

# 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	Benefits
Ayurvedic Treatments	14	28	42	Detoxify body, improve circulation, revitalize energy
Nature Walks	7	10	15	Reduce stress, improve mood, boost immunity
Guided Meditations	5	10	20	Reduce stress, enhance mental clarity, emotional stability
Yoga Sessions	5	10	20	Improve flexibility, strength, inner peace
Stress Relieving Wellness Sessions	3	7	10	Manage stress, improve mental well-being
Mindfulness Sessions	3	7	10	Enhance presence, improve sleep, increase life appreciation

Ayurveda, the ancient Indian system of medicine, offers various therapies for detoxification and rejuvenation. These therapies aim to balance the three doshas (Vata, Pitta, and Kapha) in the body. Here's a list of some common Ayurvedic therapies used for these purposes at Ekaanta:

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**PANCHAKARMA:** It's the most famous Ayurvedic detoxification therapy, consisting of five procedures to cleanse the body of toxins. These include Vamana (therapeutic vomiting), Virechana (purgation), Basti (enema), Nasya (nasal administration), and Raktamokshana (bloodletting).

**ABHYANGA:** A full-body massage using warm herbal oils, tailored to your dosha type. It helps in improving circulation, reducing stress, and rejuvenating the body.

**SWEDANA:** A herbal steam therapy that follows Abhyanga. It helps in opening up the pores and flushing out impurities through sweat.

**SHIRODHARA:** A relaxation therapy where a steady stream of warm oil is poured on the forehead, which helps in calming the mind and reducing stress.

**UDVARTANA:** A deep, dry massage using herbal powders, which is effective in exfoliating the skin, improving circulation, and helping in weight loss.

**BASTI:** An Ayurvedic enema using herbal decoctions and oils. It's considered effective for balancing Vata and eliminating toxins from the intestines.

**NASYA:** Nasal administration of medicated oils or powders to cleanse accumulated Kapha toxins from the head and neck region.

**RASAYANA CHIKITSA:** This is a rejuvenation therapy that includes a combination of oral medicines and diet to nourish and revitalize the body's tissues.

**KATI BASTI:** A localized treatment where warm herbal oil is pooled and retained in a reservoir made of dough, applied to the lower back. It's beneficial for back pain and spinal disorders.

**PADABHYANGA:** A foot massage with herbal oils that impacts the whole body, promoting relaxation and better sleep.

## YOGA

Yoga, with its holistic approach, offers various practices that can aid in detoxification and rejuvenation of the body and mind. These practices often combine physical postures (asanas), breathing techniques (pranayama), and meditation for an all-encompassing wellness routine.

## 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:

- Enhanced Digestive Health
- Improved Skin Clarity
- Increased Mental Focus
- Boost in Energy Levels
- Stress Reduction
- Overall Health and Wellness Improvement

## SUITABLE FOR:

Anyone looking to detoxify, rejuvenate, and experience a holistic approach to wellness.

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## CONTACT INFORMATION:

For more details and bookings, call +919936294022

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