

# Spinal Rejuvenation Ayurvedic Wellness 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: Spinal Rejuvenation Program

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 relief from disc bulge and herniated disc issues while enhancing overall spinal 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. **KATI VASTI:** A specialized treatment involving warm medicated oil applied to the lower back to relieve pain and inflammation associated with disc issues.
2. **NASYA:ABHYANGA:** A full-body massage with medicated oils to improve circulation, reduce muscle tension, and promote spinal health.
3. **SWEDANA:** Steam therapy to enhance detoxification, reduce pain, and improve mobility.
4. **BASTI:** Administering medicated enema to cleanse the colon and balance the Vata dosha, which is often associated with spinal disorders.
5. **PIZHICHIL:** Therapeutic pouring of warm medicated oil over the body to soothe nerves, reduce pain, and improve muscle flexibility.
6. **NAVARAKIZHI:** A therapy using a bolus of medicinal rice dipped in herbal decoction to strengthen muscles and improve spinal health.

## Pranayama and Meditation for Spinal Health

- **Marjariasana (Cat-Cow Pose):** Improves flexibility of the spine and relieves tension in the back.
- **Bhujangasana (Cobra Pose):** Strengthens the spine, alleviates pain, and promotes spinal health.
- **Shalabhasana (Locust Pose):** Strengthens the muscles of the lower back and alleviates disc-related issues.

## 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 disc bulge and herniated disc focuses on holistic treatments that reduce symptoms and improve the quality of life for individuals experiencing spinal disorders. By addressing the underlying causes related to the Vata dosha and improving overall well-being through diet, lifestyle adjustments, and specific therapies like Kati Vasti and Pizhichil, individuals may find significant relief from spinal symptoms. These approaches aim to detoxify the body, enhance circulation, reduce inflammation, and balance mind-body energies, contributing to better spinal 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.