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Ayurvedagram

Weight management – 14N

The weight management programme at Ayurvedagram focuses on supporting healthy weight reduction through personalised Ayurvedic therapies, dietary modifications and lifestyle practices. The programme begins with an Ayurvedic doctor's consultation to assess the individual's health, digestion and metabolic concerns. Depending on the assessment, therapies may include Udvartanam (herbal powder massage), Dhanyamla Dhara, Lekhana Vasti and Virechana, where prescribed. A tailored diet plan, yoga, breathing exercises and regular monitoring complement the treatment approach. The programme aims to encourage sustainable weight management and healthier daily habits through individualised, doctor-supervised care.

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

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Cost:

Single – Euro 2847

Double – Euro 4377

Package Inclusion:

- **Accommodation in Heritage room**
- **Doctor Consults: After the first intensive consult with your doctor**
- **Ayurvedic therapies customized for your health needs.**
- **Your medication during the stay**
- **Your nutritional intake: that is all 3 meals (including individualized diet basis doctor recommendation) which will be served at the restaurant as well as bed tea/coffee.**
- **Your daily yoga session along with the group.**
- **Your daily pranayama session along with the group**
- **Your daily meditation session along with the group.**
- **in addition to this you, will receive one Initial consultation with the Yoga master at the beginning of your stay to best structure your health outcomes.**
- **Pick up & drop from Kempegowda International Airport**
- **5% GST include**

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