

Ananda Wellness Programmes and Rates

Rates for 2020 (USD)

ANĀNDA®
— IN THE HIMALAYAS —
A DESTINATION SPA



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Ananda Wellness Programmes and Rates

Ananda's portfolio of programmes offer the complete range of introductory and comprehensive wellness programmes targeted at specific health goals.

❖ Introduction To Wellness Programmes

Ananda's 'Introduction to Wellness' programmes combine specific spa therapies to create a foundation towards reaching the respective goals. Besides spa therapies, these programmes provide ample time through the day to attend the wide range of scheduled complimentary wellness sessions including group yoga, group fitness classes, group meditation classes, Vedanta lectures and weekly treks. Introduction programmes offered are listed below:

5 Nights

- | | | |
|---------------------|-----------------|---------------------------|
| ❖ Rebalance | ❖ Renew | ❖ Chronic Pain Management |
| ❖ Activ-Fitness | ❖ Detox Starter | |
| ❖ Stress Management | ❖ Yoga | |

❖ Comprehensive Wellness Programmes

Ananda's signature programmes are immersive to achieve transformative results. These programmes are more intense with higher number of therapies each day and combined with several personal sessions of yoga, meditation and fitness, depending on the specific goals of the programme. Wellness programmes offered are listed below:

- | A | B | C |
|---------------------------|---|---------------------|
| 7, 14 Nights | 7, 14 or 21 Nights | 14 or 21 Nights |
| ❖ Rebalance | ❖ Dhyana Meditation | ❖ Weight Management |
| ❖ Renew | ❖ Holistic Detox | ❖ Panchakarma |
| ❖ Activ-Fitness | ❖ Yogic Detox | |
| ❖ Stress Management | ❖ Ayurvedic Rejuvenation & Immunity Booster | |
| ❖ Yoga | | |
| ❖ Chronic Pain Management | | |



RATES PER NIGHT (USD) 2020

WELLNESS PROGRAMMES							
Introductory - INTRO ; Comprehensive - COMP							
Rates are quoted in USD per room per night, includes 18% GST.	Occupancy	03 JAN - 30 APR 16 SEP - 22 DEC 2020		01 MAY - 15 SEP 2020		23 DEC 2020 - 02 JAN 2021	
		INTRO	COMP	INTRO	COMP	INTRO	COMP
		5nts	7,14,21 nts	5nts	7,14,21 nts	5nts	7,14,21 nts
Deluxe Palace View Room	Single	870	910	565	590	1000	1050
	Double	1330	1420	865	925	1530	1630
Deluxe Valley View Room	Single	940	990	610	645	1080	1130
	Double	1430	1520	930	990	1640	1750
Deluxe Valley View Room (Premium Floor)	Single	1070	1120	695	730	1230	1280
	Double	1610	1710	1045	1110	1850	1960
Garden Suite	Single	1290	1340	840	870	1480	1540
	Double	1840	1940	1195	1260	2120	2230
Ananda Suite/ Vice Regal Suite	Single	1490	1540	970	1000	1710	1770
	Double	2150	2240	1400	1455	2470	2570
One Bedroom Villa	Single	2180	2230	1415	1450	2520	2560
	Double	3100	3190	2015	2075	3560	3670
Two Bedroom Villa	2 persons	3150	3200	2050	2080	3620	3680
	4 persons	4630	4720	3010	3070	5320	5430

Terms & Conditions:

Rates are inclusive of Gala dinners and entertainment programme on Christmas and New Year eve.
Three (3) nights minimum stay applicable for any bookings over 31st December, New Year's Eve.
Departure on 31st December is not permitted.



Programme Summary

A ready reference of all categories, programmes and applicable lengths of stay

PROGRAMME	INTRODUCTION	COMPREHENSIVE		
	5 nights	7 nights	14 nights	21 nights
Rebalance	✓	✓	✓	
Renew	✓	✓	✓	
Active Fitness	✓	✓	✓	
Stress Management	✓	✓	✓	
Yoga	✓	✓	✓	
Chronic Pain Management	✓	✓	✓	
Detox		✓	✓	✓
Yogic Detox		✓	✓	✓
Dhyana Meditation		✓	✓	✓
Ayurvedic Rejuvenation & Immunity Booster		✓	✓	✓
Panchakarma			✓	✓
Weight Management			✓	✓



Wellness Programmes

Standard Inclusions For All Programmes

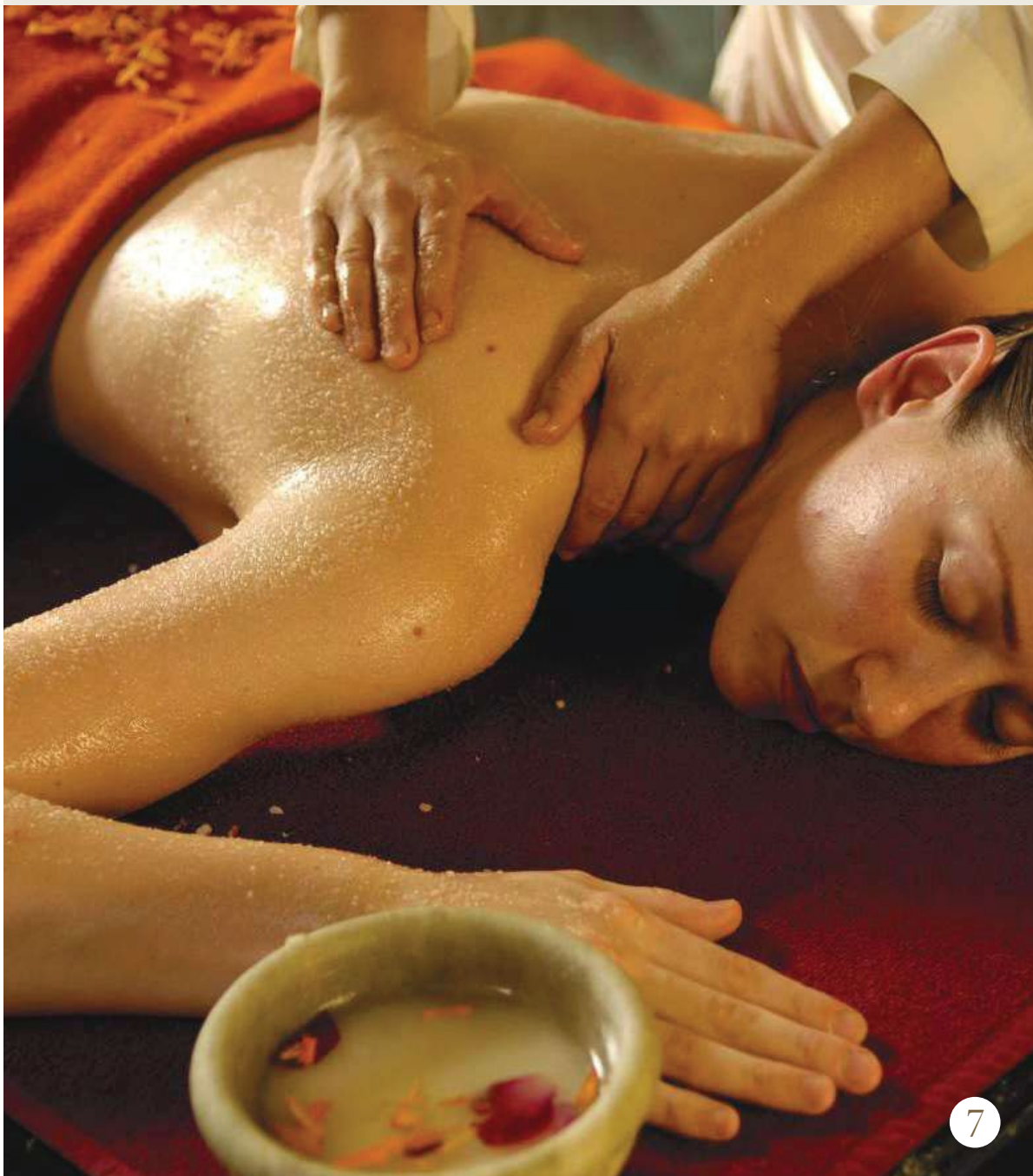
- **A** — Pre-arrival wellness questionnaire to be filled and submitted online by the guest (mandatory for confirmation of wellness programme)
- **B** — Pre-arrival lifestyle and diet guidelines (recommended to be followed for 7 days for optimal results)
- **C** — Return Transfers from Dehradun airport or Haridwar Railway Station
- **D** — Consultations
 - Individual Wellness (Ayurvedic) Consultation
 - Where required, fitness /physiotherapy consultation and tests
 - Ongoing progress checks with Ayurvedic Physician
 - Detailed debrief and lifestyle consultation
- **E** — Morning Wake Up signature tea and fresh fruit bowl provided every day.
- **F** — 3 Ananda Rejuvenation Spa Cuisine meals (breakfast/ lunch/ dinner), per night per person.

