

Ekaanta Ayurveda Wellness Retreat:

A Journey to Serenity by the Ganges
Where Solitude Meets the Soul

**Pricing: Depends on the room type and stay duration,
please contact reservations**

Welcome to the Ekaanta Ayurveda Retreat, a sanctuary where the ancient wisdom of Ayurveda meets modern understanding of wellness. This retreat is specially curated for those seeking harmony between mind and body. Immerse yourself in practices like yoga, meditation, and Ayurvedic therapies, all while embracing the serenity of the Ganges.

Inclusions	7 Nights	14 Nights	21 Nights
<i>Ayurvedic Treatments</i>	14	28	42
<i>Nature Walks</i>	7	10	15
<i>Guided Meditations</i>	5	10	20
<i>Yoga Sessions</i>	5	10	20
<i>Stress Relieving Wellness Sessions</i>	3	7	10
<i>Mindfulness Sessions</i>	3	7	10

Ayurvedic therapies offer various approaches to managing ear tinnitus by focusing on balancing the Vata dosha, believed to be the primary cause of tinnitus in Ayurveda. These therapies include a mix of lifestyle adjustments, herbal treatments, and specific procedures aimed at detoxifying the body and strengthening the ear's nerves.

KARNA POORNA: This involves pouring warm medicated oil into the ears, which can help soothe and heal the inner ear mechanisms affected by tinnitus.

NASYA: A practice where medicated oils are administered through the nostrils to cleanse the head and neck areas, potentially reducing ear and nose inflammation, improving circulation, and calming the nervous system.

SNEHAPANA: Involves the oral intake of medicated ghee or oil, serving as a detox therapy that might indirectly benefit tinnitus sufferers by reducing inflammation and enhancing overall circulation.

ABHYANGA AND SHIRODHARA: Body and head massages with medicated oils aim to reduce stress, promote relaxation, and improve circulation, indirectly supporting tinnitus management.

VIRECHANA: A purification therapy that involves purging to remove toxins from the body, which can help in balancing the Vata dosha and possibly reducing tinnitus symptoms.

DIETARY ADJUSTMENTS: Incorporating anti-inflammatory foods like omega-3-rich items (walnuts, flaxseeds) and identifying potential tinnitus trigger foods are recommended. Cooking methods that favor steaming, boiling, or using healthy oils can also support overall balance and well-being.

Pranayama and Meditation for Mental Clarity:

Yoga and meditation have been found to have positive effects on managing tinnitus. Practices such as Iyengar Yoga, which includes body exercises, breathing techniques, and meditation, have shown to reduce stress and improve the quality of life for those dealing with tinnitus. Additionally, specific pranayamas like Bhramari Pranayama have been highlighted for their role in self-induced sound therapy for tinnitus relief. These approaches help in reducing the perceived intensity and burden of tinnitus, making it less bothersome.

Nature Walks

- **Activities:** Guided walks in natural settings, forest bathing.
- **Benefits:** Boosts mood, reduces stress hormones, and connects with nature

Outdoor Guided Meditation

- **Implementation:** Conducting sessions in serene, natural environments.
- **Advantage:** Enhances the meditative experience, deepens relaxation.

Inclusions:

1. **ACCOMMODATION:** Luxurious and serene accommodations to ensure a peaceful stay.
2. **WELLNESS MEALS:** Nutritious and balanced meals, tailored to support detoxification and cleansing.
3. **PERSONALIZED WELLNESS CONSULTATION:** Initial consultation with wellness experts to tailor your program.
4. **AYURVEDIC THERAPIES:** A range of Ayurvedic treatments including massages and body therapies.
5. **YOGA AND MEDITATION SESSIONS:** Daily sessions to enhance physical flexibility and mental clarity.
6. **MINDFULNESS ACTIVITIES:** Workshops and activities focused on stress relief and mental well-being.
7. **NATURE WALKS AND OUTDOOR ACTIVITIES:** Guided walks and activities in the serene natural surroundings of Ekaanta.
8. **HEALTH WORKSHOPS:** Educational sessions on nutrition, lifestyle, and wellness.
9. **PERSONALIZED DETOX PLAN:** A detox plan designed specifically for your body type and wellness goals.
10. **POST-PROGRAM SUPPORT:** Guidance and tips for maintaining a healthy lifestyle post-retreat.

Benefits of the Program:

The Ayurvedic program for tinnitus focuses on holistic treatments that reduce the symptoms and improve the quality of life for individuals experiencing tinnitus. By addressing the underlying causes related to the Vata dosha and improving overall well-being through diet, lifestyle adjustments, and specific therapies like Nasya and Karna Purana, individuals may find significant relief from tinnitus symptoms. These approaches aim to detoxify the body, enhance circulation, reduce inflammation, and balance mind-body energies, contributing to a more comfortable and less burdensome experience of tinnitus.

CONTACT INFORMATION:

For more details and bookings, call +919936294022

The combination of these diverse yet complementary elements in Ekaanta's program ensures a holistic approach to health. Participants can expect not just temporary relief from everyday stresses but a profound transformation in their approach to health and well-being. The serene environment, expert guidance, and carefully curated activities make Ekaanta's program an ideal choice for those seeking a meaningful and effective way to rejuvenate and detoxify both body and mind.