

# NAMASTE

Atmantan is an integrated wellness solution to address specific life enhancement goals.

Guests who come to Atmantan for health holidays have different aims and varying lengths of duration, depending on their wellness needs at the time. Our diverse and talented team of practitioners, therapists and instructors all work together to create a synergistic fusion of integrated wellness, so that you are able to achieve supreme life enhancement and happiness.

Some individuals seek to combat the negative and accumulative effects of stress, poor lifestyle and exhaustion; this they can attain with our SPA LIFE and JOURNEY THROUGH YOGA packages, while others who are looking for penetrative healing can do so in our therapeutic retreats such as the HOLISTIC HEALTH, RADIANCE RITUAL, WEIGHT BALANCE, MASTER CLEANSE™ and AYURVEDA PANCHAKARMA. Our NATURAL HEALING is a result-oriented, alternate & functional medicine based program to manage chronic lifestyle ailments. The ones looking for sustained conditioning and to raise their overall physical endurance can take up the stimulating FITNESS CHALLENGE package, and those who as first timers yearn to discover wellness, can find this initiation in our specially devised ATMANTAN LIVING package. To help you restore your physical function and performance, we have the RESTORATIVE PHYSIOTHERAPY or YUVA EDITION retreat.

The wellness packages at Atmantan are synergistic and have been consciously designed to target very specific needs and goals; they are also highly personalized and can be tailored to the individual's wellness requirements.

Discover your ideal Atmantan wellness package and be transformed.

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# ATMANTAN LIVING

**YOUR AUSPICIOUS Beginning To Wellness.**

Sometimes as we seek a new way of living, the right formula for wellness, wherein we can undo our erroneous lifestyle 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 a wellness destination living can delve into a world of health and spa cuisine, and embrace a relaxed natural and organic way of living in the midst of soul rejuvenating scenery to attain greater harmony with self.

**TRUE NOURISHMENT OF THE SENSES As You Join The Wellness Spirit At Atmantan.**

This retreat has you experience a complete envelopment of your senses in our refined wellness offering, as you are anointed in the **Atmantan Signature Massage, the Holistic Revitaliser and Holistic Hydrater Facials and an in-depth Postural Integration.** Welcome the enhancement of your spiritual restoration as you explore the sacred cultural and traditional arts of ancient healing practices from all over the world including the **Taoist Chi Nei Tsang therapy, Pranac Healing, and breathing techniques** that promote both cleansing and longevity.

For your betterment and fulfillment, our team of talented healers, therapists, instructors and practitioners stand ready to provide you with the highest quality of wellness experience. Be enthralled even as you participate in our dynamic and unique group activities and join into the wellbeing spirit, the Atmantan way. Savour our exceptional palate-pleasing and mouth-watering spa cuisine that is nutritious yet a voyage in wonderfully creative medicinal gastronomy; we bring to you delightfully fresh and organic living food, from the farms straight to your plate. Discover the true nourishment of soul, mind and body in our **Atmantan Living retreat.**

**MAKE WELLNESS Your Life Mantra.**

This synergistic integration of the 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; the wellness enhanced lifestyle then becomes your very own life mantra... This is **Atmantan Living.**

## ALL THE ATMANTAN LIVING RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation

### Your 3-night Atmantan Living retreat includes:

- 3 Night's accommodation
- 3 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 3 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Chi Nei Tsang
- 1 Postural Integration

### Your 5-night Atmantan Living retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Chi Nei Tsang
- 1 Postural Integration
- 1 Atmantan Signature Massage
- 1 Private Breathing session
- 1 Body Scrub\*\*\*

### Your 7-night Atmantan Living retreat includes:

- 7 Night's accommodation
- Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Chi Nei Tsang
- 1 Postural Integration
- 1 Atmantan Signature Massage
- 1 Private Breathing session
- 1 Body Scrub\*\*\*
- 1 Deep Tissue Massage
- 1 Holistic Revitaliser/Holistic Hydrater Facial\*\*
- 1 Pranic Healing, Scan and Cleanse

\*\* Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)

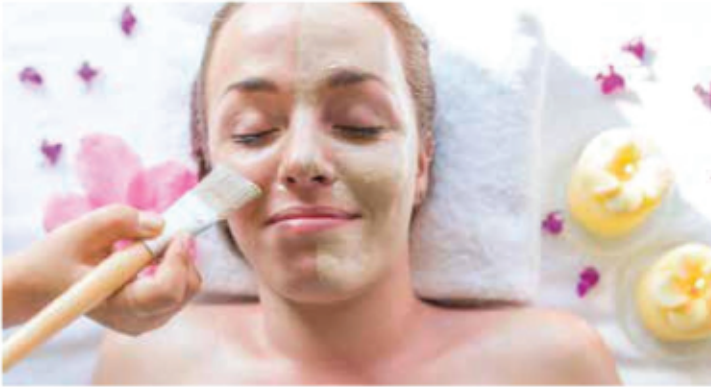
\*\*\* Choose between the Detox body polish, Vetiver gel & the Green tea scrub (Spa products by Breathe Aromatherapy – free of harmful preservatives)



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# SPA LIFE

## LOOKING FOR SOME ME TIME WANT TO RELAX

Experience the Ultimate in Spa Pampering

Savour Exquisitely Delicious, Nutrient Infused Spa Cuisine

The Spa Life is the perfect getaway retreat for you when you are looking for some me-time and just want to relax and experience the ultimate in spa pampering and savour organic produce and rich nutrient infused spa cuisine! The spa vacation here with our restorative collection of treatments includes various **daily massages, body scrubs,** and holistic therapies, all of which will gently melt your stress away and give you a visible transformation. Experience a journey of magnificent treatments for your body and senses combined with the most refined, organic and wild crafted botanical extracts that are infused into our pure essential oils; healing after all is more than just skin deep.