Our specially curated menus are tailor-made to each dosha incorporating seasonal variations in cuisine as well as recommended styles of cooking. The six fundamental food categories of sweet, sour, salty, pungent, bitter and astringent are combined with three macronutrients of protein, fat and carbohydrates, all of which provide certain nutritional factors key to good health. Our cuisine comprises fresh natural foods low in fat and calories with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the avoidance of added or artificial salts, colors, flavours, or preservatives.
- **G** — Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath*
- **H** — Scheduled Spa Lifestyle and Wellness activities: (group sessions)
 - o Yoga – Beginners & Intermediate – daily
 - o Pranayama and Meditation – daily
 - o Vedanta lectures – lectures and interaction daily*
 - o Fitness – daily
 - o Cooking demonstrations – weekly*
 - o Wellness Lectures – weekly*
 - o Trek to Kunjapuri mountain top and temple – weekly*
 - o Cultural performances – weekly*
- **I** — PROGRAMME INCLUSIONS
 - All individual wellness and therapy sessions are as per the respective programmes listed below, however, are all subject to change based on assessment/consultation with Ananda's wellness consultant.
 - All personal yoga, fitness and meditation sessions in case of double occupancy will be provided as combined sessions for both persons unless otherwise advised by Ananda's wellness consultant.

*Temporarily restricted

1 — Ananda Rebalance

Circadian rhythms influence sleep-wake cycles, hormone release, eating habits and digestion, body temperature, and other important bodily functions. Irregular rhythms have been linked to various chronic health conditions, such as sleep disorders, obesity, diabetes, anxiety and depression. **The Ananda Rebalance programme** assesses your Circadian cycle and works toward harmonising the natural biological clock and enabling systemic health across digestive and neuro-muscular system.



Ananda Rebalance

The Introductory 5 night Rebalance programme starts with an assessment of appetite, digestion & evacuation. Specific herbal supplements are provided to promote digestion and absorption.

Treatments such as Abhyanga, Takradhara, and Grounding Aromatherapy improve circulation and use ayurvedic massage or lymphatic pressure point massage techniques to initiate removal of metabolic waste, thereby improving agni, soothing the nervous system, reducing fatigue, and improving sleep quality. Dinacharya or traditional ayurvedic lifestyle guidelines on sleep, activity and eating patterns are followed. In the next phase, therapies like Manipura massage stimulate and balance the solar 'sun' vitality within, through reflexology and marma massage, lymphatic drainage and applying himalayan herb poultices to the 10 petals of the solar plexus. Narangakizhi initiates removing ama (waste) from joints and musculo-skeletal system and Sadyo-Virechana (mild laxative therapy), if required is given to cleanse and evacuate the digestive system.

After a 5-night programme, you experience synchronisation with the body's natural biological clock, and therapeutic relief from bloating, flatulence, fullness, constipation, digestive issues, swelling and stiffness.

The Comprehensive 7 night Rebalance programme uses therapies like Reflexology to restore and maintain the body's natural equilibrium, Shirodhara for improved sleep, memory, increased concentration and focus, Pizhichil for bringing nourishment to the tissues, especially neuro-muscular system, and Eye Rejuvenator for firming and hydrating the eyes and protecting the skin against the environment. Besides synchronisation with the body's natural biological clock, you experience enhanced digestion and metabolism, improved joint flexibility and muscular system, and your circadian cycles are in better rhythm.

The Comprehensive 14 night Rebalance programme works towards a complete reset of systemic health of your body, and in addition to the therapies in the 7 night programme, uses therapies like Talapodichil to sooth heaviness of head and headaches, Tibetan Kuu Nye for lymphatic drainage, acupressure and meridian work to restore the nervous system and stimulate a free flow of energy within the body, and Mukh Lepa to cleanse, exfoliate, tone and hydrate facial area. Overall benefits are setting digestion, absorption and evacuation functions at optimal level, systemic health across nervous and muscular system, and significantly enhanced sleep patterns.



Ananda Rebalance

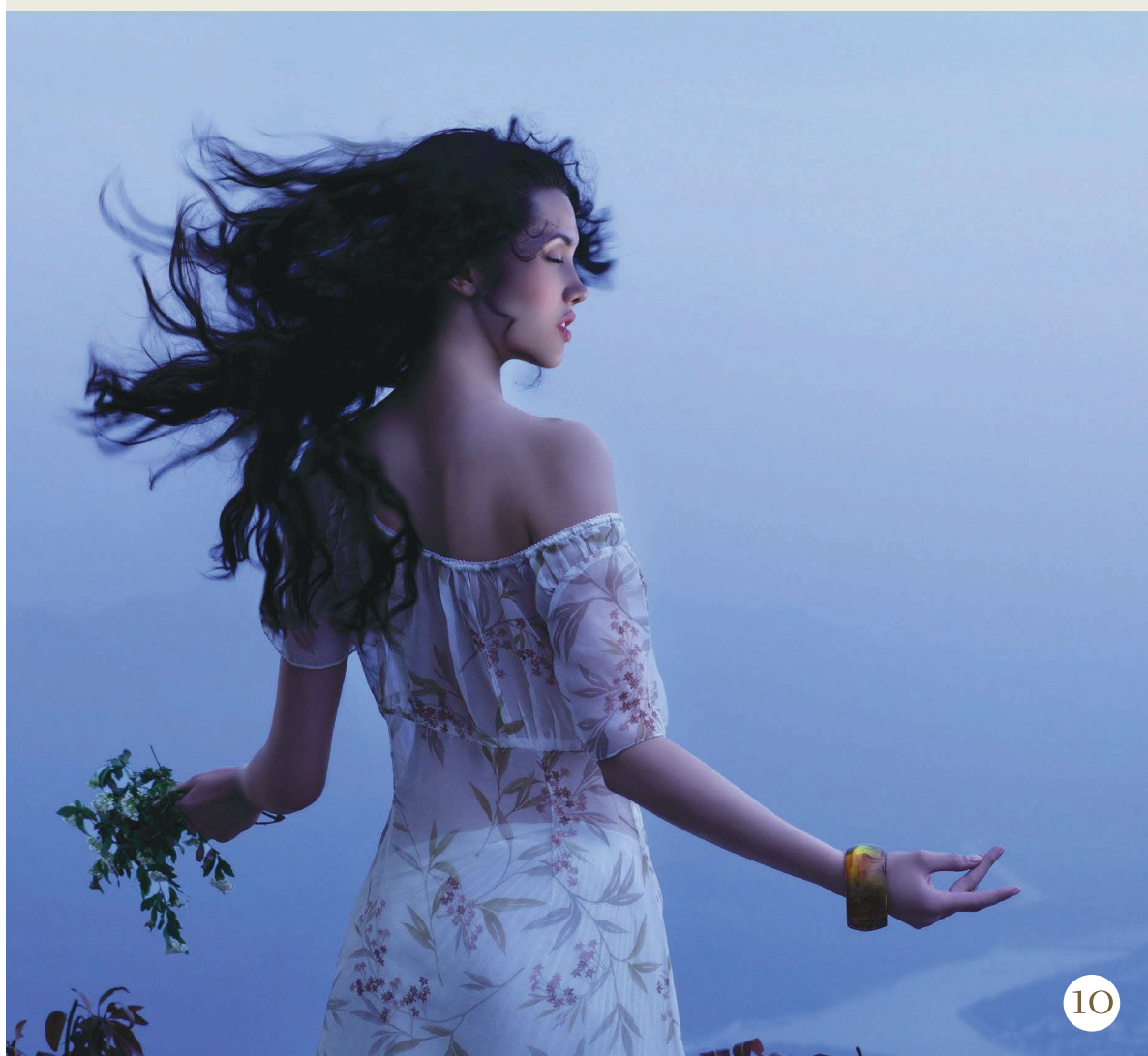
INCLUSIONS	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurveda Therapy sessions</i>	3	5	11
<i>International Therapy sessions</i>	2	8	14
<i>Personal Yoga sessions</i>		2	3
<i>Personal Pranayama sessions</i>		2	3
<i>Personal Meditation sessions</i>		1	2

