

## Retreat: Heart Harmony Program

A Journey to Serenity by the Ganges Where Solitude Meets the Soul

**Pricing:** Depends on the room type and stay duration, please contact reservations.

### Ekaanta Ayurveda Wellness Retreat: Heart Harmony Program

Welcome to the Ekaanta Ayurveda Retreat, a sanctuary where the ancient wisdom of Ayurveda meets the modern understanding of wellness. This retreat is specially curated for those seeking to manage and improve cardiac myopathy while enhancing overall heart health. 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
<i>Ayurvedic Treatments</i>	14	28	42
<i>Nature Walks</i>	7	10	15
<i>Guided Meditations</i>	5	10	20
<i>Yoga Sessions</i>	5	10	20
<i>Stress Relieving Wellness Sessions</i>	3	7	10
<i>Mindfulness Sessions</i>	3	7	10

# AYURVEDIC THERAPIES

1. **HRID BASTI:** A specialized treatment where medicated oils are applied over the heart region to nourish the heart muscles and improve circulation.
2. **ABHYANGA:** A full-body massage with medicated oils to enhance circulation, reduce stress, and support heart health.
3. **SWEDANA:** Steam therapy to promote detoxification, improve circulation, and reduce inflammation.
4. **VIRECHANA:** A gentle purgation therapy to eliminate toxins from the body and balance the doshas, particularly beneficial for heart health.
5. **SHIRODHARA:** A calming therapy involving the pouring of warm oil over the forehead to reduce stress and anxiety, contributing to better heart health.
6. **PADABHYANGA:** Foot massage with medicated oils to stimulate nerve endings, reduce stress, and promote overall relaxation.
7. **UDVARTANA:** A therapeutic deep tissue massage using herbal powders to stimulate circulation, reduce fat, and improve metabolism.
8. **NADI SWEDANA:** Localized steam application to specific body parts to relieve pain and improve circulation.
9. **HERBAL LEPA:** Application of herbal pastes on the chest area to reduce inflammation and support heart health.
10. **DHARA:** A soothing treatment where warm herbal oils are poured over the body to calm the nervous system and promote overall well-being.

## Pranayama and Meditation for Spinal Health

- **Anulom Vilom Pranayama:** Helps balance the breath and improve oxygenation of the blood.
- **Bhramari Pranayama:** Calms the mind and reduces stress, positively impacting heart health.
- **Ujjayi Pranayama:** Enhances oxygenation and supports cardiovascular health.
- **Savasana (Corpse Pose):** Promotes deep relaxation and stress relief, essential for heart health.

# Nature Walks and Outdoor Guided Meditation

- **Activities:** Guided walks in natural settings, forest bathing.
- **Benefits:** Boosts mood, reduces stress hormones, and connects with nature.

## Accommodation and Wellness

1. **ACCOMMODATION:** Luxurious and serene accommodations to ensure a peaceful stay.
2. **WELLNESS MEALS:** Nutritious and balanced meals, tailored to support respiratory health and detoxification.
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 respiratory health.
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:

The Ayurvedic program for cardiac diseases focuses on holistic treatments that reduce symptoms and improve the quality of life for individuals experiencing heart conditions. By addressing the underlying causes related to the doshas and improving overall well-being through diet, lifestyle adjustments, and specific therapies like Hrid Basti and Virechana, individuals may find significant relief from cardiac symptoms. These approaches aim to detoxify the body, enhance circulation, reduce inflammation, and balance mind-body energies, contributing to better heart health and overall well-being.

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## CONTACT INFORMATION:

For more details and bookings, call +919236396970

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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 spinal issues 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 heal both body and mind.