### Restorative Anointments And Cocoons

#### Invigorate And Nourish Your Body, Mind And Soul

Decoctions made with aromatherapy, herbs, minerals and clays renowned for their potent healing powers have been carefully selected for each individualized treatment and are custom-made for Atmantan. These are used in all the exclusive spa therapies here as they pamper, soften, smooth, and heal you; These curative anointments and cocoons invigorate and nourish your body, mind and soul, while your senses are realigned to a more peaceful and calmer way of living. Indulge in our exclusive **Holistic Revitaliser** and **Holistic Hydrater** facials too that replenishes, hydrates, and rejuvenates the skin. Our refined and exhaustive spa offering allows you to cosset the senses to the hilt.

### The Spa Life Retreat Will Let Nature Provide

Your Body With All That It Needs To Regenerate And Heal As you reduce your exposure to harmful toxins, fight free radical damage, and relish our exquisite and nutritious organic spa cuisine, the **Spa Life** retreat will let nature provide your body with all that it needs to regenerate and heal. The **Spa Life** retreat at Atmantan is a pampering traverse in a luxury resort setting that is tucked away into the secluded, tranquil valley of the Sahyadris... here you can become one with nature and yet experience the best life has to offer!

### ALL THE SPA LIFE RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription)
- Daily fitness and leisure activities (such as Aqua aerobics, Pilates, Stretch, Yoga, Spinning, Prana breathing, Dance, Laughter therapy, Meditation, Cooking and other Group classes)
- Unlimited use of Water Therapy Suites (Steam, Infra-Red Sauna), indoor temperature controlled pool
- Wellness departure consultation

### Your 3-night Spa Life retreat includes:

- 3 Night's accommodation
- 3 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 3 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Revitaliser/Holistic Hydrater Facial\*\*

### Your 5-night Spa Life retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Revitaliser/Holistic Hydrater Facial\*\*
- 1 Deep Tissue Massage
- 1 Body Scrub\*\*\*
- 1 Relaxing Bath
- 1 Private Stretch

### Your 7-night Spa Life retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Back, neck and shoulder massage
- 1 Holistic Revitaliser / Holistic Hydrater Facial\*\*
- 1 Deep Tissue Massage
- 1 Body Scrub\*\*\*
- 1 Relaxing Bath
- 1 Private Stretch
- 1 Hammam
- 1 Hot Stone Massage
- 1 Body Wrap\*

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

\*\* Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)

\*\*\* 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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# MASTER CLEANSE™

## CELLULAR DETOXIFICATION Leads You To Enhanced Health Benefits

If you are looking to relish the pure mental and physical health enhancement gained from detoxification, then the **Master Cleanse™** is just the retreat for you. Immersed in traditional naturopathic principles alongside modern cleansing techniques, the Atmantan **Master Cleanse™** affords you a prime cellular detoxification of body, mind and soul. The detoxification ritual followed here is an ancient form of ceremony, which celebrates the body as the temple to the soul and hence believes in keeping the body in a revered state of balance... Modern science too validates this cleansing practice as a crucial toxic elimination method which promotes life enhancement and longevity.

Regular detoxification and cleansing here will create for you an opportunity wherein the body favourably realigns itself as **the gut health and pH balance is restored**. The cleanse helps eliminate harmful toxins and chemicals stored inside the cells, which if left unchecked have a detrimental effect on aging, and in the long run also causes chronic and acute disease manifestation.

The Atmantan **Master Cleanse™** is hence a synergistic formula of resetting the organs and systems of the body through cellular cleansing and elimination; it meticulously assists the body in ridding itself of its emotional and hormone imbalance. We put you through an international selection of the most powerful treatments to promote ideal detoxification ranging from the **Manual Lymphatic Drainage**, to the flushing **open Colon Hydrotherapy** and supremely healing **Taoist Chi Nei Tsang treatment** which in itself has become the benchmark for detoxification worldwide. As you progress on the **Master Cleanse™**, you will discover that this cleansing ritual will not just facilitate the cleansing of your emotional knots and uncluttering of the mind, but will also lead you to benefits of improved sleep, and increased vitality, healing potential and immunity. Our medically researched detoxification treatments supports your body through the various phases of liver clearance in a safe and effective manner, so that the cleanse journey your body undergoes is gradual but thorough and in depth.

The **Master Cleanse™** incorporates evidence-based, medicinal gastronomy using living foods to boost the nutrient stores inside your cells to revitalize your health and enhance your body's healing potential. **The Cleanse (Detox) menu at Atmantan assists you in toxin eliminations as the body transitions gradually from solid foods to the lean and followed by liquid diet**; this ensures that the body does not go into shock and you are able to experience a sustainable detox regimen by gradually adapting to the diet. For the expert detoxer however, after consultation, we also customize the retreat to boost and apex their cleansing quotient through a longer liquid Detox. The **Master Cleanse™** is one of our most popular retreats where one notices conspicuous visual enhancement, anti-aging benefits, and tapered appetites!