THERAPIES	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic Therapy</i>	Abhyanga, Takradhara, Narangakizi	Abhyanga, Takradhara, Narangakizi, Shirodhara, Pizhichil	Abhyanga, Takradhara, Narangakizi, Shirodhara, Pizhichil, Talapodhichil, Mukh Lepa
<i>International Therapy</i>	Grounding Aromatherapy Manipura Massage	Grounding Aromatherapy, Manipura, Reflexology, Thai Massage, Ananda Fusion, Indian Head Massage, Eye Rejuvenator, Honey & Rose Facial	Grounding Aromatherapy, Manipura, Reflexology, Thai Massage, Ananda Fusion, Indian Head Massage, Eye Rejuvenator, Honey & Rose Facial, Tibetan Kuu Nye

2 — Ananda Renew

Skin is the body's largest organ. When it's at optimal health, its layers work hard to protect us. It is the first layer of defense from external factors such as viruses, bacteria and other environmental factors. Both your age and health are reflected in your skin. But often the skin's ability to work as an effective barrier is impaired. Several factors including unhealthy diet, hormonal changes, lack of sleep, environmental pollution and smoking affect skin adversely.

Going deeper than the skin, your body's immune system naturally reduces in strength as you age. So aging affects immunity and, in turn, the changes in the immune system affect the aging process. With traditional wellness remedies and lifestyle changes, we can make the most of our bodies as we age and build immunity. **The Ananda Renew programme** works on building skin health through skin cleansing and skin nourishment. It works to enhance and rebuild immunity and promote healthy ageing through lifestyle modification, and improving digestive and musculo-skeletal health.

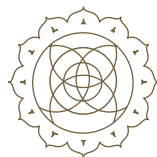


Ananda Renew

The Introductory 5 night programme includes therapies like Ananda Fusion, Ayurveda Tan Lepa herbal mask and Pizhichil massages to detoxify the skin and renovate underlying skin issues, and nourish the skin by hydrating, lubricating, and rejuvenating skin cells. The second phase includes therapies like Navarakizhi and Visuddha facial. The Njavara bundle contains an indigenous variety of rice having medicinal properties dipped in the mixture of warm milk and herbal decoctions and acts to reduce wrinkle formation by nourishing and hydrating. It also improves blood circulation by cleansing the channels of lymphatic circulation thereby enhancing the immunity. The Rose oil is the special oil used for facial skin healing and combined with ancient marma massage and light nurturing strokes, the Visuddha facial purifies and opens up the energy field of the face and neck. After this, you experience improved skin health and improved lymphatic drainage thereby initiating the process of re-building immunity.

The Comprehensive 7 night Renew programme uses therapies like Abhyanga, Choornaswedana, Grounding Aromatherapy to improve circulation and initiates removing ama or metabolic waste, thereby improving agni, and soothes the musculoskeletal system and removes redness. Reflexology stimulates reflex points to improve energy flow within the body and restore the body's natural equilibrium, while Jasmine salt scrub is especially good for cleansing and helps to stimulate and strengthen the skin. Besides improved skin health, overall benefits from the comprehensive 7 night programme are improved joint flexibility, strengthened muscular system and enhanced immunity.

The Comprehensive 14 night Renew programme promotes mental and emotional relaxation by creating a positive energy flow through the chakras leaving you in a state of tranquillity and peace with the Ayurvedic Head massage. Udhwarthana enhances healthy skin and vibrant complexion with the help of herbal scrub, which also gives stability and lightness to the body. Ancient Indian Body Mask enhances the natural healing abilities of the body. The comprehensive 14 night Renew programme helps achieve enhanced skin health, systemic health across musculo-skeletal system, delays the degeneration process and enhances immunity.



Ananda Renew

INCLUSIONS	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurveda Therapy sessions</i>	3	7	11
<i>International Therapy sessions</i>	2	6	14
<i>Personal Yoga sessions</i>		3	4
<i>Personal Pranayama sessions</i>		1	2
<i>Personal Meditation sessions</i>		2	5

THERAPIES	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic Therapy</i>	Tan Lepa, Pizhichil, Navarakizhi	Tan Lepa, Pizhichil, Navarakizhi, Abhyanga, Choornaswedana, Janu Vasti, Ayurvedic head massage	Tan Lepa, Pizhichil, Navarakizhi, Abhyanga, Choornaswedana, Janu Vasti, Ayurvedic head massage, Udhwarthana
<i>International Therapy</i>	Ananda Fusion, Visuddha Harmonizing facial	Ananda Fusion, Visuddha Harmonizing facial, Grounding Aromatherapy, Jasmine salt scrub, Eye Rejuvenator, Reflexology	Ananda Fusion, Visuddha Harmonizing facial, Grounding Aromatherapy, Jasmine salt scrub, Eye Rejuvenator, Reflexology, Ananda Touch, Ancient Indian Body Mask, Hydrotherapy Aromatic Bath, Mountain Dew Skin Freshener

3 — Ananda Activ-Fitness

The Ananda Active programme integrates the best of indoor fitness workouts along with outdoor activities such as outdoor bootcamps, personal fitness training, guided outdoor treks, yoga, aqua fitness and therapeutic spa experiences to enhance muscle tone and cardiovascular fitness.

In partnership with Sumaya, a pioneer in the fitness industry, the programmes are individualized, consultative and follow a goal orientated fitness approach.



Ananda Activ-Fitness

Ananda's new Activ-Fitness 5 night introductory programmes target those who want to improve their fitness levels - be it intermediate or advanced.

The programme also caters to those who are looking to lose weight through increased physical activity and monitored nutrition. The programme starts with a detailed pre-arrival questionnaire to be filled by the guest, providing information on their goals, injuries or medical conditions (if any), dietary restrictions and any other information which is required.

The programme aims for 4 hours of training a day, across individual sessions (fitness sessions, outdoor boot camps and outdoor trail workout sessions) and scheduled group sessions (aqua fitness, core strengthening, mobility, foam rolling and stretching etc.). Rehabilitation sessions through personal training session will be provided for any chronic injuries.

