



ātmantan<sup>®</sup>  
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Wellness Packages / Retreats

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Atmantan Living



Spa Life



Master Cleanse



Weight Balance



Journey Through Yoga



Ayurvedic Panchakarma



Holistic Health



Fitness Challenge



Sometimes we seek a new way of living, the right formula for wellness, wherein we can undo our erroneous lifestyle choices and adopt a healthier and happier daily routine; if you wish to make this auspicious beginning in your life, then **Atmantan Living** is the path you must follow! At Atmantan, individuals without any prior experience of wellness destination living can delve into a world of health and spa cuisine, and embrace a

# Atmantan Living

relaxed, natural and organic way of living in the midst of soul rejuvenating scenery, to attain greater harmony with self.



Experience complete envelopment of the senses as you experience the refined wellness offerings of the *Atmantan Signature Massage*, the *holistic anti-aging facial* and an in-depth *Postural Integration*. For spiritual restoration, you partake in the sacred *Taoist Chi Nei Tsang therapy*, *Pranic Healing*, and *breathing techniques* that promote both cleansing and longevity.

Discover exceptional spa cuisine the Atmantan way. It brings to you delightfully fresh and healthy living food, from the organic farms straight to your plate. Experience true nourishment of the soul, mind and body with the **Atmantan Living** retreat.



This synergistic integration of selected therapies and spa cuisine will lead you on your long awaited path to true wellness, a way of living that you yearned to discover and one that empowers you to be transformed... This is **Atmantan Living**.

## All the Atmantan Living 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 3-night Atmantan Living retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Chi Nei Tsang
- 1 Postural integration

### Your 5-night Atmantan Living 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 Postural integration
- 1 Atmantan Signature Massage
- 1 Private breathing session
- 1 Pranic Healing, Scan and Cleanse

### Your 7-night Atmantan Living 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 Postural integration
- 1 Atmantan Signature Massage
- 1 Private breathing session
- 1 Pranic Healing, Scan and Cleanse
- 1 Deep tissue massage
- 1 Holistic Anti-aging facial \*
- 1 Private stretch



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

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Wellness Centre

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Master Cleanse

Weight Balance

Holistic Health

Fitness Challenge

Spa Life

Journey Through Yoga

Ayurvedic Panchkarma





This is for you when you are looking for some me-time and just want to relax and experience the ultimate in pampering with organic plant based formulas and rich nutrient infused spa cuisine. This spa journey with our restorative collection of regal treatments including *daily massages*, *body polishes* and holistic therapies, will gently melt your stress away and give you a visible transformation. The extracts massaged into the

## Spa Life



body are the most refined and wild crafted botanical extracts rich in Pranic life force, that enable true healing.

Restorative anointments and cocoons invigorate and nourish your body, mind and soul as your senses are realigned to a more peaceful and calmer way of living. Self-indulge in an exclusive *holistic anti-aging facial* that softens, smoothes, and brightens the skin.



As you reduce your exposure to harmful toxins, fight free radical damage, and partake the organic nutrition from our exclusive spa cuisine, the **Spa Life** retreat will let nature provide your body with all that it needs to regenerate and heal. **Spa Life** is the journey of ultimate luxury and pampering in the secluded and tranquil valley of Atmantan, where you are truly able to unwind and reconnect with yourself.

### All the Spa Life 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 3-night Spa Life retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Anti-aging Facial \*

### Your 5-night Spa Life 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 Holistic Anti-aging Facial \*
- 1 Body scrub \*\*
- 1 Foot reflexology
- 1 Balneotherapy
- 1 Private stretch

### Your 7-night Spa Life 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 Holistic Anti-aging Facial \*
- 1 Body scrub \*\*
- 1 Foot reflexology
- 1 Balneotherapy
- 1 Private stretch
- 1 Hot Stone Massage
- 1 Swedish massage
- 1 Mid-retreat wellness consultation
- 1 Body wrap \*\*\*
- 1 Pranic Healing, Scan and Cleanse



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

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

\*\*\* Choose between the Seaweed, Firming and Restorative wrap (Spa products by Breathe Aromatherapy – free of harmful preservative)

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Atmantan Living

Weight Balance

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If you are looking to delve into pure health enhancement benefits gained from detoxification, then the **Master Cleanse** is the retreat for you. Immersed in traditional naturopathic principles alongside modern cleansing sciences, the **Master Cleanse** affords you prime cellular detoxification of the body, mind and soul. Regular detoxification and cleansing helps eliminate the harmful toxins and chemicals stored inside the cells, which if left unchecked have a detrimental effect on aging, resulting in chronic and acute disease manifestation.