## ALL THE MASTER CLEANSE™ RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation

### Your 3-night Master Cleanse™ retreat includes:

- 3 Night's accommodation
- 3 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 3 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 1 Detox Kit
- 1 Manual Lymphatic Drainage

### Your 5-night Master Cleanse™ retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Detox Kit
- 1 Manual Lymphatic Drainage
- 1 Chi Nei Tsang
- 1 Enema
- 1 Colon Hydrotherapy

### Your 7-night Master Cleanse™ retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Detox Kit
- 1 Manual Lymphatic Drainage
- 1 Chi Nei Tsang
- 1 Enema
- 2 Colon Hydrotherapy
- 1 Personal Yoga
- 1 Detoxifying Bath

### Your 10-night Master Cleanse™ retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 3 Detox Kit
- 1 Manual Lymphatic Drainage
- 2 Chi Nei Tsang
- 1 Enema
- 2 Colon Hydrotherapy
- 1 Personal Yoga
- 1 Detoxifying Bath
- 1 Personal Training
- 1 Private Stretch
- 1 Pranic Healing, Scan and Cleanse
- 1 Holistic Revitaliser/Holistic Hydrater Facial\*\*

### Your 14-night Master Cleanse™ retreat includes:

- 14 Night's accommodation
- 14 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 14 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 4 Detox Kit
- 1 Manual Lymphatic Drainage
- 3 Chi Nei Tsang
- 1 Enema
- 3 Colon Hydrotherapy
- 2 Personal Yoga
- 2 Detoxifying ath
- 1 Personal Training
- 1 Private Stretch
- 1 Pranic Healing, Scan and Cleanse
- 1 Holistic Revitaliser / Holistic Hydrater Facial\*\*
- 1 Postural Integration
- 1 Cupping & Moxibustion
- 1 Ubtan
- 1 Body Scrub\*\*\*

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

\*\* Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)

\*\*\* 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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# WEIGHT BALANCE

## EMPOWER YOURSELF

### As You Make Informed Lifestyle Choices

Feeling good on the inside translates into feeling good on the outside; this is an important goal for our eventual health and wellbeing. Weight issues while rooted in the imbalances of the physical self, are many a time a culmination of a mental and emotional inconsistency too. The imperfection in these factors impacts our self-worth and apparent appearance and hence also demotivates us from achieving true health. The **Weight Balance** retreat at Atmantan gives you the opportunity to kick start a new way of thinking, making self-enhancing lifestyle choices and consequently becoming empowered to positively improve your appearance and life!

You begin with an initial in-depth **assessment using metabolic test (RMR)** that helps determine the optimal workout program and nutritional requirement suited to your anatomy such as to achieve your desired goals. Our international team of fitness and movement instructors will then guide you through a diverse and inspiring exercise regime that tailors itself to your endurance ability level, be it **Functional Training, Vibration Training, Resistance Training, Hiking, Weights, Pilates, Cross Training or Anti-Gravity forms of exercise.**

Our qualified team is here to lend you all the social support you require every step of the way, and assist you along your wellness journey as you achieve mindfulness, drop old habits and accustom yourself to customized and informed lifestyle changes. The transformation in the **Weight Balance** retreat enables you to not just reach your optimum weight goals, but even sustain and better them in the times to come.

All our restaurants provide you with therapeutic medicinal gastronomy as you practice healthy balanced eating that both meets your satiety level and also enables you to make beneficial food combinations and choices. To restore your energy after an inspiring day of **Personal Training** and strenuous fitness activities, you are pampered with relaxing **Body Wraps, Ubtans** or even the refreshing **Hamman**. While the **Deep Tissue Massages** knead and soothe away the aches, the **Udwartanam Ayurvedic treatment** enhances fat mobilization, for downtime, the **Private Stretches** and **Private Breathing** sessions rejuvenate the body and mind. Be it toning of the body, boosting the metabolism, increasing the endurance or improving the muscle to fat ratio, the **Weight Balance** program at Atmantan gives you all these and more as you learn to optimally condition yourself physically and mentally as you achieve your set wellness targets.

## ALL THE WEIGHT BALANCE RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation



## Your 5-night Weight Balance retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 1 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 3 Personal Trainings\*\*
- 1 Private Stretch

## Your 7-night Weight Balance retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 3 Personal Trainings\*\*
- 1 Private Stretch
- 1 Chi Nei Tsang

## Your 10-night Weight Balance retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 4 Personal Trainings\*\*
- 2 Private Stretches
- 1 Chi Nei Tsang
- 1 Udwartanam
- 1 Ubtan
- 1 Private Breathing session
- 1 Vibration Training

## Your 14-night Weight Balance retreat includes:

- 14 Night's accommodation
- 14 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 14 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 5 Personal Trainings\*\*\*\*
- 4 Private Stretches
- 2 Chi Nei Tsang
- 2 Udwartanam
- 2 Ubtan
- 1 Private Breathing session
- 1 Vibration Training
- 1 Postural Integration
- 1 Personal Pilates

## Your 21-night Weight Balance retreat includes:

- 21 Night's accommodation
- 21 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 21 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 7 Personal Trainings\*\*\*\*
- 6 Private Stretches
- 3 Chi Nei Tsang
- 2 Udwartanam
- 2 Ubtan
- 1 Private Breathing session
- 2 Vibration Training
- 1 Postural Integration
- 1 Personal Pilates
- 1 Hammam
- 1 Deep Tissue Massage
- 1 Atmantan Signature Massage
- 1 Manual Lymphatic Drainage
- 1 Therapeutic Bath
- 2 Rehab session

