



NIRVANA RETREAT

Nirvana Retreat Wellness Packages

1

Ayurvedic Panchakarma Package

"Experience the Essence of Wellness with Our Ayurvedic Panchakarma Retreat

Embark on a journey of rejuvenation and detoxification with our Ayurvedic Panchakarma Package. Panchakarma, an ancient Ayurvedic therapy, involves five distinct actions (Pancha Karmas) aimed at purifying the body and restoring its natural balance. This centuries-old practice is designed to cleanse the body of accumulated toxins, aiding in the enhancement of overall health and wellbeing.

What's Included:

- **Accommodation:** Retreat into our serene and comfortable accommodations, designed to harmonize with the natural surroundings, providing you with a peaceful and rejuvenating stay.
- **Yoga Sessions:** Engage in daily yoga sessions led by experienced instructors, enhancing your physical, mental, and spiritual well-being.
- **Vegan Meals:** Nourish your body with our carefully prepared vegan meals. Start your day with a revitalizing vegan breakfast, enjoy a wholesome vegan lunch, and end with a satisfying vegan dinner, all crafted from the freshest ingredients.
- **Authentic Ayurvedic Massage:** Indulge in authentic Ayurvedic massages tailored to your body type and health requirements, as recommended by our professional Ayurvedic doctors.
- **Booster Drink:** Energize your day with our specially formulated booster drinks, packed with nutrients to support your detox journey.
- **Ayurvedic Doctor Consultancy:** Benefit from a one-on-one consultation with our experienced Ayurvedic doctors, who will guide you through your wellness journey and customize treatments to your specific needs.
- **Jacuzzi Access:** Unwind and relax in our Jacuzzi, a perfect way to soothe your muscles and calm your mind after a day of rejuvenating activities.
- **Plantation Work:** Connect with nature by working in our various plantations, an enriching experience that allows you to understand and appreciate the beauty of sustainable living.
- **Assist Yoga Guru:** Get a unique opportunity to assist our yoga guru, deepening your understanding and practice of yoga.
- **Horse Grooming:** Experience the joy of horse grooming, a therapeutic activity that also helps in building a bond with these majestic animals.
- **Dot Art Mandala:** Unleash your creativity with our Dot Art Mandala sessions, a meditative art form that promotes relaxation and mindfulness.
- **Be Flexi:** Participate in our 'Be Flexi' program, aimed at enhancing your flexibility and physical wellness.
- **Sound Healing:** Immerse yourself in the transformative experience of sound healing, a practice that uses vibrational sound to reduce stress, alter consciousness, and create a deep sense of peace.

Min stay 3 Nights

2

Art of Detox Package

"Rediscover Vitality with Our Integrative Detoxification Experience

The Art of Detox package is a comprehensive, integrative detoxification program designed to revitalize your body and mind. This personalized detox approach focuses on eliminating accumulated toxins and oxidants that hinder your system's efficiency. It aims to improve nutrient absorption, boost metabolism, and restore your body's natural balance.

What's Included:

- **Accommodation:** Stay in our tranquil accommodations, offering a serene environment that complements your detox journey.
- **Yoga Classes:** Participate in daily yoga sessions led by experienced instructors, enhancing your flexibility, strength, and mental clarity.
- **Ayurvedic Doctor Consultation:** Receive personalized guidance from our Ayurvedic doctors who will tailor your detox plan according to your individual health needs.
- **Vegan Meals:** Enjoy nutritious and delicious vegan meals, starting with a wholesome breakfast and a revitalizing lunch, crafted to support your detoxification process.
- **Walking with Horses:** Experience the therapeutic benefits of walking alongside our gentle horses, a unique way to connect with nature and find inner peace.
- **Booster Health Drink:** Energize your body with our specially formulated health drinks, designed to boost your detoxification and rejuvenation process.
- **Health Consultancy:** Benefit from consultations with our health experts, who will provide insights and advice on maintaining optimal health post-detox.
- **Nirvana Healing Bath:** Immerse yourself in our Nirvana Healing Bath, a soothing experience that aids in relaxation and detoxification.
- **Gardening:** Engage in gardening activities, a grounding experience that helps you connect with the earth and supports mental well-being.
- **Power Motion:** Join our Power Motion sessions, a dynamic exercise routine that promotes physical strength and endurance.
- **Sports Facilities:** Utilize our sports facilities for a balanced approach to physical activity, enhancing your overall detox experience.
- **Terracotta Pottery:** Discover the art of terracotta pottery, a creative and meditative activity that allows you to express yourself while focusing on the present moment.