# Master Cleanse



The Atmantan **Master Cleanse** is a synergistic formula of resetting the organs and systems of the body through cellular cleansing and toxin elimination; we put you through treatments that promote effective detoxification, ranging from the *Hot Stone Massage*, to the art of *open colon hydrotherapy* and to providing you with the specialized *Taoist Chi Nei Tsang treatment*, which in itself has become the benchmark for detoxification worldwide.

*The Detox menu at Atmantan involves body cleansing as a gradual process of transition from solid foods to a liquid diet, ensuring gradual adaptation for the body to the recommended diet! The **Master Cleanse** retreat facilitates the cleansing of your emotional knots, unclutters the mind, while leading you to benefits of improved sleep, increased immunity and permit your body to self-heal.*

## All the Master Cleanse 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 3-night Master Cleanse retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Back, neck and shoulder massage
- 1 Manual Lymphatic Drainage

### Your 5-night Master Cleanse 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 Manual Lymphatic Drainage
- 1 Chi Nei Tsang
- 1 Body scrub \*
- 1 Colon hydrotherapy

### Your 7-night Master Cleanse 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 Manual Lymphatic Drainage
- 1 Chi Nei Tsang
- 1 Body scrub \*
- 2 Colon hydrotherapy
- 1 Body wrap \*\*
- 1 Mid-retreat wellness consultation
- 1 Personal yoga
- 1 Pranic Healing, Scan and Cleanse



**Your 10-night Master Cleanse 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 Manual Lymphatic Drainage
- 2 Chi Nei Tsang
- 1 Body scrub \*
- 2 Colon hydrotherapy
- 1 Body wrap \*\*
- 1 Mid-retreat wellness consultation
- 1 Personal yoga
- 1 Pranic Healing, Scan and Cleanse
- 1 Balneotherapy
- 1 Holistic Anti-aging facial \*\*\*
- 1 Private stretch
- 1 Hot Stone Massage

**Your 14-night Master Cleanse 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
- 1 Manual Lymphatic Drainage
- 3 Chi Nei Tsang
- 1 Body scrub \*
- 3 Colon hydrotherapy
- 1 Body wrap \*\*
- 2 Mid-retreat wellness consultation
- 2 Personal yoga
- 1 Pranic Healing, Scan and Cleanse
- 1 Balneotherapy
- 1 Holistic Anti-aging Facial \*\*\*
- 1 Private stretch
- 1 Hot Stone Massage
- 1 Choorna Swedana
- 1 Foot reflexology
- 1 Hammam
- 1 Vichy shower ritual
- 1 Private meditation

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

\*\* Choose between the Seaweed, Firming and Restorative wrap (Spa products by Breathe Aromatherapy – free of harmful preservatives)

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

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Weight Balance

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# 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)



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# Journey through Yoga

If you are looking at deepening your current practice of Yoga or maybe even looking at starting anew on the inspiring path of Yoga, then the **Journey through Yoga** retreat at Atmantan will provide you with the right guidance to the principles of Yoga and help you experience its wonderful lifestyle benefits.

The **Journey through Yoga** the Atmantan way, incorporates traditional Ayurveda principles of your *Dosha* / personality type analysis, followed up by an array of prescribed therapies ranging from the *Choornaswedana*, *Meditation and Private Breathing*, to the *Deep hands massage*, *Foot reflexology*, and *Pranic healing*, all of which subtly work in unison to boost your cleansing levels and realign the senses.



