

# 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	3 Nights	4 Nights	5 Nights	7 Nights	10 Nights	14 Nights	21 Nights
<i>Ayurvedic Treatments</i>	3	4	8	11	17	25	38
<i>Nature Walks</i>	1	3	3	5	5	10	15
<i>Guided Meditations</i>	2	3	5	6	7	10	15
<i>Yoga Sessions</i>	3	4	5	7	10	12	20
<i>Stress Relieving Wellness Sessions</i>	3	3	3	5	5	7	10
<i>Mindfulness Sessions</i>	3	3	3	4	4	7	10

Ayurveda, the ancient Indian system of medicine, provides a range of therapies aimed at achieving mind-body balance by harmonizing the three doshas (Vata, Pitta, and Kapha). At Ekaanta, we offer a selection of Ayurvedic therapies tailored to detoxify, rejuvenate, and restore equilibrium. Here's an overview of these therapies:

---

### PANCHAKARMA:

- A profound detoxification process consisting of five key treatments: Vamana, Virechana, Basti, Nasya, and Raktamokshana.
- Aims to eliminate toxins, balance doshas, and rejuvenate both mind and body.

### ABHYANGA:

- A full-body massage using warm, dosha-specific herbal oils.
- Enhances blood circulation, reduces stress, and revitalizes the body.

### SWEDANA:

- A therapeutic herbal steam bath that follows Abhyanga
- Helps in removing deep-seated toxins and relaxes muscles

### SHIRODHARA:

- Pouring a continuous stream of warm oil on the forehead
- Soothes the nervous system, alleviates stress, and promotes mental peace

### UDVARTANA:

- A vigorous massage with a herbal powder mixture.
- Stimulates the lymphatic system, exfoliates the skin, and aids in weight management.

### BASTI:

- An Ayurvedic enema that primarily balances Vata dosha.
- Effective in soothing the nervous system and promoting intestinal health

### NASYA:

- Administration of medicated oils through the nasal passage.
- Cleanses the sinuses, enhances mental clarity, and balances Prana Vayu (life force in the head).

### RASAYANA CHIKITSA:

- A rejuvenation therapy that includes nourishing herbal preparations.
- Aims at revitalizing the body's cells and tissues, enhancing longevity and immunity.

**PADABHYANGA:** A therapeutic foot massage with warm herbal oils.

## Yoga Asanas:

- Practices like Surya Namaskar (Sun Salutation), Balasana (Child's Pose), and Shavasana (Corpse Pose) are effective for calming the mind and strengthening the body.
- Poses like Vrikshasana (Tree Pose) and Natarajasana (Dancer's Pose) enhance balance and focus.

## Exercise:

- Activities like Tai Chi and Qigong promote gentle movement, improving energy flow and balance.
- Regular aerobic exercise like walking or swimming boosts endorphins, improving mood and reducing stress.

## Pranayama and Meditation for Mental Clarity:

### Breathing Exercises:

- Techniques such as Anulom Vilom (Alternate Nostril Breathing) and Ujjayi (Victorious Breath) are excellent for calming the mind and balancing energy.
- Bhramari (Bee Breath) is particularly effective for reducing anxiety and improving concentration.

### Meditation Practices:

- Mindfulness meditation and guided visualization help in cultivating mental clarity and emotional stability.
- Practices like Chakra meditation can enhance awareness and harmony within the body.

## Nature Walks for Emotional Wellness:

### Activities:

- Engaging in mindful walks in natural environments, such as gardens or along beaches.
- Incorporating elements of forest therapy or 'Shinrin-yoku' for deepened connection with nature.

### Benefits:

- Enhances emotional well-being, reduces feelings of depression and anxiety.
- Improves attention, reduces cortisol levels, and increases feelings of contentment and joy.

# Outdoor Yoga and Meditation for Enhanced Experience:

## Outdoor Yoga:

- Conducting yoga sessions in nature, like parks or gardens, to combine the benefits of yoga and nature.
- Using natural elements like sunrise or sunset for a more immersive experience.

## Guided Outdoor Meditation:

- Sessions in tranquil natural settings such as beside a stream or in a quiet forest.
- Utilizes the natural sounds and sights to deepen the meditative state, enhancing relaxation and inner peace.

## 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:

- **Physical Health Improvement:** Enhances muscle strength, flexibility, and overall physical fitness.
- **Mental and Emotional Well-being:** Reduces anxiety and stress, improves emotional regulation.
- **Balanced Energy Levels:** Stabilizes daily energy, reduces fatigue.
- **Stress Reduction:** Lowers stress hormones, enhances the body's stress response.
- **Improved Sleep Quality:** Promotes restful sleep essential for health.
- **Detoxification:** Aids in body detox, promotes internal balance.
- **Enhanced Cognitive Function:** Improves focus, memory, and mental clarity.
- **Holistic Lifestyle Changes:** Offers guidance for a balanced, healthy lifestyle.
- **Digestive Health:** Improves digestion and gut health.

---

### SUITABLE FOR:

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

---

### CONTACT INFORMATION:

For more details and bookings, call +919936294022

---