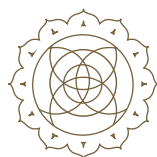
Nutrition consultation and diet planning is a key aspect of this programme. Nutrition focuses on fuelling workouts and assisting post workout recovery and largely focuses on foods that are high in protein, high fibre, healthy fats and complex carbohydrates and grains with low glycaemic index. The meals will be individually planned across all day, including pre and post workout snacks.

The Comprehensive 7 and 14 night Activ-Fitness programmes continues with a deeper understanding of where your body needs improvement and the type of landscape and experience required for a more intensive outdoor fitness activities. Muscle endurance is tested during circuit training and personal fitness sessions gauge how your body responds to outdoor terrain.

Recuperate with physiotherapy and sports massages that help in removing muscle soreness while improving blood flow. In this phase, there is a higher emphasis on intake of complex carbohydrates and high protein to fuel the body for optimum performance.

The outdoor regime is complemented with wellness therapies like salt scrub, jet shower blitz, active massage, sports recovery massage to increase blood circulation. Aqua fitness and reflexology increase energy levels whereas hydrotherapy leaves you refreshed. Personal yoga sessions, pranayama and meditation foster mobility of the body and restore balance. The Ananda Active programme has been designed to empower you on a sustainable path to fitness. The fitness advisors, chefs and the wellness (Ayurvedic) experts debrief and counsel when you complete the programme so that you are equipped to continue your fitness routine even after you leave Ananda.

A comprehensive Activ-Fitness programme at Ananda leaves you with improved muscle tone, cardiovascular fitness, improved and relaxed mind, reduced water retention, improved lymphatic stimulation, blood circulation, appetite and sleep.



Ananda Activ-Fitness

INCLUSIONS	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 <i>nights</i>	7 <i>nights</i>	14 <i>nights</i>
<i>Personal Fitness sessions</i>	2	2	5
<i>Outdoor Bootcamp sessions</i>	1	3	4
<i>Trekking (or) Rafting</i>	1	1	3
<i>Physiotherapy</i>	2	3	4
<i>Aqua Fitness sessions</i>		1	2
<i>International Therapy sessions</i>		3	7
<i>Ayurveda Therapy sessions</i>		1	3
<i>Personal Yoga sessions</i>		2	2
<i>Personal Pranayama sessions</i>		2	4

Note: Daily group fitness sessions are mandatory for Activ-Fitness programme.
 Recovery massage therapy sessions may be recommended for all programme durations
 Treks/Rafting in the Activ-Fitness programme are not available from 01 June to 30 September
 and will be replaced with fitness sessions within Ananda.

THERAPIES	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 <i>nights</i>	7 <i>nights</i>	14 <i>nights</i>
<i>Ayurvedic Therapy</i>	Abhyanga	Abhyanga or Choornaswedana	Abhyanga or Choornaswedana
<i>International Therapy</i>	Active Massage, Sports Massage	Active Massage, Sports Massage, Reflexology, Hydrotherapy Aromatic Bath, Jet Shower Blitz	Active Massage, Sports Massage, Reflexology, Hydrotherapy Aromatic Bath, Jet Shower Blitz

4 — Ananda Stress Management

Ananda's Stress Management programme helps to lead a well-balanced, healthy life by reducing stress and relaxing the mind. This programme is a customized holistic approach of Ayurveda, Yoga, Tibetan and international experiences with Reiki Healing to tackle the stress naturally. The whole programme is designed to provide tranquility to the stressed body & mind and to bring back the natural rhythm of the psychosomatic system.



Ananda Stress Management

Ayurvedic therapies like Shirodhara and international experiences like Reflexology, Rose Quartz, Amethyst Rejuvenation facial and meditation techniques like Yoga Nidra, intensify the experience of deep relaxation by removing tensions from physical, mental and emotional levels.

The intensity of the programme increases in the Comprehensive 7 night programme as it includes Ayurvedic massages like Abhyanga (traditional oil treatment to balance and relax the whole body), Tibetan Kuu Nye massage (which focuses on lymphatic drainage, acupressure and meridian energy channels) to improve the nervous system and to stimulate the free flow of energy within the body.

Ajapa Japa (a meditation technique to develop an awareness of the spontaneous mantra) is used to internalize the mind, releasing the tensions acquired through excess engagement in sensory contents. Reiki (a gentle hands-on technique on different chakras of the body) uses the universal life force energy to break up energy blockages within the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself. Personal fitness sessions focus on therapeutic stretching to relieve the physical stress built up in the muscles and mild cardio improves overall blood flow).

The first phase is to understand the basic cause of stress, the imbalance in the body and mind. Planning of the diet and activities is streamlined based on these findings. It helps the body and mind to relax and release the tension accumulated through various treatments like Abhyanga and Aromatherapy.

In the second phase, treatments and procedures help to soothe the mind and bring about relaxation on a deeper level. These include sessions on meditation and yoga, which help cleanse the mind and facilitate stress management on a long term basis.

In the third phase of the programme, procedures with even deeper impact on the mind and spiritual level like Reiki healing and Vedanta lectures are focused on.

Ananda's Stress Management reduces stress and anxiety, improves sleep, strengthens immunity, provides relief from headaches and improves blood sugar imbalance.



Ananda Stress Management

INCLUSIONS	DE-STRESS	STRESS MANAGEMENT	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic Therapy sessions</i>	1	3	5
<i>International Therapy sessions</i>	4	7	15
<i>Personal Yoga sessions</i>		3	5
<i>Personal Pranayama sessions</i>	1	2	4
<i>Personal Meditation sessions</i>	1	3	5

THERAPIES	DE-STRESS	STRESS MANAGEMENT	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic Therapy</i>	Shirodhara	Shirodhara, Abhyanga	Shirodhara, Abhyanga
<i>International Therapy</i>	Grounding Aromatherapy Massage, Grounding Aroma Cocoon, Reiki, Reflexology	Grounding Salt Scrub, Grounding Aromatherapy, Grounding Aroma Cocoon, Reiki, Reflexology, Rose Quartz facial or Amethyst Rejuvenation, Tibetan Kuu Nye	Grounding Salt Scrub, Grounding Aroma Cocoon, Aromatherapy Massage, Reiki, Reflexology, Rose Quartz facial or Amethyst Rejuvenation, Thai Massage, Tibetan Kuu Nye

5 — Ananda Yoga

The Ananda Yoga programme helps rediscover oneself through the ancient and traditional discipline of Yoga, which encompasses all aspects of life in order to balance the mind, body and spirit. Ananda Yoga nurtures and enhances the physical, mental, emotional and spiritual qualities in a simple, effective and practical manner, through the time proven approaches of Hatha Yoga, Raja Yoga and Kriya Yoga.



Ananda Yoga

The Ananda Yoga programme focuses on incorporating the elements that are integral to Yoga. The entire programme is created to help one understand the complementing nature of different Yogic techniques sourced from classical branches of Hatha, Raja and Kriya Yogas.

The programme has balanced inclusions of personalized Asana (Hatha Yogic posture), Pranayama (breathing techniques), Shatkriya (cleansing) and meditation techniques in order to develop an understanding of the holistic approach of Yogic philosophy.

Upon arrival, there is a detailed Yoga consultation with our resident Yoga expert to help personalize the sessions to your needs. During the stay, there is personalized Asana and Pranayama session every day with a meditation or cleansing procedure to complement and enhance the Yogic experience. The individualised Hatha Yoga sessions are specifically tailored for your needs. Each posture has manual adjustments which will help you to understand the relationships between the muscle groups and body parts being engaged. To develop a deeper understanding of how your body engages in each posture, the instructor guides your awareness to specific areas to enhance your body's natural intuition.

Spa treatments incorporated in the programme such as Tibetan ritual, Thai massage, Reiki, Shirodhara and Reflexology help to further deepen the meditative and holistic experiences.