Min stay 3 Nights

3

Pain Management Package

“ Find Relief and Renewal with Our Comprehensive Pain Management Approach

- Nirvana Retreat's Pain Management package offers tailored solutions for chronic pain relief. Our specialists employ a comprehensive approach, integrating medications, therapeutic procedures, exercises, and holistic therapies. Recognizing pain relief as a journey, we create personalized plans with multiple strategies. While immediate total relief may not be guaranteed, our dedicated team continuously adjusts plans for gradual improvement and enhanced well-being.

What's Included:

- Accommodation: Stay in our serene accommodations, providing a peaceful and restorative environment for your healing journey.
- Yoga Classes: Participate in daily yoga sessions, designed to strengthen, stretch, and provide pain relief through gentle movements and breathing techniques.
- Ayurvedic Doctor and Chef Consultation: Benefit from the expertise of our Ayurvedic doctors and chefs, who will guide you in dietary choices and practices that support pain management.
- Vegan Meals: Enjoy nourishing vegan meals, including a wholesome breakfast and a yoga-inspired lunch, to fuel your body's healing process.
- Walking with Horses: Engage in the therapeutic practice of walking with horses, an activity known to reduce stress and promote emotional healing.
- Booster Health Drink: Revitalize with our specially formulated health drinks, designed to support your body's natural healing processes.
- Access to Play Courts: Utilize our various play courts for light and enjoyable physical activities, which are essential for pain management and overall wellness.
- Marma Therapy: Experience Marma Therapy, an ancient Ayurvedic practice that focuses on vital energy points in the body to relieve pain and promote healing.
- Corrective Revive: Join our Corrective Revive sessions, aimed at restoring physical balance and alleviating discomfort through targeted exercises and techniques.
- Nirvana Pain Relief Bath: Immerse yourself in our specialized Nirvana Pain Relief Bath, a soothing treatment designed to reduce pain and promote relaxation.
- Floral Finesse: Participate in our Floral Finesse activity, a gentle and calming engagement with nature that aids in emotional and mental well-being.
- Walk in the Pool: Enjoy therapeutic pool walks, an effective low-impact exercise that helps in pain relief and improving joint mobility.

Choose from 7, 14, 21, or 28 Nights

4

Sustainable Weight Management Program

“ Embrace a Healthier, Balanced Lifestyle with Our Integrative Weight Management Approach

- The Sustainable Weight Management Program at Nirvana Retreat is designed with a holistic, integrative approach to achieve lasting weight reduction. Based on the Dharana Method, this program focuses on enhancing your jataragni (metabolic processes) through a combination of nutritious eating, exercise physiology, and the practices of Yoga and Meditation. Our goal is to help you adopt a balanced and progressive lifestyle change that leads to sustainable weight management and overall well-being.

What's Included:

- Accommodation: Enjoy comfortable and peaceful accommodations that complement your journey towards a healthier lifestyle.
- Yoga Classes: Engage in daily yoga sessions, tailored to improve flexibility, strength, and mental clarity, all of which are essential for effective weight management.
- Ayurvedic Doctor and Chef Consultations: Receive personalized advice from our Ayurvedic doctors and chefs, focusing on food choices and culinary practices that support weight management.
- Vegan Meals: Savor nutritious vegan meals, including a revitalizing breakfast and lunch, prepared to enhance your weight management journey.
- Booster Drink: Benefit from our specially formulated booster drinks, packed with nutrients to support your body's natural detoxification and weight loss processes.
- Nirvana Udvartana: Experience the unique Nirvana Udvartana, a traditional Ayurvedic treatment known for its effectiveness in weight reduction and skin toning.
- Access to Play Courts: Utilize our diverse play courts for engaging physical activities that contribute to weight loss and overall fitness.
- Fusion Max: Participate in Fusion Max sessions, a dynamic exercise program that combines various fitness disciplines for maximum impact on weight management.
- Line Art Zentangle: Discover the therapeutic and calming effects of Line Art Zentangle, a creative activity that aids in stress reduction and mental focus, which are key components of a successful weight management journey.

