

# 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
Ayurvedic Treatments	11	25	38
Nature Walks	5	10	15
Guided Meditations	6	10	15
Yoga Sessions	7	12	20
Stress Relieving Wellness Sessions	5	7	10
Mindfulness Sessions	4	7	10

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:** Assists in detoxification and can help in addressing weight issues and hormonal imbalances associated with PCOS/PCOD

**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 tissue massage using herbal powders to stimulate circulation, reduce inflammation, and aid in weight management, which is crucial for PCOS/PCOD management..

**BASTI:** Particularly useful for balancing Vata dosha, which often gets aggravated during menopause, leading to dryness, anxiety, and insomnia.

**NASYA:** Useful in balancing hormones and cleansing the body channels associated with the reproductive system.

**RASAYANA CHIKITSA:** Rejuvenation therapies that include herbal preparations to enhance vitality and mitigate aging-related changes.

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

## Yoga and Exercise:

- Regular practice of yoga asanas like Surya Namaskar, Sarvangasana, and Bhujangasana can be beneficial.
- Exercise helps in weight management, which is crucial in conditions like PCOS and during menopause.

## Pranayama and Meditation:

- Breathing exercises like Anulom Vilom and Kapalabhati help in reducing stress, which is a key factor in hormonal imbalances.
- Meditation practices aid in maintaining hormonal balance by reducing stress and promoting overall well-being.

## 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:

### FOR MENOPAUSE

1. **Hormonal Balance:** Helps in stabilizing hormonal fluctuations during menopause.
2. **Stress Reduction:** Techniques like Shirodhara reduce stress and anxiety, common in menopause.
3. **Improved Sleep:** Relieves sleep disturbances and insomnia.
4. **Emotional Well-being:** Addresses mood swings and promotes emotional balance.
5. **Pain Relief:** Eases joint and muscle pain associated with menopause.
6. **Detoxification:** Aids in eliminating toxins, improving overall health.

### For PCOS/PCOD

1. **Regulated Menstrual Cycle:** Helps in normalizing irregular periods.
2. **Weight Management:** Udvartana and Swedana aid in weight loss, crucial in managing PCOS/PCOD.
3. **Hormonal Balance:** Assists in correcting hormonal imbalances.
4. **Reduced Symptoms:** Diminishes common symptoms like acne, hair growth, and hair loss.
5. **Improved Fertility:** Enhances reproductive health and fertility.
6. **Stress Relief:** Reduces stress and anxiety, which can exacerbate PCOS/PCOD symptoms.

## 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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*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.*

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