



SITARAM RETREAT

Ayurvedic-weight loss: 14N

Most people who struggle with weight already know what they should do. Eat healthier. Exercise more. Sleep earlier. Yet the cycle keeps repeating.

Modern life quietly disrupts the body's natural rhythm through irregular meals, chronic stress, poor sleep, and constant stimulation. Over time, digestion weakens, metabolism slows, and the body begins to store rather than burn.

Weight Management treatment – 14N

Single – Euro 2793

Double – Euro 4256

Ayurvedic weight loss: 28N

Single – Euro 4921

Double – Euro 7847

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



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Package Inclusions:

- 🌿 Daily Ayurvedic treatments as prescribed by the doctors (90mins/day).
- 🌿 Accommodation as per the selected category.
- 🌿 Full-board Ayurvedic vegetarian meals.
- 🌿 Daily Ayurveda Doctor consultation.
- 🌿 Daily group Yoga and Meditation sessions.
- 🌿 1 Airport transfers from and to Cochin International Airport.
- 🌿 Ayurvedic Medicines during the stay.
- 🌿 All current applicable taxes as per GST Rule

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