



Shathayu Ayurveda Retreat

Slimming package: 21N

Shathayu's Slimming program holistically addresses body weight concerns to reduce weight while improving fitness, energy levels, strength, muscle tone, and overall health. We select the most reliable and result-oriented procedures to personalise our programs based on a person's body type, health conditions, and other factors. Thus, we ensure that our offerings are well thought out, safe, and effective and give long-term weight maintenance benefits.

Slimming Package :21N

Single – Euro 2383

Double – Euro 3575

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



+91-9686496930



info@bookmyveda.com



www.bookmyveda.com



Shathayu Ayurveda Retreat

Slimming package: 21N

Package Inclusions:

- ✦ Air-conditioned accommodation on Single occupancy or Double occupancy
- ✦ All sattvic vegetarian meals (Breakfast, lunch, evening snacks and Dinner)
- ✦ Doctor consultation
- ✦ Group Yoga - 60 minutes
- ✦ Meditation - 30 minutes
- ✦ Ayurvedic/Naturopathy therapies - Daily 90 minutes Major therapy and 30 minutes Minor therapy.
- ✦ Activities (Hiking/ Village walk)

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