## Your 28-night Weight Balance retreat includes:

- 28 Night's accommodation
- 28 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 28 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 9 Personal Trainings\*\*\*\*
- 7 Private Stretches
- 3 Chi Nei Tsang
- 3 Udwartanam
- 3 Ubtan
- 1 Private Breathing session
- 3 Vibration Training
- 1 Postural Integration
- 1 Personal Pilates
- 1 Hammam
- 3 Deep Tissue Massage
- 1 Atmantan Signature Massage
- 1 Manual Lymphatic Drainage
- 3 Therapeutic Bath
- 3 Rehab session
- 2 Body Scrub\*\*\*
- 1 Shirodhara
- 1 Holistic Revitaliser / Holistic Hydrater Facial\*\*

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

\*\* Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)

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

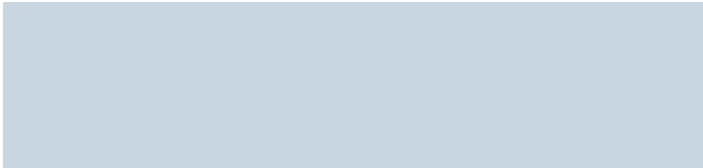
\*\*\*\* These are private fitness training sessions where you can choose from Resistance training, Vibration training, Functional training, Strength training, Boot Camp, Aqua Personal Training or Pilates



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# JOURNEY THROUGH YOGA

## START ANEW OR DELVE DEEP Into The Ancient Art and Discipline Of Yoga

If you are looking at deepening your current knowledge and practice of **Yoga** or maybe even looking at starting anew on the inspiring and sacred path of **Yoga**, then the **Journey Through Yoga** is just that retreat for you! At Atmantan, you will be given the right guidance of the principles of **Yoga**, the learning and methodology of this form of discipline such that you will experience firsthand its wonderful lifestyle benefits. The **Yoga** we indulge in here is not just about movement and breath congruence but imbibes itself into your very way of living. Yoga is commonly believed to be about flexibility which is an incorrect interpretation of this ancient art; the discipline of **Yoga** is in fact renowned for its healing abilities of the soul, mind and body and lending the practitioner the gift of youth! Even the simplest practice of the **Yoga asanas** with right technique and intention, facilitates a calm and quieter mind along with proven health benefits for your overall wellbeing.

The **Journey Through Yoga** retreat the Atmantan way, incorporates **Traditional Ayurveda** principles, beginning with an **Ayurvedic Medical Consultation** to determine your constitution or **Dosha**; this is then followed up by an array of spa therapies ranging from the **Shirodhara, Padabhyanga to the Ajna Light Therapy**, all of which complement the healing ritual of **Yoga**. The **Private Meditation sessions while perfecting your Breathing practices**, also subtly work in unison to boost your levels of healing and align the senses.

## TAKE ON A YOGA INFUSED LIFESTYLE

**Asanas** and breath work along with traditional meditation practices in a carefully constructed programme at Atmantan (private sessions) allow you to experience the true art of healing and the serenity that a **Yoga** infused lifestyle brings. With assisted postural correction and alignment, and conjuring the **asanas** or poses with accurate movement, flow and accompanied breath work, you soon discover the divine keys to mindfulness, stress reduction, energizing and enhancing abilities! As you become proficient, you can then carry forward this journey of the practice and learning of this ancient art and discipline of **Yoga**, into your everyday life.

### ALL THE JOURNEY THROUGH YOGA RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation

## Your 5-night Journey through Yoga includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Private Breathing
- 2 Personal Yoga
- 1 Private Meditation
- 1 Ayurvedic Medical Consultation
- 1 Shirodhara
- 1 Ajna Light Therapy
- 1 Ubtan

## Your 7-night Journey through Yoga includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Private Breathing
- 3 Personal Yoga
- 1 Private Meditation
- 1 Ayurvedic Medical Consultation
- 1 Shirodhara
- 2 Ajna Light Therapy
- 1 Ubtan
- 1 Padabhyanga
- 1 Yoga Nidra

## Your 10-night Journey through Yoga retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Private Breathing
- 4 Personal Yoga
- 1 Private Meditation
- 1 Ayurvedic Medical Consultation
- 1 Shirodhara
- 2 Ajna Light Therapy
- 1 Ubtan
- 1 Padabhyanga
- 1 Yoga Nidra
- 1 Udwarthan
- 1 Pranic Healing, Scan and Cleanse
- 1 Atmantan Signature Massage
- 1 Trataka session



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# AYURVEDA PANCHAKARMA

## THE TRADITIONAL AYURVEDA PANCHAKARMA

At Atmantan, this is the Journey of Discovery, Cleansing and Awakening of Your Healing Energies and Senses

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

The retreat commences with an initial consultation under the care of a highly skilled Ayurvedic Doctor. After an in-depth consultation, your constitutional type or **Dosha** is diagnosed, and a personalized daily treatment schedule is formulated for you. Even the nutrition during your stay is prescribed from our exclusive Ayurvedic Spa Cuisine and will be **Dosha** specific to enhance your remedial inception. Hence, the customized cuisine and the Ayurvedic treatments together deepen the effects of this healing tradition.

At Atmantan, the treatment oils are authentically prepared and follow the traditional method of use and prescription to an exact precision so as to extract the most potent therapeutic results for you. Therapies would include the varied forms of **Shirodhara, 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.

