

There are a multitude of factors that disturb good health and wellness; environmental pollutions and oxidative stress or trauma contribute to the onset and progression of illness in life. **The Holistic Health** retreat is the crucial first step towards wellness, that helps you combat these factors. Here you proactively work towards the wellness of your soul, mind and body, as Atmantan provides you with the right environment to heal from all the negative irritants in your day to day life.

Incorporating a diverse range of natural therapies, researched spa treatments, regular movement and mindfulness practices, the **Holistic Health** program at Atmantan will guide you on your journey to self-discovery, empowering you to unlock your own body's natural abilities to self-heal.

This retreat focuses on energy medicine and natural therapies such as *Pranic healing*, and *traditional Chinese medicine's*, *acupuncture*, *cupping* and *moxibustion*, which help surge the body's healing potential and promote the flow of good chi. Even the *meditation and breathing exercises* you partake in

Holistic Health

work towards calming the mind, improving sleep patterns, and restoratively healing you.

If you are looking for techniques to manage stress with improved diet and ideal lifestyle choices, while enhancing both your emotional wellbeing and spiritual detoxification, then the **Holistic Health** retreat accurately equips you with the right healing tools to do so!



All the Holistic Health 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 5-night Holistic Health 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 Private breathing session
- 1 Holistic consultation
- 1 Private meditation
- 1 Acupuncture
- 1 Pranic Healing, Scan and Cleanse
- 1 Cupping and Moxibustion

Your 7-night Holistic Health 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 Private breathing session
- 1 Holistic consultation
- 1 Private meditation
- 1 Acupuncture
- 1 Pranic Healing, Scan and Cleanse
- 1 Cupping and Moxibustion
- 1 Shirodhara
- 1 Body wrap *
- 1 Hammam
- 1 Follow-up Holistic consultation

Your 10-night Holistic Health 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 Private breathing session
- 1 Holistic consultation
- 1 Private meditation
- 1 Acupuncture
- 1 Pranic Healing, Scan and Cleanse
- 2 Cupping and Moxibustion
- 1 Shirodhara
- 1 Body wrap *
- 1 Hammam
- 1 Follow-up Holistic consultation



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Your 10-night Holistic Health retreat includes:

- 1 Chi Nei Tsang
- 1 Manual Lymphatic Drainage
- 1 Balneotherapy
- 1 Mid-retreat wellness consultation
- 1 Physical alignment
- 1 Pranic Healing

Your 14-night Holistic Health retreat includes:

- 14 Nights' accommodation
- 14 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 14 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 2 Private breathing session
- 1 Holistic consultation
- 2 Private meditation
- 2 Acupunctures
- 1 Pranic Healing, Scan and Cleanse
- 2 Cupping and Moxibustion
- 1 Shirodhara
- 1 Body wrap *
- 1 Hammam
- 1 Follow-up Holistic consultation
- 2 Chi Nei Tsang
- 1 Manual Lymphatic Drainage
- 1 Balneotherapy
- 1 Mid wellness consultation
- 1 Physical alignment
- 2 Pranic Healing
- 1 Padabhyanga
- 1 Shirobhyanga
- 1 Vichy shower ritual
- 2 Personal trainings **

* Choose between the Seaweed, Firming and Restorative wraps (Products by Breathe Aromatherapy – free of harmful preservatives)

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

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be transformed

Wellness Centre

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Atmantan Living

Weight Balance

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Ayurvedic Panchkarma

