



Ananda in the Himalayas

Panchakarma treatment – 7N

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 customised for 14 days as well.

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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www.bookmyveda.com



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Single - Euro 7308

Double - Euro 11163

Panchkarma treatment – 14 N

Single - Euro 14617

Double - Euro 22329

The package includes :

- ü Accommodation: Stay in premium rooms, suites, or villas on a single or twin-sharing basis.
- ü Wellness Consultations: Pre-arrival questionnaires, consultations with Ayurveda doctors, and personalized lifestyle/diet recommendations.
- ü Personalized Wellness Program: Individualized sessions tailored for detox, stress management, weight loss, or rejuvenation.
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- 🌿 **Scheduled Activities:** Daily guided activities including Yoga, Pranayama, Meditation, Vedanta lectures, and fitness sessions.
- 🌿 **Spa & Hydrotherapy Access:** Daily access to hydrotherapy facilities (sauna, steam, chill plunge pool, Kneipp foot bath).
- 🌿 **Additional Features:** Weekly treks to Kunjapuri Temple, weekly cooking demonstrations, and morning wake-up tea.

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