

Sometimes we seek a new way of living, the right formula for wellness, wherein we can undo our erroneous lifestyle choices and adopt a healthier and happier daily routine; if you wish to make this auspicious beginning in your life, then **Atmantan Living** is the path you must follow! At Atmantan, individuals without any prior experience of wellness destination living can delve into a world of health and spa cuisine, and embrace a

# Atmantan Living

relaxed, natural and organic way of living in the midst of soul rejuvenating scenery, to attain greater harmony with self.



Experience complete envelopment of the senses as you experience the refined wellness offerings of the *Atmantan Signature Massage*, the *holistic anti-aging facial* and an in-depth *Postural Integration*. For spiritual restoration, you partake in the sacred *Taoist Chi Nei Tsang therapy*, *Pranic Healing*, and *breathing techniques* that promote both cleansing and longevity.

Discover exceptional spa cuisine the Atmantan way. It brings to you delightfully fresh and healthy living food, from the organic farms straight to your plate. Experience true nourishment of the soul, mind and body with the **Atmantan Living** retreat.



This synergistic integration of selected therapies and spa cuisine will lead you on your long awaited path to true wellness, a way of living that you yearned to discover and one that empowers you to be transformed... This is **Atmantan Living**.

## All the Atmantan Living retreats include:

- Individual wellness consultation.
- Body composition analysis.
- Postural assessment.
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankh Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription).
- Daily fitness and leisure activities (such as Aqua aerobics, Pilates, Stretch, Yoga, Spinning, Pranayama breathing, Dance, Laughter therapy, Meditation, Cooking and other Group classes).
- Unlimited use of Water Therapy Suites (Steam, Infra-Red, Sauna), indoor heated pool with vitality shower.
- Wellness departure consultation.

### Your 3-night Atmantan Living retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Chi Nei Tsang
- 1 Postural integration

### Your 5-night Atmantan Living retreat includes:

- 5 Nights' accommodation
- 5 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 5 daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Chi Nei Tsang
- 1 Postural integration
- 1 Atmantan Signature Massage
- 1 Private breathing session
- 1 Pranic Healing, Scan and Cleanse

### Your 7-night Atmantan Living retreat includes:

- 7 Nights' accommodation
- 7 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 7 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Chi Nei Tsang
- 1 Postural integration
- 1 Atmantan Signature Massage
- 1 Private breathing session
- 1 Pranic Healing, Scan and Cleanse
- 1 Deep tissue massage
- 1 Holistic Anti-aging facial \*
- 1 Private stretch



\* Choice between 3 Holistic Anti-aging facials - Advanced Anti-oxidant facial, Essential Daily hydration facial or Wild Kashmir purifying facial. (Skincare products by Subtle Energies that don't contain parabens, mineral oils, silicones or artificial fragrances)

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ātmantan<sup>®</sup>

be transformed

Wellness Centre

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[www.atmantan.com](http://www.atmantan.com)

Master Cleanse

Weight Balance

Holistic Health

Fitness Challenge

Spa Life

Journey Through Yoga

Ayurvedic Panchkarma