Therefore the **Ayurveda Panchakarma** ritual unfolds by anointing your senses with individually selected and hand crafted medicated herbal oils and fresh preparations to restore the crucial inner harmony. You are led through a journey of recover and rejuvenation with these self-healing oils that cleanse and purify, and the pure practice of Yoga that realigns movement, and helps you partake in breath and mind meditation. Discover that sacred space within as your Dosha harmonizes to restore your eventual wellbeing and health.

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

### ALL THE AYURVEDA PANCHAKARMA RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation

### Your 7-night Ayurveda Panchakarma retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Ayurvedic Medical Consultation
- 3 Prescribed Ayurvedic Treatments\*
- 1 Padabhyanga
- 2 Matra Vasti
- 1 Personal Yoga
- 1 Shirodhara
- 1 Udwartanam

### Your 10-night Ayurveda Panchakarma retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Ayurvedic Medical Consultation
- 7 Prescribed Ayurvedic Treatments\*
- 1 Padabhyanga
- 2 Matra Vasti
- 2 Personal Yoga
- 1 Shirodhara
- 1 Udwartanam
- 1 Ubtan

### Your 14-night Ayurveda Panchakarma retreat includes:

- 14 Night's accommodation
- 14 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 14 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Ayurvedic Medical Consultation
- 9 Prescribed Ayurvedic treatments\*
- 2 Padabhyanga
- 2 Matra Vasti
- 2 Personal Yoga
- 1 Shirodhara
- 2 Udwartanam
- 2 Ubtan
- 1 Postural Integration
- 1 Personal Training

### Your 21-night Ayurveda Panchakarma retreat includes:

- 21 Night's accommodation
- 21 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 21 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Ayurvedic Medical Consultation
- 11 Prescribed Ayurvedic Treatments\*
- 2 Padabhyanga
- 2 Matra Vasti
- 2 Personal Yoga
- 3 Shirodhara
- 2 Udwartanam
- 1 Ubtan
- 1 Postural Integration
- 2 Personal Trainings
- 1 Colon Hydrotherapy
- 2 Ajna Light Therapy
- 2 Therapeutic Bath
- 1 Hammam
- 1 Holistic Revitaliser / Holistic Hydrater Facial\*\*
- 1 Trataka session

### Your 28-night Ayurveda Panchakarma retreat includes:

- 28 Night's accommodation
- 28 Wellness/Spa cuisine (Starting with Lunch on the day that you arrive)
- 28 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Ayurvedic Medical Consultation
- 17 Prescribed Ayurvedic Treatments\*
- 3 Padabhyanga
- 3 Matra Vasti
- 3 Personal Yoga
- 3 Shirodhara
- 2 Udwartanam
- 3 Ubtan
- 1 Postural Integration
- 3 Personal Training
- 2 Colon Hydrotherapy
- 3 Ajna Light Therapy
- 3 Therapeutic Bath
- 1 Hammam
- 1 Holistic Revitaliser / Holistic Hydrater Facial\*\*
- 1 Trataka session
- 1 Rehab session
- 1 Private Breathing

\* Prescribed by the Doctor based on the body type and present health conditions

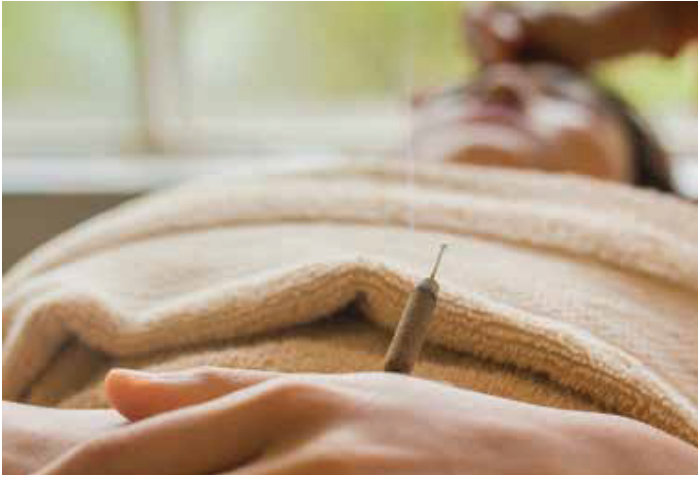
\*\* Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)



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# HOLISTIC HEALTH

## WELLNESS OF Your Soul, Mind And Body

There are a multitude of factors that define good health and wellness... environmental pollutions and oxidative stress or trauma are major contributing factors for the onset and progression of illness in life and when you wish to combat these preventively, you are taking the crucial first step towards wellness. Good health is after all something that we can all work towards with an improved diet, the right lifestyle choices, and adopting stress management practices that enables us to unwind and work towards greater wellness and life enhancement. While this perfect path to good health may eludes us in our daily lives, Atmantan's **Holistic Health** retreat addresses your these very life goals, allows you to proactively work towards the wellness of your soul, mind and body and provides you with the right environment to heal from all the negative irritants of the day to day life!

## JOURNEY Of Self-Discovery

By incorporating a diverse range of natural therapies, alternate healing remedies, scientifically researched spa treatments, and regular mindful and movement practices, the **Holistic Health** program here will guide you on your journey of self-discovery, therein empowering you to unlock your own body's natural abilities to self-heal.

