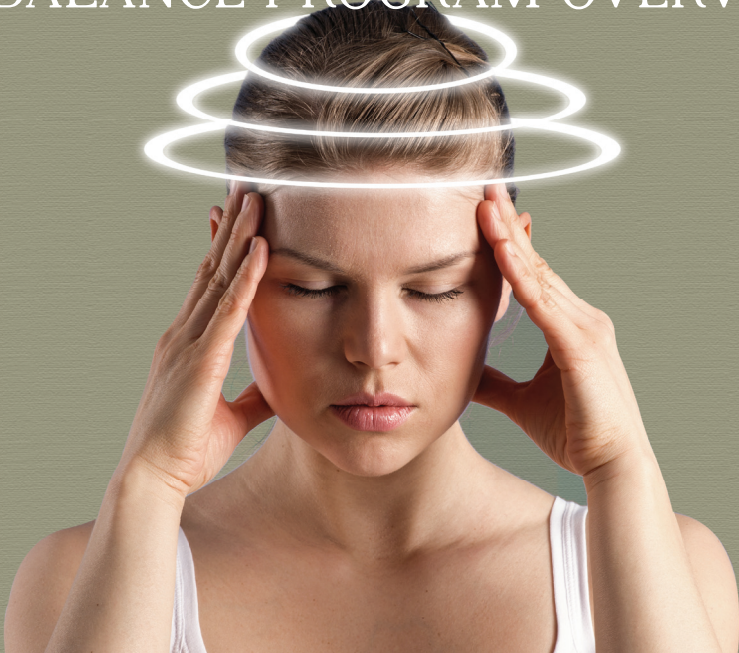


EKAANTA WOMEN'S HORMONAL RE-BALANCE PROGRAM OVERVIEW



PROGRAM FOCUS:

The Ekaanta Women's Hormonal Re-Balance Program is designed to provide holistic care for women experiencing hormonal imbalances, particularly related to conditions like Menopause, PCOS, and PCOD. It combines Ayurvedic treatments, yoga, diet, and lifestyle modifications.

KEY FEATURES:

PERSONALIZED AYURVEDIC CONSULTATION:

Tailored treatments and herbal medication plan.

YOGA AND EXERCISE:

Customized yoga sessions focusing on asanas and pranayama for hormonal balance.

DIETARY GUIDANCE:

Balanced nutrition plans, emphasizing whole foods and Ayurvedic dietary principles.

TARGET AUDIENCE:

Women dealing with hormonal issues such as irregular menstrual cycles, mood swings, and symptoms of menopause, PCOS, and PCOD

Key Components of the Program:

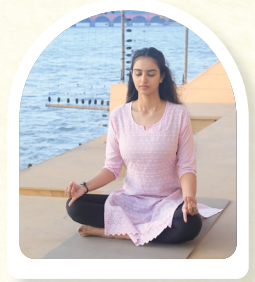


Ayurvedic Treatments

- Includes herbal remedies and specific Ayurvedic treatments.
- Herbal formulations like Shatavari, Ashoka, and Guduchi are commonly used in Ayurveda to support hormonal balance and reproductive health.
- Panchakarma therapies for detoxification may also be a part of the program.

Yoga and Exercise:

- Tailored yoga sessions focusing on asanas and pranayama that promote hormonal balance.
- Practices such as Supta Baddha Konasana, Dhanurasana, and Sun Salutation may be included.

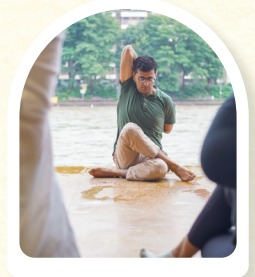


Diet and Nutrition:

- Emphasis on a balanced diet with whole foods, suitable for managing hormonal issues.
- The program might include guidance on avoiding processed and sugary foods, and incorporating more fruits, vegetables, and whole grains.

Stress Management and Mindfulness:

- Techniques such as meditation and deep breathing exercises to reduce stress, a key factor in hormonal imbalances.



Lifestyle Guidance:

- Recommendations for daily routines and lifestyle changes that support hormonal health.
- May include advice on sleep hygiene, managing environmental factors, and regular physical activity.



Personalized Approach:

- The program is likely tailored to individual needs, based on a thorough assessment by Ayurvedic practitioners.

Benefits and Conclusion

Potential Benefits:

- Symptom relief from hormonal imbalances.
- Enhanced overall well-being and quality of life.
- Holistic management of menopause, PCOS, and PCOD symptoms.

Program Conclusion:

- Ekaanta's Women's Hormonal Re-Balance Program offers a nurturing and supportive environment, combining Ayurveda's ancient wisdom with modern wellness practices. It's a balanced approach to health and well-being, tailored to individual needs.

For more details and enrollment information, please visit the

[Ekaanta Women's Hormonal Re-Balance Program page.](#)

Duration (Nights)	7 Nights	14 Nights	21 Nights
<i>Ayurvedic Consultations</i>	3	6	9
<i>Personalized Therapy Sessions</i>	14	28	42
<i>Dietary Consultations</i>	3	6	9
<i>Therapeutic Exercise Classes</i>	7	14	21
<i>Mindfulness Sessions</i>	2	4	6
<i>Meditation Sessions</i>	7	14	21
<i>Guided Nature Walks</i>	5	10	18
<i>Nutritional Meals Per Day</i>	4-5/day		
<i>Transportation to and from the station / airport</i>			