Asanas and breath work along with traditional meditation practices are carefully constructed at Atmantan for you through private yoga sessions so that you are able to experience the true art of healing and happiness first hand. As you become proficient, you can carry forward this journey of the practice and the learning of the ancient and sacred art of yoga, into your everyday life.

## All the Journey Through Yoga 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 3-night Journey Through Yoga retreat includes:

- 3 Nights' accommodation
- 3 Days of Wellness/Spa cuisine (Includes Breakfast, Lunch and Dinner daily)
- 3 Daily massages (choose from Abhyanga, Aromatherapy, or Invigorating Massage)
- 1 Ayurvedic medical consultation
- 1 Personal yoga
- 1 Private meditation

## Your 5-night Journey Through Yoga 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 Ayurvedic medical consultation
- 2 Personal yoga
- 1 Private meditation
- 1 Prescribed Ayurvedic treatment \*
- 1 Deep hand massage
- 1 Foot reflexology
- 1 Private breathing session

## Your 7-night Journey Through Yoga 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 Ayurvedic medical consultation
- 3 Personal yoga
- 2 Private meditations
- 2 Prescribed ayurvedic treatments \*
- 1 Deep hand massage
- 1 Foot reflexology
- 2 Private breathing sessions
- 1 Pranic Healing, Scan and Cleanse





**Your 10-night Journey Through Yoga  
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 Ayurvedic medical consultation
- 5 Personal yoga
- 3 Private meditations
- 3 Prescribed ayurvedic treatments \*
- 1 Deep hand massage
- 1 Foot reflexology
- 3 Private breathing sessions
- 1 Pranic Healing, Scan and Cleanse
- 1 Deep tissue massage
- 1 Mid-retreat wellness consultation
- 1 Body scrub \*\*

\* Kati vasti, Choorna swedana, Janu vasti, Navara kizhi or Netra vasti as per prescription

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

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# Ayurveda Panchakarma

Honouring India's ancient Vedic practice of healing, this traditional **Ayurveda Panchakarma** retreat at Atmantan is a journey of self-discovery, cleansing and awakening of your healing energies and senses.

Under the care of a highly skilled Ayurvedic Doctor, your *Dosha* or personality type will be diagnosed; based on this *Dosha*, a personalized daily treatment schedule and nutrition shall be prescribed. This combination of *Dosha* specific treatment and cuisine enhances the effects of this healing tradition.

At Atmantan, the treatment oils are freshly prepared and follow the traditional method of use and prescription to the exact precision so as to extract the most potent therapeutic results for you.

While therapies would include the varied forms of *Shirodara*, *Kativasti*, *Januvasti*, *choorna swedana* as well as *Yoga*, *herb and steam baths* to compliment the purification processes of the body, these therapies would be individually prescribed, monitored and changed daily depending on your receptiveness and tolerance.

The age old miraculous ritual of **Ayurveda Panchakarma** is a deeply nourishing, enriching and purifying practice that ultimately delivers you with a stronger body, clearer mind and heightened intuition.



## All the Ayurveda Panchakarma 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 Ayurveda Panchakarma 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 Ayurvedic medical consultation
- 2 Prescribed treatments \*
- 1 Padabhyanga
- 5 Ayurvedic herbal steam
- 1 Personal Yoga

## Your 7-night Ayurveda Panchakarma 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 Ayurvedic medical consultation
- 4 Prescribed treatments \*
- 1 Padabhyanga
- 7 Ayurvedic herbal steam
- 2 Personal Yoga
- 1 Matra Vasti

## Your 10-night Ayurveda Panchakarma 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 Ayurvedic medical consultation
- 7 Prescribed treatments \*
- 1 Padabhyanga
- 10 Ayurvedic herbal steam
- 3 Personal Yoga
- 1 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 1 Mid-retreat wellness consultation





**Your 14-night Ayurveda Panchakarma 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 Ayurvedic medical consultations
- 11 Prescribed treatments \*
- 2 Padabhyanga
- 14 Ayurvedic herbal steam
- 4 Personal Yoga
- 1 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 1 Mid-retreat wellness consultation
- 1 Therapeutic bath
- 1 Shirodhara
- 1 Choorna swedana

