



PEMA WELLNESS RESORT

Weight Loss Program – 14N

Embark on a transformative journey towards a healthier, more vibrant you with the Weight Loss Program at Shinshiva Ayurvedashram. Our program seamlessly blends ancient

Ayurvedic wisdom with modern wellness practices to provide you with a personalized and sustainable approach to weight management. Discover the path to holistic well-being and achieve your weight loss goals with expert guidance and support.

Excess weight not only impacts physical health but also takes a toll on mental and emotional well-being. Our Weight Loss Program is designed to address the root causes of weight gain, providing a comprehensive solution for those seeking lasting 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

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Single – Euro 6144

Double – Euro 10799

Weight loss: 21N

Single – Euro 9226

Double – Euro 16209

Package Inclusions:

- 🌿 Naturopathic Cuisine.
- 🌿 Daily Doctor Consultations.
- 🌿 Guided Group Wellness Activities (Yoga, Meditation & Movement.
- 🌿 55+ Manipulative & Hydrotherapies.
- 🌿 40+ Fomentations, Wraps & Packs.

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