The Holistic Health retreat focuses on the energy body as a whole that encompasses your mind-body connection; Energy medicine is applied with the alchemical healing abilities of **Yogic techniques**, as well as the **Pranic healing** scan and cleanse of the chakra energy systems in the body, **Traditional Chinese Medicine** technique, **Cupping and Moxibustion** to surge the body's healing potential and promote the flow of good chi. The medically researched **Lymphatic Drainage Treatment** offered here improves immunity and toxin elimination, while various **meditations** and the **Ajna Light Therapy** all work towards calming the mind and improving sleep patterns as the body heals even as it rests.

In this retreat, our doctors are able to plan in-depth therapeutic benefits pertaining to your current medical conditions, and give you benefits at a deeper level; they can within the **Holistic Health** retreat design a highly customized and prescriptive programme for you.

## MANAGE STRESS With Improved Lifestyle Choices

If you are looking for techniques to manage stress with an improved diet and ideal lifestyle choices which enhance not just your emotional wellbeing but mental outlook as well and help you achieve a spiritual detox that prevents adrenal fatigue, then the **Holistic Health** retreat accurately equips you with the right healing tools to do so!

### ALL THE HOLISTIC HEALTH RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation

### Your 5-night Holistic Health retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Anti Inflammatory Bath
- 1 Private Breathing session
- 1 Holistic Consultation
- 1 Ajna Light Therapy
- 1 Private Meditation
- 2 Acupuncture and Moxibustion
- 1 Pranic Healing, Scan and Cleanse

### Your 7-night Holistic Health retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Anti Inflammatory Bath
- 1 Private Breathing session
- 1 Holistic Consultation
- 1 Ajna Light Therapy
- 1 Private Meditation
- 2 Acupuncture and Moxibustion
- 1 Pranic Healing, Scan and Cleanse
- 1 Shirodhara
- 1 Chi Nei Tsang

### Your 10-night Holistic Health retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Anti Inflammatory Bath
- 1 Private Breathing session
- 1 Holistic Consultation
- 2 Ajna Light Therapy
- 1 Private Meditation
- 3 Acupuncture and Moxibustion
- 2 Pranic Healing, Scan and Cleanse
- 1 Shirodhara
- 1 Chi Nei Tsang
- 1 Postural Integration
- 1 Manual Lymphatic Drainage
- 1 Body Wrap\*

### Your 14-night Holistic Health retreat includes:

- 14 Night's accommodation
- 14 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 14 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Anti Inflammatory Bath
- 2 Private Breathing session
- 1 Holistic Consultation
- 3 Ajna Light Therapy
- 2 Private Meditation
- 4 Acupuncture and Moxibustion
- 3 Pranic Healing, Scan and Cleanse
- 1 Shirodhara
- 2 Chi Nei Tsang
- 1 Postural Integration
- 1 Manual Lymphatic Drainage
- 1 Body Wrap\*
- 1 Atmantan Signature Massage

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



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# RADIANCE RITUAL

## A PRE-WEDDING RITUAL FOR BRIDES, GROOMS AND THEIR FAMILIES AS THEY GET WEDDING READY

The engagement selfie is just the start of the starry journey ahead for every modern bride and groom, and what better way to **prep for the ultimate wedding extravaganza** coming your way than to get wedding ready in the rejuvenating crystal Atmantan valley of wellness. When looking for that crucial mind-body-spirit enhancement, we recommend you come here for the **Radiance Ritual** retreat that has you beaming inside out.

Consisting of everything from endurance pumping workouts, and energy balancing sessions to pure essential oil based pampering therapies, **you are anointed with the Golden Touch here**... after all it's about making you look and feel like the star you are! Relaxing and focusing on the body is only half the battle won, as a stressed/tensed mind will still reflect on the face and lifestyle... well, this is where you can **iron out all these unwanted creases in an integrated holistic manner, the Atmantan way.**

## INDULGE IN A CRUCIAL SOUL DETOX, BODY ENHANCING RITUALS AND A BESPOKE GLOW DIET

Along with a **crucial soul-detox** that includes Pranic healing sessions, youth-preserving Pranayama, and third-eye therapy, a series of mind balancing therapies are lined up for you. This helps eliminate all pent-up stress and blocked energies. And this, coupled with body-enhancing, body-conditioning and pampering rituals like body scrubs, wraps, Thai massages, Hammams, Holistic facials, Bollywood dancing, and more makes the **Radiance Ritual** an extravagantly personalised retreat.

Imagine the cumulative benefits of all this on your complexion, along with a bespoke farm-to-table glow diet, rich in antioxidants, and one that is devoid of refined flour, dairy and sugar... your body, while receiving that instant boost of vitamins, minerals and vitality, **metamorphoses into a stunningly healthy and happy version of itself!**

## BE EQUIPPED WITH THE RIGHT WELLNESS TOOLS FOR YOUR QUINTESSENTIAL MOMENT

Let the experts here at Atmantan guide you through this **healing pre-nuptial retreat**. With the choicest wellness offerings from our distinctly curated and customized platter, unleash that inner radiance. You **check out with a glowing complexion and Zen-like mind**, which are all pleasant side-effects of this destination **pre-wedding detox**, in Atmantan's uniquely healing crystal valley.

Hear yourself think clearly, and feel truly as you become mindful in the green silence of Atmantan... Take that **precious pre-wedding time-out** and balance that self. Look and feel your best, before all the wedding chaos takes over... Indulge in the **Radiance Ritual** retreat, and be equipped with the right wellness tools for your quintessential moment. You can now surely and glamorously, step forward into the hero role of your life.

