

# **Al Tawfeeq Travel**

*The experience you're looking for*

## **Ananda Wellness Programmes**

Ananda's new portfolio of programs for 2019 offers a complete range of introductory and comprehensive wellness programs targeted at specific health goals.

These signature all-inclusive packages are programs which are tailor made for individual health goals. Ananda's wellness programs follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere expertly guided by our team of expert ayurvedic doctors, skilled therapists, nutritionists, yogis and spa cuisine chefs. Years of research by our ayurvedic, yogic and international wellness experts have enabled a unique integrated focus on the core physical and mental aspects which have the most impact. The results are award winning programs which work to create a sustainable journey towards a healthier, enriched lifestyle.

### **Introduction programs offered are listed below:**

Ananda's signature programs which are immersive to achieve transformative results. These programs are more intense with higher number of therapies each day and combined with several personal sessions of yoga, meditation and fitness

depending on the specific goals of the program. Wellness programs offered are listed below:

3 Nights Active-Fitness Renew Rebalance
5 Nights Active-Fitness Renew Rebalance Stress Management Detox Starter Yoga

## Comprehensive Wellness Programs

Ananda's signature programs which are immersive to achieve transformative results.

These programs are more intense with higher number of therapies each day and combined with several personal sessions of yoga, meditation on and fitness depending on the specific goals of e program. Wellness programs offered are listed below:

7 / 14 Nights

Rebalance

Active-Fitness

Renew

Activ fitness

Stress Management

Yoga

7 / 14 or 21 Nights

Dhyana Meditation

Holistic Detox

Yogic Detox

Ayurvedic Rejuvenation

14 or 21 Nights

Weight Management

## **Wellness Programmes Standard Inclusions for All Programmes**

- A) Pre-arrival wellness questionnaire to be filled and submitted online by the guest (mandatory for confirmation of wellness programme)
- B) Pre-arrival lifestyle and diet guidelines (recommended to be followed for 7 days for optimal results)
- C) Return Transfers from Dehradun airport or Haridwar Railway Station (only for USD)
- D) Consultations:
  - Individual Wellness (Ayurvedic) Consultation
  - Where required, fitness consultation and tests
  - Ongoing progress checks with Ayurvedic Physician
  - Detailed debrief and lifestyle consultation

E) Morning Wake Up signature tea and fresh fruit bowl provided every day.

F) 3 Ananda Rejuvenation Spa Cuisine meals (breakfast/ lunch/ dinner), per night per person.

Our specially curated menus are tailor-made to each dosha incorporating seasonal variations in cuisine as well as recommended styles of cooking. The six fundamentals food categories of sweet, sour, salty, pungent, bitter and astringent are combined with three macro nutrients of protein, fat and carbohydrates, all of which provide certain nutritional factors key to good health. Our cuisine comprises fresh natural foods low in fat and calories with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the avoidance of added or artificial salts, colors, flavors, or preservatives

G) Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath

H) Scheduled Spa Lifestyle and Wellness activities: (group sessions)

- o Yoga – Beginners & Intermediate – daily

- o Pranayama and Meditation – daily

- o Vedanta lectures – lectures and interaction daily

- o Fitness –daily

- o Cooking demonstrations –weekly

- o Wellness Lectures –weekly

- o Trek to Kunjapuri mountain top and temple – weekly

- o Cultural performances – weekly

I) PROGRAMME INCLUSIONS

\*All individual wellness and therapy sessions are as per the respective programmes listed below, however are all subject to change based on assessment/ consultation with Ananda's wellness consultant.

\*All personal yoga, fitness and meditation sessions in case of double occupancy will be provided as combined sessions for both persons unless otherwise advised by Ananda's wellness consultant.

## Ananda Rebalance

Circadian rhythms influence sleep-wake cycles, hormone release, eating habits and digestion, body temperature, and other important bodily functions. Irregular rhythms have been linked to various chronic health conditions, such as sleep disorders, obesity, diabetes, anxiety and depression. The new Ananda Rebalance programme assesses your Circadian cycle and works toward harmonizing the natural biological clock and enabling systemic health across digestive and neuro-muscular system.

## Ananda Renew

Skin is the body's largest organ. When it's at optimal health, its layers work hard to protect us. It is the first layer of defense from external factors such as viruses, bacteria and other environmental factors. Both your age and health are reflected in your skin. But often the skin's ability to work as an effective barrier is impaired. Several factors including unhealthy diet, hormonal changes, lack of sleep, environmental pollution and smoking affect skin adversely the new

Ananda Renew program works on building skin healthy through skin cleansing and skin nourishment. It works to enhance and rebuild Immunity and promote Healthy ageing through Lifestyle modification, and improving Digestive and Musculo-skeletal health

## Activ-Fitness

The Ananda Active Program integrates the best of indoor fitness workouts along with outdoor activities such as personal fitness training, guided outdoor treks, yoga, aqua fitness and therapeutic spa experiences to enhance muscle tone and cardiovascular fitness.

## Ananda Stress Management

The Stress Management Programmes focuses on a healthy lifestyle which aims at minimizing stress, creating positive changes and promoting synergy in your life.

The comprehensive programmes of 7 and 14 nights incorporate various balance yoga asanas, pranayama, Ayurvedic therapies, Grounding Aromatherapy, Reiki and other comprehensive healing experiences that result in a comprehensive balance of mind, body and soul.

## Ananda Yoga

The Yoga Programmes at Ananda help you cultivate the ancient discipline of yogic practices to recharge yourself

by enhancing clarity of thought. Every aspect of your mind, body and soul achieves a heightened sense of balance. The comprehensive programmes of 7 and 14 nights focus on yoga's therapeutic process with the objective of achieving a particular, psychological or spiritual goal.

## Ananda Detox

Ananda's Detox Starter for 5 nights is a perfect introduction to those who have not experienced an Ananda Detox before. Ananda's comprehensive Detox Programmes for 7, 14 & 21 nights rest the digestive system through controlled eating of whole organic foods, improves the circulation of the blood and lymphatic systems, filters toxins from the body and finally nourishes it with essential nutrients.

## Ananda Yogic Detox

Ananda's Yogic Detox Programme uses Asana (Posture) and Pranayama (Yogic breathing) to activate the organs and prepare

them for the process of cleansing. Traditional Hatha Yogic cleansing techniques (Shatkriya) are used to detox in a natural and effective way.

### Ananda Dhyana Meditation

A process of self-awareness, the practice of meditation is one of the key tools to help harmonize the mind and tap into the potential of higher consciousness. Ananda's Dhyana Programme guides each guest through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and towards experience of Dhyana (continued meditative awareness).

### Ananda Ayurvedic Rejuvenation

Ananda's Ayurvedic Rejuvenation Programme is designed to suit every individual's personal needs. The programme aims at improving vitality of one's body through Panchakarma treatments along with complementing Ayurvedic treatments, controlled diet and yoga. The programme results in improved immunity and energy, better metabolism and healthy, glowing refreshed skin.

## Ananda Weight Management

The Weight Management Programme is a safe and effective way to lose weight. Ananda is the perfect haven to gain control over your body through Ayurvedic and Western treatments, detox therapies, exercise, yoga, diet and meditation. This programme aims to improve your metabolism and leaves you with a toned body and renewed vigor.