The Ananda Yoga programme helps to develop a sound understanding of Yogic practices, develops strong will power and concentration, and improves immunity, sleep and clarity of thought.



Ananda Yoga

INCLUSIONS	INTRODUCTION TO YOGA	HOLISTIC YOGA	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Personal Yoga sessions</i>	3	5	11
<i>Personal Pranayama sessions</i>	2	7	8
<i>Personal Meditation sessions</i>	1	3	7
<i>Ayurvedic Therapy sessions</i>		1	2
<i>International Therapy sessions</i>	3	7	12
<i>Cleansing Therapy sessions</i>	1	1	3

THERAPIES	INTRODUCTION TO YOGA	HOLISTIC YOGA	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic Therapy</i>		Shirodhara	Shirodhara
<i>International Therapy</i>	Thai Massage Reflexology, Aromatherapy	Reiki, Grounding Salt Scrub, Thai Massage Reflexology, Aromatherapy Massage, Ananda Fusion, Rose Quartz facial or Amethyst Rejuvenation	Tibeta Kuu Nye, Reiki, Grounding Salt Scrub, Thai Massage Reflexology, Aromatherapy Massage, Ananda Fusion, Rose Quartz facial or Amethyst Rejuvenation
<i>Cleansing Therapy</i>	Jai Neti	Jai Neti	Jai Neti, Kunjal Kriya

6 — Ananda Detox

Toxins constantly build up in the body due to pollution and other environmental factors leading to lack of energy, weight gain etc. in the body. Detoxification is all about resting the digestive system through controlled eating of whole foods, improving the circulation of the blood and lymphatic systems, stimulating the liver to filter toxins from the body, cleansing the colon and finally nourishing the body with essential nutrients.

The ultimate goal is to detoxify both the mind and body of harmful toxins and negative thoughts in a controlled and safe manner.



Ananda Detox

Ananda's signature Detox programme uses Aromatherapy experiences and hydrotherapy, Ayurvedic panchakarma treatments, yoga, meditation and a dosha (body type) specific diet. Personalized fitness sessions with a focus on cardiovascular exercises, light muscle toning and passive stretching improves the circulatory function thereby helping the mobilization of toxins and metabolic wastes accumulated in muscles and circulatory pathways. Dosha based diet made of organic ingredients with balanced micro and macro nutrients helps to balance the agni or metabolic power in the body. When agni is out of balance, it builds pseudo appetite and improper digestion leading to accumulation of metabolic wastes.

In the **Introduction 5 night Detox Starter programme**, toxins which are accumulated in the tissue level are liquefied and mobilised through Ayurvedic treatments such as Udhwarthana and the use of essential oils in Aromatherapy and essential oil infused sea salt scrubs. They are then brought into the circulatory channels for elimination using intense treatments like Choornaswedana, Aromatherapy, Aroma Cocoon and Swedish massage, along with meditation techniques like Yoga Nidra that deepen the experience of relaxation to initiate the process of detoxification.

The Comprehensive Detox programme starting 7 nights, flushes out toxins from the channels by various ayurvedic cleansing methods like Sneha Vasti and Nasyam, Aromatherapy Massage and Aroma Cocoon. Asanas and breathwork in yoga release the physical as well as psychic blockages. Yogic cleansing techniques such as Kunjal and Jal Neti help to flush out toxins from the oesophagus, stomach and sinuses. Treatments like Abhyanga, Choornaswedana, reflexology, aromatherapy and facials along with intense Yogic relaxation such as Yoga Nidra helps in post care and recuperation. The comprehensive detox programme helps achieve an increase in energy levels, improved focus and concentration, better digestion and absorption of nutrients, better immunity and stamina, glowing skin and toned body.



Ananda Detox

INCLUSIONS	DETOX STARTER	HOLISTIC DETOX			
<i>Nights</i>	5 <i>nights</i>	7 <i>nights</i>	14 <i>nights</i>	21 <i>nights</i>	
<i>Ayurvedic Therapy sessions</i>	3	4	9	14	
<i>International Therapy sessions</i>	4	8	16	25	
<i>Cleansing Therapy</i>	1	3	6	11	
<i>Personal Yoga sessions</i>		2	3	5	
<i>Personal Pranayama sessions</i>	1	2	2	3	
<i>Personal Meditation sessions</i>		1	2	2	
<i>Personal Fitness sessions</i>		2	4	6	

THERAPIES	DETOX STARTER	HOLISTIC DETOX			
<i>Nights</i>	5 <i>nights</i>	7 <i>nights</i>	14 <i>nights</i>	21 <i>nights</i>	
<i>Ayurvedic Therapy</i>	Abhyanga, Chõrnaswedana, Udhwarthana	Abhyanga, Chõrnaswedana,	Abhyanga, Chõrnaswedana, Udhwarthana	Abhyanga, Chõrnaswedana, Udhwarthana	
<i>International Therapy</i>	Detoxifying Salt Scrub, Hydrotherapy Aromatic bath, Aromatherapy Massage, Ancient Indian Body Mask	Detoxifying Jet Blitz shower, Hydrotherapy Aromatic bath, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Mountain Dew Skin Freshener facial, Detoxifying Aroma Cocoon, Earth Stone Massage	Detoxifying Jet Blitz shower, Hydrotherapy, Aromatic bath, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Mountain Dew Skin Freshener facial, Energising Earth Wrap, Detoxifying Aroma Cocoon, Earth Stone Massage	Detoxifying Jet Blitz shower, Hydrotherapy, Aromatic bath, Detoxifying Aromatherapy Massage, Detoxifying salt scrub Mountain Dew Skin Freshener facial, Energising Earth Wrap Detoxifying Aroma Cocoon, Earth Stone Massage	

7 — Ananda Yogic Detox

Ananda's Yogic Detox programme uses the different Hatha Yogic cleansing techniques (Shatkriya) to detox in a natural and effective way. Shatkriyas, similar to Ayurveda, are also used to balance the three Doshas in the body.

In Yogic detoxification, elements of Asana (Hatha Yogic postures), Pranayama (Yogic breathing techniques), meditation and Yogic/Ayurvedic diet are incorporated along with Shatkriya to give profound experiences of vitalization and harmony.



Ananda Yogic Detox

The programme is exclusively designed on the principles of Hatha Yoga which aims at purification of entire systems of body and mind through Yogic techniques like Jal Neti, Kunjal Kriya, Laghu Shankha Prakshalana and Trataka. Simultaneously international experiences are provided to help the lymphatic system to get rid of toxins.

Asana (posture) and Pranayama (Yogic breathing techniques) are used to activate the organs and prepare them for the process of cleansing. Techniques of relaxation such as Yoga Nidra are incorporated to release the physical tensions in body and mind.

Shatkriyas (traditional Yogic cleansing) such as Jal Neti (Nasal cleansing), Kunjal (Yogic regurgitation) and Laghu Shankha Prakshalana (Yogic intestinal wash) are employed to cleanse the system.

Techniques such as Trataka (Candle Meditation), Yoga Nidra (Psychic Sleep) and various techniques of Pranayama are performed to establish internalization and harmonization of prana and awareness, psychic purification for a balanced state of mind.

Ananda's Yoga programme releases deep rooted muscular and neural tension, enhances vitality, relaxation and improved blood purification, promotes balance in energetic patterns of the body and an increased sense of physical stability, helps with problems like sinusitis, hay fever, asthma, tonsillitis and dust allergies. The thorough cleansing results in a deep sense of purity.



