

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.

Ayurveda, an ancient healing system from India, offers a holistic approach to managing stress and anxiety. It emphasizes the balance of body, mind, and spirit. By integrating natural therapies, dietary changes, and mindfulness practices, Ayurveda provides a comprehensive path to wellness, reducing stress, and enhancing mental clarity.

Inclusions	7 Nights	14 Nights	21 Nights
<i>Ayurvedic Treatments</i>	14	25	38
<i>Specialized Pain therapy sessions</i>	5	10	15
<i>Nature Walks</i>	5	10	15
<i>Guided Meditations</i>	6	10	15
<i>Yoga Sessions</i>	7	12	20
<i>Stress Relieving Sessions</i>	5	7	10
<i>Mindfulness Sessions</i>	4	7	10

Program Objectives

To alleviate chronic pain through a holistic approach, integrating Ayurvedic practices, physical therapies, and mindfulness techniques.

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:

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, flushing out impurities through sweat, and reduce stiffness and inflammation.

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 reducing inflammation

BASTI: Ayurvedic enemas for internal cleansing and pain relief.

MARMA THERAPY: Pressure point massage to release energy blockages causing pain.

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

Pain Therapy Sessions

- **Physical Therapy:** Custom exercises to improve mobility and reduce pain.
- **Acupuncture:** Targeted treatment for pain relief and energy balance.
- **Heat/Cold Therapy:** Use of temperature to soothe and heal affected areas.

Nature Walks

- **Guided Nature Walks:** Gentle walks in natural settings to promote well-being and pain relief.
- **Forest Bathing:** Immersive nature experiences to reduce stress and aid in healing.

Meditation and Mindfulness

- **Guided Meditation:** Sessions to focus the mind, reduce stress, and manage pain perception.
- **Mindfulness Practices:** Techniques to cultivate presence and awareness, mitigating the psychological impact of chronic pain.

Yoga for Pain Management

- **Gentle Yoga:** Asanas tailored to reduce pain and improve flexibility.
- **Restorative Yoga:** Postures that promote relaxation and healing.
- **Breathing Techniques (Pranayama):** To enhance relaxation and pain control.

Stress-Relieving Sessions

- **Stress Management Workshops:** Techniques to manage stress that can exacerbate pain.
- **Relaxation Techniques:** Progressive muscle relaxation, visualization, etc.

Wellness Workshops

Topics

1. Stress Management Techniques: Tools and practices for managing daily stress.
2. Ayurvedic Lifestyle Practices: Daily routines for optimal health.
3. Holistic Health Understanding: Integrating mind, body, and spirit wellness.

Personalized Care

- **Consultations:** Individual wellness assessments and tailored treatment plans.
- **Feedback Process:** Regular check-ins for program adjustments based on individual progress.

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:

1. **Stress and Anxiety Reduction:** Lowers stress levels, promoting calmness.
2. **Enhanced Mental Clarity:** Improves focus and clears the mind.
3. **Physical Health Improvement:** Aids in detoxification and rejuvenation of the body.
4. **Emotional Balance:** Helps in achieving emotional resilience and stability.
5. **Connection with Nature:** Reconnects individuals with the environment, enhancing mood.

SUITABLE FOR:

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

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.