

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**

Ekaanta's Natural Weight Balance Program is a specialized journey designed to address weight management and energy enhancement through the ancient wisdom of Ayurveda. This comprehensive program combines Ayurvedic treatments, personalized diet, and lifestyle modifications to promote healthy weight loss, revitalize the body's energy levels, and restore balance. It is tailored to the individual's unique constitution (Prakriti) and imbalances (Doshas), ensuring a deeply personalized and effective approach to weight loss and vitality.

This program is ideal for individuals looking to achieve a healthy weight and boost their overall vitality using a natural and holistic approach. It is particularly suited for those who have experienced challenges with conventional weight loss methods and are seeking a sustainable and health-promoting solution.

Inclusions	14 Nights	21 Nights
<i>Ayurvedic Therapy Sessions</i>	12	18
<i>Mindfulness Sessions</i>	4	6
<i>Personal Fitness Sessions</i>	8	11
<i>Emotional Healing Therapy</i>	1	2
<i>Personal Yoga Sessions</i>	4	6
<i>Personal Pranayama Sessions</i>	3	4
<i>Guided Nature Walks</i>	3	5

Inclusions:

CONSULTATIONS: In-depth initial consultation with an Ayurvedic doctor, followed by regular progress checks.

DIET: Dosha-specific Ayurvedic meals prepared with fresh, natural ingredients to support the body's detox and weight loss process.

WELLNESS ACTIVITIES: Access to group sessions such as yoga, meditation, and wellness workshops to complement the program.

HYDROTHERAPY FACILITIES: Use of facilities such as steam rooms or herbal baths to aid in detoxification and relaxation.

Benefits :

PHYSICAL: Sustainable weight loss, improved digestion and metabolism, and enhanced overall body tone and vitality.

MENTAL AND EMOTIONAL: Increased energy and mental clarity, reduced stress, and a positive outlook on health and well-being.

LIFESTYLE TRANSFORMATION: Deeper understanding of one's body and health, along with Ayurvedic principles and practices that can be incorporated into daily life for ongoing health and weight management.

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.