

WELLNESS SERVICES & ACTIVITIES

YOGA

FLOW WITH YOGA - Yoga for daily life.....	60 Minutes	INR 2,500
YOGA FOR BEGINNERS.....	90 Minutes	INR 3,600
YOGA FOR KIDS.....	30 Minutes	INR 1,900
THERAPEUTIC YOGA.....	45 Minutes	INR 2,200
MEDITATION	30 Minutes	INR 1,900
YOGA NIDRA - Conscious Sleep.....	45 Minutes	INR 2,200
PRANAYAMA - Breathing practice to improve life force energy.....	30 Minutes	INR 1,900
SURYA NAMASKAR - Sun Salutation.....	45 Minutes	INR 2,200
JALA NETI - Nasal Cleansing.....	30 Minutes	INR 1,900
YOGA JOURNEY - 3 DAYS PACKAGE.....	60 Minutes / day.....	INR 6,400
YOGA JOURNEY - 5 DAYS PACKAGE.....	60 Minutes / day.....	INR 9,900
YOGA JOURNEY - 9 DAYS PACKAGE.....	60 Minutes / day.....	INR 16,900

YOGA RETREAT - 3 DAYS..... 3 Days INR 12,900

Day-1 : Wellness Consultation (30 mins) + 90 mins of Yoga

Day-2 : 90 mins of Yoga + 30 mins of Pranayama

Day-3 : 90 mins of Yoga + 45 mins of Yoga Nidra

YOGA RETREAT – 5 DAYS..... 5 Days INR 19,900

Day-1 : Wellness Consultation (30 mins) + 90 mins of Yoga

Day-2 : 90 mins of Yoga + 30 mins of Meditation

Day-3 : 15 mins of JalaNeti + 30 mins of Pranayama + 90 minutes of Yoga

Day-4 : 90 mins of Yoga + 45 mins of Guided Meditative Beach Walk

Day-5 : 90 mins of Yoga + 45 mins of Yoga Nidra

WELLNESS SERVICES

REIKI HEALING - Healing by Spiritually guiding life force energy	60 Minutes	INR 2,500
MUDRA KAYA KALPA - Balance your Chakras & energy through psychic gestures	60 Minutes	INR 2,500
PILATES - Exercise focused on control & precision.....	60 Minutes	INR 2,500
TAI-CHI - Ancient Chinese discipline of Meditative movements.....	60 Minutes	INR 2,500
ACUPUNCTURE - Healing practice of traditional Chinese medicine with fine needles.....	30 Minutes	INR 2,500
PERSONAL FITNESS TRAINING	60 Minutes	INR 2,500
WELLNESS CONSULTATION WITH HEALTH SPECIALIST	30 Minutes	INR 1,900

All prices are quoted in India Rupees and are subject to service charge and prevailing government taxes,
Prices are subject to change without prior notice.