



## WELLNESS PROGRAMS

### Sleep Program

Good sleep is the foundation for good wellness. Learn new sleep habits that could last a lifetime, so you not only sleep well but wake up feeling energized each day.

Inclusions	5 nights	7 nights	14 nights
Wellness Consultation and Screening	1	1	1
Private Yoga/ Yoga Nidra Pranayama / Meditation	6	8	15
Natural Healing Therapies / Tibetan Therapies	4	6	12
Ayurvedic Treatments	3	3	6
Sleep Tracking	✓	✓	✓
A Welcome Bag with Sleep Amenities	✓	✓	✓
<b>Total Number of Activities</b>	<b>14</b>	<b>18</b>	<b>34</b>

### Detox Program

Shake off fatigue, rebalance metabolism and boost the immune system with a cleanse for body and mind. With a curated meal plan, Ayurvedic treatments, therapies to slow your fight-or-flight response, and a digital detox, energy levels will reset bringing newfound clarity.

Inclusions	5 Nights	7 nights	14 nights
Wellness Consultation and Screening	1	1	1
Private Yoga/ Fitness / Meditation/ Pranayama	3	4	9
Natural Healing Therapies / Tibetan Therapies	7	7	14
Ayurvedic Treatments	0	3	6
Yogic Intestinal Cleanse	1	2	3
<b>Total Number of Activities</b>	<b>12</b>	<b>17</b>	<b>33</b>

### Yoga Program

Find your flow in the motherland of mantras. Aimed at beginners and improvers, programs are delivered by a unique team of instructors whose individual styles complement each other.

Inclusions	5 nights	7 nights	14 nights
Yoga Consultation and Screening	1	1	1
Private Yoga/ Meditation	6	8	15
Yoga Cleansing Therapies	0	4	6
Ayurvedic Treatments	3	4	9
Natural Healing Therapies / Tibetan Therapies	2	2	6
<b>Total Number of Activities</b>	<b>12</b>	<b>19</b>	<b>37</b>

### Tibetan Healing Program

Heal your mind and emotions with the ancient knowledge of Tibetan Medicine. Reset your fight-or-flight mode, soothe trauma and balance emotions.

Inclusions	5 nights	7 nights	14 nights
Tibetan Consultation and Screening	1	1	1
GOM Tibetan Meditation	4	6	12
Tibetan Treatments	5	7	14
Natural Healing Therapies	2	2	6
<b>Total Number of Activities</b>	<b>12</b>	<b>16</b>	<b>33</b>

### Weight Management Program

Gain control of your weight and relationship with food through healing and gradual weight loss with the goal of longevity. Did you know, weight lives within you both physically and mentally? During this program we will treat the root causes through fitness activities, stimulating body treatments, meditation, biohacking and a personalized meal plan.

Inclusions	14 nights	17 nights	21 nights
Wellness Consultation and Screening	1	1	1
Private Fitness / Yoga	16	19	22
Ayurvedic Treatments	8	11	14
Ayurvedic Cleansing Therapies	3	3	8
Natural Healing Therapies / Tibetan Therapies	14	17	19
<b>Total Number of Activities</b>	<b>42</b>	<b>51</b>	<b>64</b>

### Ayurveda Program

Realign your energy and balance your body and mind, guided by recommendations from our Ayurvedic doctors. Stay a minimum of 14 nights or 17 nights for our Ayurveda programs.

Inclusions	14 nights	17 nights
Ayurveda Cosultation and Screening	1	1
Private Fitness / Yoga/ Meditation	9	12
Ayurvedic Treatments	15	16
Natural Healing Therapies / Tibetan Therapies	8	12
<b>Total Number of Activities</b>	<b>33</b>	<b>41</b>

### Ayurveda Panchkarma Program

Our highly qualified Ayurvedic doctors and therapists offer the full spectrum of Ayurvedic treatments. Panchakarma as a protocol is offered only after due consideration, followed fully during a minimum of 21 days.

Inclusions	21 nights
Ayurveda Cosultation and Screening	1
Private Fitness / Yoga/ Meditation	14
Ayurvedic Treatments	16
Ayurveda Cleansing Therapies	8
Natural Healing Therapies / Tibetan Therapies	14
<b>Total Number of Activities</b>	<b>53</b>

### Terms & conditions:

- Minimum Length of stay for Sleep/ Detox/ Yoga and Tibetan – 5 nights
- Minimum Length of stay for Weight Management and Ayurveda - 14 nights
- Minimum Length of stay for Panchakarma- 21 nights
- Taxes are currently 18% in total, and they are subject to change based on government's directive