### ALL THE RADIANCE RITUAL RETREATS INCLUDE:

- Individual wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas  
(including Neti, Dhouti, Gargling, Laghu Shankha Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription)
- Daily fitness and leisure activities  
(Such as TRX, Stretch, Yoga, Spinning, Dance, Laughter Therapy, Pranayama Breathing, Meditation, cooking\* and other Group Classes)
- Unlimited use of Water Therapy Suites and Indoor Heated Pool with Vitality Shower (Steam Infra-red Sauna)
- Wellness departure consultation



### Your 5-night Radiance Ritual retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 9 Therapeutic Inclusions  
(Choose from a selection of Facial- Holistic Revitalizer, Twin Heart Meditation, Beauty Essential Hair Care, Private Yoga Nidra/ Stress rehab, Aqua Fitness. etc)

### Your 7-night Radiance Ritual retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 14 Therapeutic Inclusions  
(Choose from a selection of Cupping, Pilates, Facial- Holistic Revitalizer, Personal training, Vibration Training with Vibro Facial, Body Scrub. etc)

### Your 10-night Radiance Ritual retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 20 Therapeutic Inclusions  
(Choose from a selection of Luxury Facial, Abhyanga + Shirodhara, Chi Nei Tsang, Hamaam, Third Eye Therapy, Nutritional Consultations, etc)

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

\*\* Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)

\*\*\* 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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# FITNESS CHALLENGE

If you wish to take your fitness to a greater level and diversify your threshold training to further enhance your physical fitness, strength and endurance, then you can most certainly achieve this with the Atmantan Fitness Challenge. In fact this is for those who are looking to push themselves beyond their previous echelons, this intensive fitness retreat is for you; we at Atmantan personalize this retreat to raise your fitness levels by crafting a regime of path breaking workouts that are both designed and overseen by our team of internationally qualified instructors.

## IN-DEPTH ASSESSMENT and Challenging Exercise Regime

After a detailed fitness assessment with the **VO2 Max/Muscle endurance test** that tabulates your lung capacity and breathing cycles, **resting metabolic rates (RMR), flexibility, 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, Pilates, TRX, Cardio, Vibration training, as well as Hiking** in the great mountain range of the Sahyadris, the **Fitness Challenge** will expand your mental focus, endurance level, and peak your optimal physical output and conditioning.

## UNIQUE JUXTAPOSITION Of Intense Physical Training and Relaxing Spa Therapies

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 Theraband training** (carried out by our physiotherapists), where you are introduced to more efficient postures and biomechanics; these cumulatively enhances your performance and endurance, and reduces your downtime and risk of injury.

The golden rule of our fitness programme is that nutrition is as important as your fitness training as poor recovery between workouts can usually be traced to a lack of nutritional intake. Our comprehensive menu and recommendations will give you an in-depth understanding of your dietary requirement, which you can adhere to during your stay and after. Here you will also be encouraged to participate in our daily group classes so as to help increase and diversify your workout habits; you have the opportunity here to explore a variety of other movement disciplines, may it be Yoga, or even the Pranayama that helps slow you down and imbibe into you the subtle effects of 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 INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha 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 temperature controlled pool
- Wellness departure consultation

## Your 5-night Fitness Challenge retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Deep Tissue Massage
- 1 Theraband Training / Core building
- 1 Postural Integration
- 1 Endurance test - Muscle / VO2
- 2 Personal Trainings\*\*\*\*
- 1 Private Stretch

## Your 7-night Fitness Challenge retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Deep Tissue Massage
- 2 Theraband Trainings / Core building
- 1 Postural Integration
- 1 Endurance test - Muscle / VO2
- 3 Personal Trainings\*\*\*\*
- 2 Private Stretches
- 1 Vibration Training

## Your 10-night Fitness Challenge retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 3 Deep tissue massage
- 2 Theraband Trainings / Core building
- 1 Postural Integration
- 1 Endurance test - Muscle / VO2
- 4 Personal Trainings\*\*\*\*
- 1 Private Stretch
- 1 Vibration Training
- 1 Body Scrub\*\*\*
- 1 Atmantan Signature Massage
- 1 Cupping

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

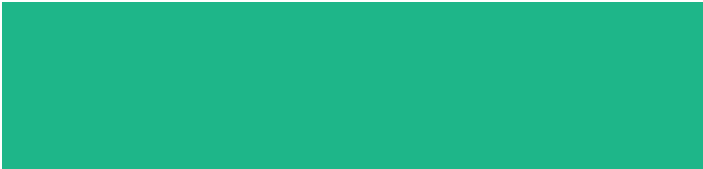
training, Boot Camp, Aqua Personal Training or Pilates



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# RESTORATIVE PHYSIOTHERAPY



Take care of your body... it's the only place you have to live in. Atmantan's Restorative Physiotherapy is a research based program that offers holistic, guest-centred treatment and management for a whole range of physical conditions. This program helps to optimise both health and well-being aspects of an individual thereby restoring their physical function and performance.

## PHYSIOTHERAPY HELPS RETAIN OUR ACTIVE LIFESTYLE

Our musculoskeletal system is made up of muscles, bones and joints, teamed up with cartilage, tendons and ligaments, all of which enable us to undertake our daily activities. When some of these aren't working in harmony, the comforts of our body that we take for granted are threatened to a level of permanent damage; Atmantan's Restorative Physiotherapy retreat can help you find a solution to this! This retreat focusses on restoring mobility, strength & improving quality of movement such that the desired level of physical comfort is achieved.

