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Shathayu Ayurveda Retreat

Slimming Package – 21N

Weight management at Shathayu Ayurveda Retreat focuses on supporting healthy body weight through a personalised Ayurvedic approach. The programme aims to improve digestion and metabolism, support fat reduction, and encourage healthier lifestyle habits. Depending on the individual's health condition and doctor's assessment, the approach may include Ayurvedic therapies, herbal massages, a balanced diet, yoga, pranayama, and physical activity. The programme emphasises a holistic approach to maintaining a healthy weight and promoting overall well-being.

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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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Shathayu Ayurveda Retreat

Slimming Package – 21N

Cost:

Single – Euro 2803

Double – Euro 4181

Package Inclusion:

- **Air-conditioned accommodation on a single-occupancy standard room for 14 nights**
- **All Sattvic vegetarian meals, including breakfast, lunch, evening snacks, and dinner**
- **Doctor consultation**
- **Group yoga sessions – 60 minutes daily**
- **Meditation sessions – 30 minutes daily**
- **Two Ayurvedic/Naturopathy therapies daily (one major and one minor therapy), as prescribed by the doctor**
- **Activities such as hiking and village walks**
- **Access to retreat amenities, including the swimming pool and garden**
- **Pickup & drop from Kempegowda International Airport**
- **5% GST include**

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