Choose from 7, 14, 21, or 28 Nights

5

Age Reversal Rejuvenation Program

“ Embark on a Transformative Journey to Youthfulness and Vitality

- The Age Reversal Rejuvenation Program at Nirvana Retreat is a meticulously crafted, goal-oriented approach designed to revitalize and rejuvenate. This integrative program focuses on optimizing tissue repair, enhancing the immune system, and addressing the natural aging process. By comparing your chronological age with your metabolic age, we employ holistic methodologies that blend Ayurveda, naturopathy, dietetics, conflict resolution, and exercise physiology. Our aim is to boost cell vitality, facilitate tissue repair, and improve immune function, contributing to a more youthful and

What's Included:

- Accommodation: Relax in our serene accommodations, providing a tranquil environment conducive to rejuvenation and healing.
- Yoga Classes: Engage in daily yoga sessions, specifically tailored to enhance flexibility, strength, and mental well-being, crucial elements in the process of age reversal.
- Ayurvedic Doctor Consultation: Receive expert guidance from our Ayurvedic doctors who will assess your health needs and customize your rejuvenation plan.
- Vegan Meals: Delight in our nutritious and delicious vegan meals, including breakfast, lunch, and dinner, each thoughtfully prepared to support your rejuvenation journey.
- Whispering with Horses: Experience the unique and therapeutic activity of whispering with horses, an engagement that promotes emotional balance and tranquility.
- Booster Drink: Energize your day with our special booster drinks, formulated to enhance detoxification and rejuvenation.
- Nirvana Spiritual Bath: Immerse yourself in the Nirvana Spiritual Bath, a deeply relaxing and restorative experience designed to harmonize body, mind, and spirit.
- Equilibrium Edge: Participate in our Equilibrium Edge sessions, a combination of activities aimed at achieving mental and physical balance, essential for effective age reversal.
- Raku Pottery: Discover the ancient art of Raku Pottery, a creative and meditative practice that not only fosters relaxation but also connects you to the timeless tradition of artistic expression.

Choose from 5, 7, 14, or 21 Nights

Healing Holiday Package

“Experience a Holistic Approach to Wellness and Vitality

The Healing Holiday Package at Nirvana Retreat is a comprehensive, goal-oriented program designed for those seeking a profound transformation in their health and well-being. This package focuses on optimizing tissue repair, boosting the immune system, and addressing the aging process through a holistic lens. By comparing your chronological age with your metabolic age, we utilize a blend of Ayurveda, naturopathy, dietetics, conflict resolution, and exercise physiology. The aim is to enhance cell vitality, facilitate effective tissue repair, and bolster immune function, paving the way for a rejuvenated and healthier you.

What's Included:

- Accommodation: Stay in our tranquil accommodations, perfect for relaxation and rejuvenation.
- Yoga Classes: Participate in daily yoga sessions, designed to enhance your physical and mental well-being, a key aspect of holistic healing.
- Ayurvedic Doctor Consultation: Consult with our Ayurvedic doctors for personalized advice and treatments tailored to your health goals.
- Vegan Meals: Enjoy nutritious vegan meals, including breakfast, lunch, and dinner, carefully prepared to nourish and revitalize your body.
- Whispering with Horses: Experience the unique and soothing activity of whispering with horses, promoting emotional well-being and relaxation.
- Booster Drink: Benefit from our special booster drinks, crafted to support your body's natural healing processes.
- Soulful Scratches: Engage in Soulful Scratches, an activity designed to bring peace and mindfulness, aiding in emotional and mental healing.
- Nirvana Stone Massage: Relax with our Nirvana Stone Massage, a therapeutic treatment that combines the warmth of stones with expert massage techniques for deep relaxation.
- Planting: Connect with nature through our planting activities, an enriching and grounding experience that promotes a sense of well-being.
- Sound Healing: Immerse yourself in the therapeutic sounds of our Sound Healing sessions, designed to harmonize and balance your body's energy centers.

5, 7, 14, or 21 Nights



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