	Know your body type - Ayurveda Session
11:00am - 11:30am	Ayurvedic Doctor Consultation
11:30am - 12:15pm	Ayurveda Therapy (Abhyanga)
12:15pm - 1:00pm	Personalized Ayurveda Therapy & Swedan
1:30pm - 2:30pm	Vegetarian Sattvik Lunch
3:00pm - 4:00pm	Laughter Yoga
4:15pm - 4:35pm	Sauna / Forest Therapy / Mindful Walking
5:00pm	Tea / Snacks & Departure

Therapies provided only after doctor consultation and will include one therapy from the following: Sirodhara, Kati basti, Janu basti, Nasya, Patra pinda, Sauna.



## PRICE

**Rs 8000** per person

All services require pre-booking and pre-payment. Walk-in clients will not be entertained.

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