Ananda Yogic Detox

INCLUSIONS

YOGIC DETOX

<i>Nights</i>	7 <i>nights</i>	14 <i>nights</i>	21 <i>nights</i>
<i>Cleansing Therapy</i>	4	8	12
<i>Personal Yoga sessions</i>	4	7	14
<i>Personal Pranayama sessions</i>	3	6	12
<i>Personal Meditation sessions</i>	2	4	6
<i>Ayurveda Therapy sessions</i>	2	3	3
<i>International Therapy sessions</i>	6	13	18

THERAPIES

YOGIC DETOX

<i>Nights</i>	7 <i>nights</i>	14 <i>nights</i>	21 <i>nights</i>
<i>Ayurvedic Therapy</i>	Abhyanga, Choornaswedana,	Abhyanga, Choornaswedana,	Abhyanga, Choornaswedana,
<i>International Therapy</i>	Detoxifying Jet Blitz shower, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Himalayan Honey and Rose facial, Calming Rose Quartz or Amethyst Rejuvenation facial, Swedish Massage, Reflexology	Detoxifying Jet Blitz shower, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Himalayan Honey and Rose facial, Swedish Massage, Reflexology, Detoxifying Aroma Cocoon, Kundalini, Thai Massage, Tibetan Kuu Nye	Detoxifying Jet Blitz shower, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Himalayan Honey and Rose facial, Calming Rose Quartz or Amethyst Rejuvenation facial, Swedish Massage, Reflexology, Detoxifying Aroma Cocoon, Kundalini, Thai Massage, Tibetan Kuu Nye
<i>Cleansing Therapy</i>	Jai Neti, Kunjal Kriya, Trataka	Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana	Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana

8 — Ananda Dhyana Meditation

The Dhyana programme helps in the process of self-realisation by gaining more control over physical and mental faculties, balancing them emotionally as well as spiritually. It helps people understand and connect with the yogic system and find the right combination of practices which can be incorporated into daily lives.



Ananda Dhyana Meditation

The various concepts of Dhyana (meditation) and its practice originated in the the Vedic era and have been influenced over the ages by Buddhism, Hinduism and Jainism. The practice of meditation is one of the key tools that helps harmonize the mind and also tap into the full potential of the 'higher mind'. By overcoming negative tendencies, it helps harmonize the whole personality and gives an overall sense of calm.

A personalized session is a combination of asanas that are physical postures accompanied by an awareness of the body, and breathing practices. Daily personalized Pranayama sessions promote breathing techniques that lead to control of pranas (energy) and the mind. Daily hourly meditation discussions include practicing techniques of pratyahara (withdrawal of the senses from the mind), followed by dharana (mental awareness) which help to relax, concentrate and build internal awareness leading to dhyana. Topics related to the philosophy of yoga, the structures of the yogic system, the yogic lifestyle, the positive effects of mantras (sound vibrations) and self-study are discussed during the Yoga sessions.

Soothing and healing therapies such as Abhyanga, Kundalini back massage, Reflexology, Shirodhara, Shiatsu and Amethyst rejuvenation facial complement the mindful meditation and yoga sessions.

Ananda's unique Dhyana meditation programme harmonizes the physical, mental & spiritual faculties, balances chakras leading to spiritual enlightenment, stimulates reflex points to restore energy flow in the body, improves cardiovascular and circulatory health, reduces stress, improves circulation, boosts the immune system, improves memory and normalizes sleep patterns & blood pressure.



Ananda Dhyana Meditation

INCLUSIONS	DHYANA MEDITATION		
Nights	7 nights	14 nights	21 nights
Personal Meditation sessions	5	10	16
Personal Pranayama sessions	6	7	10
Personal Yoga sessions	6	12	18
Cleansing Therapy		4	7
Ayurveda Therapy sessions	2	5	6
International Therapy sessions	4	7	10

THERAPIES	DHYANA MEDITATION		
Nights	7 nights	14 nights	21 nights
Ayurvedic Therapy	Shirodhara, Abhyanga	Abhyanga Shirodhara, Chõrnaswedana	Abhyanga Shirodhara, Chõrnaswedana
International Therapy	Kundalini Back Massage, Reflexology, Amethyst Facial, Shiatsu	Kundalini Back Massage, Reflexology, Aromatherapy, Manipuri Massage, Amethyst facial	Kundalini Back Massage, Reflexology, Aromatherapy, Manipuri Massage, Amethyst facial, Vishuddha Harmonising facial, Amethyst facial, Shiatsu
Cleansing Therapy		Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana	Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana

9 — Ananda Ayurvedic Rejuvenation and Immunity Booster

Ananda's Ayurvedic Rejuvenation and Immunity Booster programme is designed with the aim of restoring the vitality of the body by eliminating toxins through traditional cleansing treatments and by enhancing the body's immunity through the combination of Ayurvedic treatments, body type based diet and Yoga. In this programme we work on the proper activity pattern and food habits to lead a healthy life based on the principles of Ayurveda.



Ananda Ayurvedic Rejuvenation and Immunity Booster

The 7 day Ayurvedic Rejuvenation and Immunity Booster programme contains a series of detoxifying, de-stressing and revitalizing experiences. Key treatments include Shirodhara (to revitalize the mind), cleansing experiences like Nasyam, Sneha Vasti and other Hatha Yoga techniques. Other treatments like Udhwarthana and Abhyanga improve the agni or the digestive fire and boost the circulatory functions. Purvakarma or pre-operative measures like Abhyanga and Choornaswedana are done to dislodge the toxins from “Srothas” or circulatory pathways to prepare the body for major cleansing therapies.

The 14 day Ayurvedic Rejuvenation Sodhanam results in deep therapeutic effect and relief from specific medical and health conditions. Intensive procedures like Vastis (medicated enemas) and Nasyam (nasal cleansing) over 3 to 4 days eliminate toxins and balance the doshas in the body. The weekly progress checks and programme revisions make the 14 night Rejuvenation programme more intense, personalized and result oriented.

Rasayanam or tissue nourishment is done through treatments like Phizhichil, Shirodhara etc. A balanced diet, based on one’s body type and ayurvedic lifestyle routine, is prescribed as aftercare or ‘Paschatkarma’ to maintain the result of the cleansing and to boost metabolism.

The 21-day Ayurvedic Rejuvenation Rasayanam programme results in complete wellbeing. After two weeks, rejuvenation experiences detoxify and clear the channels in the body making them more receptive to rasayanam, a medicinal programme, which helps in keeping the body young and agile, preserving health and longevity and increasing physical and mental capabilities. Major cleansing treatments like medicated enemas will be included in this programme for 5 to 6 days to balance the doshas in the body.

Ananda’s signature Ayurvedic Rejuvenation and Immunity Booster programme improves immunity, enables better metabolism, enhances energy and vitality and ensures glowing and refreshed skin.



Ananda Ayurvedic Rejuvenation and Immunity Booster

INCLUSIONS	AYURVEDIC REJUVENATION		
<i>Nights</i>	7 nights	14 nights	21 nights
<i>Ayurveda Therapy sessions</i>	10	21	31
<i>Cleansing Therapy</i>	3	6	9
<i>Personal Yoga sessions</i>	2	4	6
<i>Personal Pranayama sessions</i>	2	3	4
<i>Personal Meditation sessions</i>	1	2	3

THERAPIES		AYURVEDIC REJUVENATION		
Nights	7 nights	14 nights	21 nights	
Ayurvedic Therapy	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Kati Vasti, Mukh Lepa (facial)	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Kati Vasti, Mukh Lepa (facial)	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Tan Lepa, Thalapizhichil, Kati Vasti, Mukh Lepa (facial)	
Cleansing Therapy	Customised-based on consultation	Customised-based on consultation	Customised-based on consultation	

10 — Ananda Panchakarma

The traditional science of Ayurvedic Panchakarma offers the most natural and complete cleanse. It is the ideal method of detoxifying and rejuvenating the body and mind and healing from within.