**Your 21-night Ayurveda Panchakarma 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 Ayurvedic medical consultations
- 19 Prescribed treatments \*
- 2 Padabhyanga
- 21 Ayurvedic herbal steam
- 4 Personal Yoga
- 2 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 2 Mid-retreat wellness consultation
- 1 Therapeutic bath
- 1 Shirodhara
- 2 Choorna swedana
- 1 Hammam
- 1 Manicure
- 1 Pedicure

**Your 28-night Ayurveda Panchakarma 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 Ayurvedic medical consultations
- 25 Prescribed treatments \*
- 3 Padabhyanga
- 28 Ayurvedic herbal steam
- 5 Personal Yoga
- 2 Matra Vasti
- 1 Ayurvedic Dosha facial \*\*
- 3 Mid-retreat wellness consultation
- 2 Therapeutic baths
- 1 Shirodhara
- 4 Choorna swedana
- 1 Hammam
- 1 Manicure
- 1 Pedicure
- 1 Private breathing session
- 1 Vichy shower ritual
- 1 Pizhichil
- 1 Back, neck and shoulder
- 1 Manual Lymphatic Drainage

\* Kati vasti, Choorna swedana, Janu vasti, Navara kizhi or Netra vasti as per prescription

\*\* Facial as per Ayurvedic consultation (Skincare products by Subtle Energies that don't contain parabens, mineral oils, silicones or any artificial fragrances)



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Journey Through Yoga

Master Cleanse





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



Atmantan Wellness Centre

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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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**ātmantan**  
be transformed

Wellness Centre

Mulshi, Pune, India

Tel : +91 20 6676 6666

[www.atmantan.com](http://www.atmantan.com)

Atmantan Living

Weight Balance

Master Cleanse

Fitness Challenge

Spa Life

Journey Through Yoga

Ayurvedic Panchkarma





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)

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**Wellness Centre**

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## Wellness Packages / Retreats

### Retreat Prices (USD)

Rates from 1st April 2016 to 31st March 2017

Type of Accomodation	3 Nights (\$)	5 Nights (\$)	7 Nights (\$)	10 Nights (\$)	14 Nights (\$)	21 Nights (\$)	28 Nights (\$)	Extra Nights (\$)
Asoka Single	1674	2790	3906	5580	7812	11718	15624	558
Asoka Double	2511	4185	5859	8370	11718	17577	23436	837
Arjuna Single	1674	2790	3906	5580	7812	11718	15624	558
Arjuna Double	2511	4185	5859	8370	11718	17577	23436	837
Acacia Single	2076	3460	4844	6920	9688	14532	19376	692
Acacia Double	3114	5190	7266	10380	14532	21798	29064	1038
Mango Tree Villa Single	3684	6140	8596	12280	17192	25788	34384	1228
Mango Tree Villa Double	5523	9205	12887	18410	25774	38661	51548	1841

Peak Season Rates from 16th Dec 2016 to 8th January 2017

Type of Accomodation	3 Nights (\$)	5 Nights (\$)	7 Nights (\$)	10 Nights (\$)	14 Nights (\$)	21 Nights (\$)	28 Nights (\$)	Extra Nights (\$)
Asoka Single	1926	3210	4494	6420	8988	13482	17976	642
Asoka Double	2889	4815	6741	9630	13482	20223	26964	963
Arjuna Single	1926	3210	4494	6420	8988	13482	17976	642
Arjuna Double	2889	4815	6741	9630	13482	20223	26964	963
Acacia Single	2338	3980	5572	7960	11144	16716	22288	796
Acacia Double	3582	5970	8358	11940	16716	25074	33432	1194
Mango Tree Villa Single	4236	7060	9884	14120	19768	29652	39536	1412
Mango Tree Villa Double	6351	10585	14819	21170	29638	44457	59276	2117

- Our minimum stay is 3 Nights.
- All Government Taxes are charged additionally. Currently the rates are 17% ( Service Tax & VAT).
- Please contact [reservations@atmantan.com](mailto:reservations@atmantan.com) for bookings.

We look forward to welcoming you to Atmantan Wellness Resort.