

# Weight Balance



Weight issues are many a time the culmination of the mental and emotional self; these factors impact our self-worth and appearance, demotivating us from achieving true health. The **Weight Balance** retreat at Atmantan gives you the opportunity to kick start a new way of thinking, make self-enhancing lifestyle choices and consequently become empowered to positively change your life!

Beginning with an in depth *fitness Assessment with VO2 Max* that helps determine the optimal workout program suited to your anatomy, our international team of fitness and movement instructors then guide you through a diverse and inspiring exercise regime. The practitioners are here to support and assist you through your various levels of *functional training, kick boxing, hiking, strength training, Pilates, cross training or anti-gravity forms of exercise.*

To restore your energy after an inspiring day of personal training and daily activities, you are pampered with our *Signature massage, and Foot reflexology* to rejuvenate you.



Be it toning your body, boosting your metabolism, increasing your endurance or improving your muscle to fat ratio, the **Weight Balance** program gives you all these and more as you learn to optimally condition yourself and achieve your set goals.



## All the Weight Balance 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 Weight Balance 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 Foot reflexology
- 1 Fitness assessment with VO2 Max
- 3 Personal trainings \*
- 1 Private stretch

### Your 7-night Weight Balance 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 Foot reflexology
- 1 Fitness assessment with VO2 Max
- 4 Personal trainings \*
- 1 Private stretch
- 1 Manual Cellulite Treatment
- 1 Mid-retreat wellness consultation
- 1 Vichy shower ritual
- 1 Postural Integration

### Your 10-night Weight Balance 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 Chi Nei Tsang
- 1 Foot reflexology
- 1 Fitness assessment with VO2 Max
- 5 Personal trainings \*
- 2 Private stretches
- 2 Manual Cellulite Treatment
- 1 Mid-retreat wellness consultation
- 1 Vichy shower ritual
- 1 Postural integration
- 1 Body wrap \*\*
- 1 Private breathing session
- 1 Udwartanam

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**Your 14-night Weight Balance 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)
- 2 Chi Nei Tsang
- 1 Foot reflexology
- 1 Fitness assessment with VO2 Max
- 8 Personal trainings\*
- 4 Private stretches
- 1 Manual cellulite treatment
- 1 Mid-retreat wellness consultation
- 1 Vichy shower ritual
- 2 Postural integration
- 1 Body wrap \*\*
- 1 Private breathing session
- 1 Udwartanam
- 1 Vibration training
- 1 Naturopathy consultation
- 1 Manual Lymphatic Drainage

**Your 21-night Weight Balance retreat includes:**

- 21 Nights' accommodation
- 21 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 21 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 2 Chi Nei Tsang
- 1 Foot reflexology
- 1 Fitness assessment with VO2 Max
- 14 Personal trainings \*
- 6 Private stretches
- 1 Manual cellulite treatment
- 2 Mid-retreat wellness consultation
- 1 Vichy shower ritual
- 4 Postural integration
- 1 Body wrap \*\*
- 1 Private breathing session
- 2 Udwartanam
- 2 Vibration trainings
- 1 Naturopathy consultation
- 2 Manual Lymphatic Drainages
- 1 Physical alignment
- 2 Deep hand massage
- 1 Deep tissue massage
- 1 Holistic Anti-aging Facial \*\*\*

**Your 28-night Weight Balance retreat includes:**

- 28 nights' accommodation
- 28 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 28 daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 2 Chi Nei Tsang
- 1 Foot reflexology
- 1 Fitness assessment with VO2 Max
- 21 Personal trainings \*
- 8 Private stretches
- 1 Manual cellulite treatment
- 3 Mid-retreat wellness consultation
- 1 Vichy shower ritual
- 6 Postural integration
- 1 Body wrap \*\*
- 1 Private breathing session
- 3 Udwartanam
- 3 Vibration trainings
- 1 Naturopathy consultation
- 3 Manual Lymphatic Drainages
- 1 Physical alignment
- 2 Deep hand massage
- 1 Deep tissue massage
- 1 Holistic Anti-aging Facial \*\*\*
- 1 Atmantan Signature massage
- 1 Hammam

\* 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 Seaweed, Firming and Restorative wraps (Spa products by Breathe Aromatherapy – free of harmful preservatives)

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



**ātmantan**<sup>®</sup>

be transformed

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Atmantan Living

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