Overlooking the spiritual Ganges river in the Himalayan foothills, Ananda creates an idyllic setting for a holistic cleanse. The Panchakarma programme is for 21 nights and follows 3 distinct stages. For those with time limitations, a shorter introduction version of Panchakarma can be customized for 14 days as well.



Ananda Panchakarma

The first stage is Purvakarma or pre-purification measures. Before purification begins, there is a need to prepare the body with prescribed methods to encourage it to let go of the toxins. The programme starts with improving digestion both at the cellular and gastrointestinal level through digestive juice stimulants (dipana), and digestants (pachana). This is followed by Snehapana or consumption of medicated ghee for three to seven days in different doses, depending on the strength and nature of an individual. In the shorter 14-night programme, Sadhyo-snehapana includes 1 or 2 days with fixed dosage of medicated ghee. Next is Snehana which is the application of oil to the entire body with a massage technique that helps toxins move towards the gastrointestinal tract. Alongside this is Svedana or therapeutic sweating and is given every day immediately following the Snehana.

The second stage consists of cleansing Panchakarma processes which includes vamana - emesis, virechana - purgation, basti – oil and decoction enema and finally nasya - elimination of toxins through the nasal passage.

The third stage is Paschatkarma which focuses on special diets to rest and rejuvenate the cleansed system, along with natural herbal remedies to replenish the digestive enzymes and immune system. Lifestyle changes are prescribed following return from Ananda.

Panchakarma is a very special Ayurvedic procedure and requires proper guidance from a highly trained and skillful Ayurvedic practitioner. At Ananda, Panchakarma is performed under the supervision of our expert Ayurvedic doctors and customized for each guest with their specific constitution in mind.

While the sessions are a broad guideline of inclusions, Ananda's Panchakarma programme is customized for each individual based on age group, health conditions, constitution, gender and other factors like digestion, existing toxin levels etc. Hence it is important to share a detailed medical history prior to the inception of the programme. Based on this assessment and with a detailed consultation on arrival, a customized programme is created by Ananda's Ayurvedic experts.



Ananda Panchakarma

INCLUSIONS	PANCHAKARMA	
Nights	14 nights	21 nights
<i>Snehapana</i>	1	5
<i>Massage Therapy</i>	16	22
<i>Classic Ayurvedic Therapy</i>	8	12
<i>Panchkarma Purification Therapy</i>	6	6
<i>Yoga</i>	3	4
<i>Personal Pranayama sessions</i>	4	6

THERAPIES	PANCHAKARMA	
Nights	14 nights	21 nights
<i>Snehapana</i>	Medicated Ghee drinking	Medicated Ghee drinking
<i>Massage Therapy</i>	Abhyanga, Choornaswedana, Udwartana, Pizhichil, Narangakizhi, Navarakizhi	Abhyanga, Choornaswedana, Udwartana, Pizhichil, Narangakizhi, Navarakizhi
<i>Classic Ayurvedic Therapy</i>	Jhanu vasti, Kashayadhara, Kati vasti, Ksheeradhara (Medicated Milk Treatment) Mukha Lepa, Shirodhara, Prista vasti, Tarpana (eye nourishing therapy)	Gandusa / Kavala (Oil pulling), Greeva vasti, Jhanu vasti Kashayadhara, Kati vasti, Ksheeradhara (Medicated Milk Treatment) Mukha Lepa, Shirodhara, Prista vasti, Tarpana (eye nourishing therapy)
<i>Panchkarma Purification Therapy</i>	Kunjali kriya, Virechana, Snehavasti, Kashaya vasti, Nasyam	Kunjali kriya, Virechana, Snehavasti, Kashaya vasti, Nasyam
<i>Yoga</i>	Personal Yoga sessions	Personal Yoga sessions
<i>Personal Pranayama sessions</i>	Breathing sessions and Yoga nidra	Breathing sessions and Yoga nidra

11 — Ananda Weight Management

Ananda's Weight Management programme provides a scientific methodology with guidelines for managing weight on a sustained basis. A key problem with weight management is in the mind. Most people who are overweight have a poor self-image. This is why Ananda's Weight Management programme is one of the few in the world where meditation is such a key component. Meditation helps to balance the mental and physical aspects of weight management. The whole approach behind Ananda's Weight Management programme is through a supportive, non-aggressive process, yet yielding the desired results.



Ananda Weight Management

The pillars of Ananda's Weight Management programme are detox therapies, exercise, Yoga, meditation and a personalised diet. Meditation is a key component here. The fitness activity in weight management programme is primarily focused on burning calories. The fitness consultation on the day of arrival helps our trainers understand the body based on cardiovascular function, muscle strength and flexibility. Specific training patterns like interval training will be planned according to these three parameters. Dosha based diet made of organic ingredients with balanced micro and macro nutrients, helps to balance the agni or metabolic power in the body. When Agni is out of balance it builds pseudo appetite and improper digestion leading to accumulation of metabolic wastes and thereby causing an increase in cellulite and fat deposition in the body.

The Comprehensive Weight Management programme starting 14 nights starts with Rookshana procedures like Udwartana to eliminate the ama or the metabolic waste and to reduce the subcutaneous fat from the body. Essential oils are infused with sea salt for a powerful aromatherapy body scrub to remove toxins from the skin. Abhyanga, Chõornaswedana, Aromatherapy and Aroma Cocoon move the toxins and metabolic waste through the 'srothas' or circulatory channels as a preparation to eliminate them through the Panchakarma or cleansing procedures.

Sodhana procedures like medicated oil enema and decoction enemas completely eliminate the toxins from the body and boost the metabolic rate. Proper balanced diet based on one's body type and Ayurvedic lifestyle routine is prescribed as after care to maintain the result of the cleansing and to boost metabolism.

The Ananda weight management programme enables better metabolism and lightness of body, better digestion and absorption of nutrients, weight loss and toned body and better strength, flexibility and stamina.



Ananda Weight Management

INCLUSIONS

WEIGHT MANAGEMENT

Nights

14 nights

21 nights

Ayurveda Therapy sessions	12	19
International Therapy sessions	13	22
Cleansing Therapy	4	6
Personal Fitness Sessions	8	11
Personal Yoga sessions	4	6
Personal Pranayama sessions	3	4
Personal Meditation sessions	2	2

THERAPIES

WEIGHT MANAGEMENT

Nights

14 nights

21 nights

<i>Ayurvedic Therapy</i>	Abhyanga, Choornaswedana, Udwarthana, Mukh Lepa (facial)	Abhyanga, Choornaswedana, Udwarthana, Mukh Lepa (facial)
<i>International Therapy</i>	Stimulating Jet Blitz shower, Energising Earth Wrap, Aroma Cocoon, Energising Earth Stone Massage, Deep Tissue Massage, Hydrotherapy Aromatic Bath, Detox Aromatherapy Massage	Stimulating Jet Blitz shower, Energising Earth Wrap, Aroma Cocoon, Energising Earth Stone Massage, Deep Tissue Massage, Hydrotherapy Aromatic Bath, Detox Aromatherapy Massage
<i>Cleansing Therapy</i>	Customised-based on consultation	Customised-based on consultation

11 — Ananda Chronic Pain Management

In spite of advanced scientific researches, chronic and debilitating pain still remains the major cause of disability affecting a large number of people in the world. Most people suffering from mild to chronic pain tend to consume highly addictive pain medication, instead of treating the root cause of the pain. An integrated approach towards pain management is necessary for an accurate and sustainable solution.

Ananda Pain Management starts with a detailed assessment by our Physiotherapy and Ayurvedic experts. The treatment plan is highly customized basis the root cause of pain, and includes comprehensive physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to reduce the intensity of pain, improve mobility and flexibility of joints, enhance physical functioning, and gradually remove pain entirely through addressing the root causes through ongoing management.



