

If you wish to take your fitness to a greater level and diversify your threshold training to scientifically raise your physical fitness, strength and endurance, then you can most certainly achieve this with the **Atmantan Fitness Challenge**.

After a detailed fitness assessment with the *VO2 Max* that tabulates your lung capacity and breathing cycles, *resting metabolism rates, flexibility and endurance tests, body age and other fitness analysis data*, your private instructor will devise a dynamic workout program incorporating a varied range of exercises to challenge and elevate your fitness abilities. From *Cross fit, HIT, Tabata, Pilates, cardio, Vibration training, as well as hiking* in the great mountainous ranges of the Sahyadris, the **Fitness Challenge** will expand your mental focus, endurance level, and peak your optimal physical output and conditioning.

# Fitness Challenge

Experience the unique juxtaposition of intensive *personal training* with *deep tissue massages* that further tone and enhance your muscle recovery! The retreat also puts you through *core postural assessment and physical alignment*, carried out by our physiotherapists.

At Atmantan, you will be encouraged to participate in new group classes to diversify your workout habits; you have the opportunity to explore a variety of other disciplines such as *Yoga* and even *meditation*. Naturally the collective rewards of all your practices at Atmantan will then be with you long after you return home with your customized fitness plan!



## All the Fitness Challenge retreats includes:

- 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 5-night Fitness Challenge 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 Back, neck and shoulder massage
- 1 Deep tissue massage
- 1 Postural integration
- 1 Fitness assessment with VO2 Max
- 2 Personal trainings \*
- 1 Private stretch

## Your 7-night Fitness Challenge 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 Back, neck and shoulder massage
- 1 Deep tissue massage
- 2 Postural integration
- 1 Fitness assessment with VO2 Max
- 3 Personal trainings
- 1 Private stretch
- 1 Vibration training
- 1 Physical alignment

## Your 10-night Fitness Challenge retreat includes:

- 10 Nights' accommodation
- 10 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 10 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Deep hand massage
- 2 Postural integration
- 1 Fitness assessment with VO2 Max
- 4 Personal trainings \*
- 2 Private stretch
- 1 Vibration training
- 1 Physical alignment



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**Your 10-night Fitness Challenge retreat includes:**

- 1 Atmantan Signature Massage
- 2 Deep tissue massages
- 1 Body scrub \*\*
- 1 Mid-retreat wellness consultation
- 1 Vichy shower ritual

\* These are private fitness training sessions where you can choose from Resistance training, Vibration training, Kick boxing, Strength training, Aqua Personal Training or Pilates

\*\* Choose between the Detox body polish, Vetiver gel & the Green tea scrub (Products by Breathe Aromatherapy – free of harmful preservatives)



**ātmantan**<sup>®</sup>

be transformed

Wellness Centre

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Atmantan Living

Weight Balance

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Journey Through Yoga

Ayurvedic Panchkarma

