

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	20
Yoga Sessions	7	12	20
Stress Relieving Wellness Sessions	5	7	10
Mindfulness Sessions	4	7	10

The Swapna Ayurveda program is likely to involve a holistic approach that encompasses various Ayurvedic therapies tailored to promote better sleep quality and address sleep disorders. Ayurveda, the traditional system of medicine from India, offers a variety of treatments based on the principle of balance among the body's fundamental elements. Here are some therapies and practices that might be included in a Swapna Ayurveda program:

SHIRODHARA: A deeply relaxing treatment where a steady stream of warm herbal oil is poured over the forehead, specifically on the third eye area. This therapy is known to soothe the nervous system, reduce stress, and promote good sleep.

ABHYANGA: A full-body massage using warm herbal oils, customized according to the individual's dosha (body constitution). Abhyanga helps to improve circulation, calm the mind, and enhance overall well-being, which can contribute to better sleep.

PADA ABHYANGA: A specialized foot massage with warm oils, which works on specific points to balance the doshas, relax the body, and promote sleep.

NASYA: Administration of medicated oils through the nostrils, which is said to balance the prana (life force) in the body, clear the mind, and improve sleep quality.

MARMA THERAPY: Gentle stimulation of specific energy points (marma points) on the body to release blocked energy, reduce stress, and promote relaxation and sleep.

Each of these therapies can be tailored to the individual's needs, based on their specific dosha imbalances and the underlying causes of their sleep issues.

Yoga and Pranayama: Certain gentle yoga postures and breathing exercises (pranayama) are recommended to calm the mind and prepare the body for sleep. Practices like Yoga Nidra are particularly beneficial for inducing deep relaxation.

Diet and Herbal Remedies: An Ayurvedic practitioner may recommend specific dietary adjustments and herbal remedies to balance the doshas and support healthy sleep patterns. Herbs like Ashwagandha, Brahmi, and Valerian are commonly used for their sleep-inducing properties.

Lifestyle Adjustments: Recommendations for daily and nightly routines (Dinacharya and Ratricharya) that promote balance and support natural sleep cycles. This can include guidelines on meal timings, activities, and practices to avoid before bedtime.

Pranayama and Meditation for Mental Clarity:

- Pranayama (breathing exercises), meditation, and engaging with nature, such as through nature walks, are integral components of Ayurveda that significantly contribute to improving sleep quality and managing sleep disorders. These practices are deeply calming and balancing for both the mind and body, fostering a conducive environment for deep, restorative sleep.

Meditation Practices:

1. **Guided Sleep Meditation:** Listening to guided meditations specifically designed for sleep can help ease the mind into a state of deep relaxation and let go of the day's stress.
2. **Yoga Nidra:** Also known as yogic sleep, this is a form of guided relaxation that brings about a state of consciousness between waking and sleeping, deeply rejuvenating the body and mind.
3. **Mindfulness Meditation:** Practicing mindfulness helps in reducing bedtime anxiety and racing thoughts, making it easier to fall asleep and improve the quality of sleep.

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. **POST-PROGRAM SUPPORT:** Guidance and tips for maintaining a healthy lifestyle post-retreat.

Benefits of the Program:

- Enhances sleep quality and helps regulate sleep patterns.
- Reduces stress and anxiety levels, promoting relaxation.
- Balances the body's doshas (Vata, Pitta, Kapha), leading to overall well-being.
- Improves digestion and metabolism, which can influence sleep quality.
- Increases mental clarity and focus by reducing mental clutter.
- Strengthens the immune system through better rest and stress reduction.
- Enhances energy levels and vitality by promoting more restorative sleep.
- Supports emotional balance and helps manage mood swings.
- Encourages a deeper connection with nature, enhancing mental health.
- Offers personalized care and natural remedies with minimal side effects

CONTACT INFORMATION:

For more details and bookings, call +919936294022