Ananda Chronic Pain Management

The Introductory 5 night Pain Management programme is effective for symptomatic pain relief in non-chronic conditions where muscular or musculoskeletal pain onset is less than 2 to 4 years. The Physiotherapy and Ayurvedic consultations focus on ascertaining root cause of pain or loss of mobility. Specific Physiotherapy sessions, and Ayurvedic therapies allow for reduction of pain and improving range of movement with guidelines for ongoing management.

The Comprehensive 7-night Pain Management programme is effective for pain reduction and mobility enhancement treatment of select non-degenerative conditions to achieve where muscular or musculoskeletal pain onset is less than 5 to 6 years. The objective is to assess the overall musculoskeletal alignment, muscular weaknesses and underlying conditions. Physiotherapy procedures to tailor-made to rehabilitate any form of physical condition to restore optimum movement and functional abilities. In addition, comprehensive Ayurvedic pain care therapies like Abhyanga and Choorna Swedana and localized therapies like Janu Vasi and Kati Vasti etc. helps to reduce the inflammation. Both Physiotherapy and Ayurvedic therapies involve manipulation of soft tissue structures of the body to prevent or alleviate pain, spasm, tension or stress and to promote musculo-skeletal health. Personalised yoga asanas focus on pawanamuktasana [anti-rheumatic] series for gently unlocking stiff joints and reducing pain.

The 14-night programme is required when muscular or musculoskeletal pain onset is more than 5 to 6 years, or for Neuro-Muscular or Neurological Pain or other degenerative conditions. Physiotherapy sessions are designed to increase range of motion of the joint complex; mobilize or manipulate soft tissues and joints; induce relaxation; change muscle function; modulate pain; and reduce soft tissue swelling, inflammation or movement restriction. Based on the assessments including chronic neck pain, chronic low back pain, fibromyalgia, osteoarthritis or similar other chronic pain syndromes, a set of customized exercises are practiced under expert guidance and a home exercise regime is prescribed to ensure pain alleviation.

Increased frequency of Ayurvedic pain care therapies like Abhyanga, Patra Pinda Sweda/Choorna Swedana, Prishtha Vamsha therapy and localized therapies like Janu Vasi/Kati Vasti/Prishtha Vasti/Greeva Vasti etc. along with a wholesome diet plan helps in reducing inflammation, nourishing the joints and balancing the vata imbalance in the body. Personalised yoga asanas including pawanamuktasana [anti-rheumatic series], relaxation asanas, stretching asanas and strengthening asanas are used to targeting of each pain point of the body synchronized with breathing and awareness.



Ananda Chronic Pain Management

INCLUSIONS	CHRONIC PAIN MANAGEMENT		
<i>Nights</i>	5 <i>nights</i>	7 <i>nights</i>	14 <i>nights</i>
<i>Physiotherapy sessions</i>	3	6	12
<i>Ayurveda Therapy sessions</i>	3	9	18
<i>Personal Yoga (or) Fitness sessions</i>	2	3	6

The Ananda Chronic Pain Management is a highly customized programme, which includes regular assessment and treatment modification as per pain & mobility levels. This takes a consistent approach to diagnose, manage and improve the quality of life of the individual. The ayurvedic, physiotherapy and yoga sessions aim to take a targeted approach to alleviate pain, spasm, tension or stress and to promote Musculo-skeletal health.

The individual undergoes unique physiotherapeutic procedures to rehabilitate any form of physical condition and disabilities in order to facilitate or restore optimum movement and functional abilities. Our physiotherapist prepares a customised exercise program to be done at Ananda, and also shares a proper home exercise programme to prevent recurrent pain and educate the guest to prevent injuries/postural corrections



Terms & Conditions For Wellness Programmes

- Wellness programmes are goal oriented programmes which include specific spa treatments, mandatory consultations with doctors and a custom diet as prescribed by Ayurvedic principles. Please note that all our wellness programmes, including the 5 night Introduction to Wellness programmes, as well as the Comprehensive Wellness programmes starting 7 nights have the following programme components, which must be adhered to:
- Pre-arrival wellness questionnaire is to be completed and submitted online for prior review and in order to prepare the wellness programme itinerary. This is a confidential questionnaire received directly by our wellness team.
- Lifestyle and diet guidelines will be sent along with programme itinerary. We recommend that these be followed for at least 7 days prior to arrival for optimal results.
- Mandatory wellness consultation with an Ayurvedic Doctor on arrival to assess your dosha (body type as per Ayurveda) and to personalise a plan to achieve your wellness goals. (Consultation is with fitness consultant in the case of Activ-Fitness programme).
- Daily changing wellness menus are curated with gourmet international and Indian cuisine incorporating Ayurvedic principles suitable to each dosha. The wellness menu is mandatory for those following a wellness programme.
- Ayurvedic and/or international wellness therapies, personal yoga, meditation and/or fitness sessions are included in each programme based on the wellness goals to be achieved. Post initial consultation and based on the assessment by the Ayurvedic doctor, some modifications may be made if required.
- Wellness cuisine menus and final spa programme as decided by Ayurvedic doctors are mandatory. Any additional orders from the a-la-carte cuisine or spa menus will be charged additionally.
- Room & Breakfast rates allow for a fully flexible stay with additional purchase of a la carte meal options and spa treatments of your choice.



General Terms & Conditions

Arrival and Departure Time

- Check-in time is 14:00 hours and Check-out time is 11:00 hours.
- Early check-in charges: To guarantee a room any time prior to 09:00 hours, 100% of the 1st night charge will be levied. To guarantee a room any time beyond 09:00 hours, 50% of the 1st night charge will be levied.
- Late check-out charges: To guarantee the room any time beyond 17:00 hours, 100% of the previous night's charge will be levied. To guarantee the room any time up to 17:00 hours, 50% of the previous night's charge will be levied.

Rates

- These rates are valid for individual bookings only; group rates will be quoted on request

Booking & Cancellation Policy

- All bookings will be on a **provisional confirmation** basis
- Bookings will be **guaranteed** after receiving the following payment and required documents (applicable for individual direct as well as travel agent bookings)
 - Indian Resident reservations: 100% advance payment of the total reservation value received no later than 48 hours prior to arrival (special terms valid for bookings till 31st December 2020)
 - Complete Pre-registration details:
 - a. Photo identity
 - i. Foreign Nationals: Passport and Indian Visa
 - ii. Indian Nationals : Passport, Driving License, Voter ID card or Aadhaar Card.
 - b. Medical COVID disclaimer
 - c. Ananda Spa & Wellness Programme disclaimer
 - d. Guests are required to comply with all medical and stay requirements as per Central and State Government regulations applicable at the time of stay. [Click here](#) for details.
- Cancellations or amendments allowed without penalty up to 48 hrs prior to arrival for bookings till 31st December.
- In case of cancellations or amendments made within 48 hours prior to arrival, a retention amount of 50% of the booking value would be charged.
- In case of no show – A retention amount of 50% of the booking value plus the cost of the airport pick up would be charged.

Triple Occupancy Policy

All category of accommodation, viz. Rooms, Suites and Villas can accommodate a maximum of only two adults except for the 2 bedroom Villa which can accommodate 4 adults.

Taxation Policy

- Any subsequent change in taxes will be levied as per tax rates prevalent on the dates of stay.
- The hotel does not levy service charge.

Child Policy

- In order to preserve the tranquility of our Destination Spa, children below the age of 14 years are not permitted at Ananda in the Himalayas.
- Use of the spa facilities like Sauna, Steam and the spa therapies are available only to guests who are of the age of 18 years and above. Young guests between the ages of 14 and 18 years can take part in various scheduled activities such as yoga, meditation, treks and use the swimming pool.