



ANANDAS IN THE HIMALAYAS

Weight management – 14N

Ananda is the perfect haven to gain control over your body through Ayurvedic and International treatments, detox therapies, exercise, yoga, diet and meditation. A safe and effective way to lose weight, this programme improves your metabolism and leaves you with a toned body and renewed vigor. It is also one of the few programmes in the world where release of emotional blockages is such a key component. The whole approach behind Ananda's Weight Management programme is through a supportive, non- aggressive process, yet yielding the desired results.

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



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Weight Loss Program – 14N

Single – Euro 12049

Double – Euro 18405

Weight Management – 21N

Single – Euro 18077

Double – Euro 27613

Package Inclusions:

- Accommodation: Stay in premium rooms, suites, or villas on a single or twin-sharing basis.
- Wellness Consultations: Pre-arrival questionnaires, consultations with Ayurveda doctors, and personalized lifestyle/diet recommendations.
- Personalized Wellness Program: Individualized sessions tailored for detox, stress management, weight loss, or rejuvenation.

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- 🌿 Meals: Daily breakfast, lunch, and dinner, specifically designed as Ananda wellness cuisine.
- 🌿 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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