*Our team of experts are specialised in treating a wide gamut of orthopedic related conditions, may it be osteo-arthritis, ligament injuries, sports injuries, post-surgical rehabilitation, joint instabilities, restoration of muscle and joint functions, chronic musculoskeletal conditions or even certain neurological related conditions.*

## HANDS ON APPROACH FOR YOUR EXPEDITED RECOVERY

In the nurturing and relaxed atmosphere at Atmantan, guests undergo a detailed assessment and diagnosis, post which advanced and innovative techniques including modalities like manual therapy & mobilisations, ultrasound therapy, electrical stimulations, and hydrotherapy are used to facilitate the healing process. This helps people manage and maintain their physical independence.

Providing structural and functional rehabilitation maximizes healing and improves the overall wellness and quality of life as well as aides in the prevention of future pain, injury or dysfunction. The hands on approach taken by our team, creates an environment conducive to all the individuals reaching their highest potential of recovery! To maintain optimal health, exercise becomes an important component of injury prevention and hence the retreat concludes with a customised workout prescription that then helps you in the day to day life as well.

We at Atmantan through our Restorative Physiotherapy retreat provides excellent clinical care for people of all ages... We endeavour to rehabilitate and support you, in the quickest and safest manner, such that you are able to integrate yourself back into your lifestyle at your best!

## ALL THE RESTORATIVE PHYSIOTHERAPY 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), and Indoor heated pool with vitality shower
- Wellness departure consultation

**\*Your 5-night Restorative  
Physiotherapy retreat includes:**

- 5 Night's accommodation
- 5 Days of Wellness/Spa cuisine  
(Includes Breakfast, Lunch  
and Dinner daily)
- 5 Daily inclusion
- 2 Prescribed physio treatment
- 1 Postural integration
- 1 Private stretch
- 1 Personal training
- 1 Atmantan signature massage

**\*Your 7-night Restorative  
Physiotherapy retreat includes:**

- 7 Night's accommodation
- 7 Days of Wellness/Spa cuisine  
(Includes Breakfast, Lunch  
and Dinner daily)
- 7 Daily inclusion
- 4 Prescribed physio treatment
- 1 Postural integration
- 1 Private stretch
- 1 Personal training
- 1 Atmantan signature massage
- 1 Deep tissue massage
- 1 Acupuncture

**\*Your 10-night Restorative  
Physiotherapy retreat includes:**

- 10 Night's accommodation
- 10 Days of Wellness/Spa cuisine  
(Includes Breakfast, Lunch  
and Dinner daily)
- 10 Daily inclusion
- 6 Prescribed physio treatment
- 1 Postural integration
- 2 Private stretch
- 2 Personal training
- 1 Atmantan signature massage
- 2 Deep tissue massage
- 3 Acupuncture
- 1 Core strengthening session

\* Guest will be provided with customised Physio exercise handouts on Departure.

**PRESCRIBED PHYSIOTHERAPY MODALITIES INCLUDE:**

IFT, TENS, US, NMES | EDEMA REDUCTION THERAPY | THERABAND EXERCISES | VESTIBULAR REHABILITATION  
MYOFACIAL RELEASE AND TRIGGER POINT RELEASE | TAPING FOR SPECIFIC CONDITIONS | PRIVATE PILATES



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be transformed  
Wellness Centre

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# SUPER IMMUNITY

## Post COVID Recovery

Just like most viral infections, **recovery from COVID also takes a minimum of 2 weeks (for mild cases) and about a month for people with serious symptoms**, provided certain lifestyle protocols are diligently followed for recovery.

If we are not cautious about our own health it can lead to various subclinical discomforts in the future. We now know that we can have an excellent recovery rate (now which is above 90%) even post the COVID infection. People who contract this infection are recovering well and slowly manage to get back to their old lifestyle. For others, while the virus may not be active in our body, **we still need to be cautious about what we do in our daily lives to stay immune and healthy.**

### OUR IMMUNE SYSTEM REFLECTS OUR LIFESTYLE AND HEALTH

Our immune system is a reflection of our lifestyle and health. Since the immune system is our strongest armour for protecting from recurrent infections, we must enhance this by indulging in healthy eating, fitness-driven lifestyle and positive mental health to build immunity. **Lifestyle modifications today, will certainly boost the immunity tomorrow!** There are various factors that can affect one's immunity, such as age, nutritional status, gut health, fitness levels, sleep, psychologic stress, mental health, immune compromised conditions and other associated morbid conditions.

According to Science and research, for an infection to develop in human body, there needs to be three key factors, known as **an epidemiological triad – an infectious agent (virus or bacteria), a favourable environment (our natural surroundings) and, a susceptible host (human)**. If we keep the 'agent' out of this equation, as we have poor control on it, we can still at least choose to control the 'environment' by ensuring it is a clean, safe, unpolluted and natural environment, and also boost the immunity of the 'host' so that he/she doesn't become vulnerable to the infection or post-covid complications.

**Atmantan's SUPER IMMUNITY Programme** which boosts the post COVID Recovery, is specially curated for anyone who has had a past infection or has a co-morbid condition that makes them susceptible to infections. It is essentially needed for those who want to focus and build on their adaptive immunity and reduce their vulnerability. We are sensitive towards the challenges we face today in this pandemic and hence have curated a programme that is **personalized for people of all ages and capabilities**. Beyond focusing on the body mass index, we give importance to **mind, emotional, intellectual and spiritual mass indexes**.

**Some of our KEY AREAS OF FOCUS will be...**

Exercise and Immunity

Yoga and Immunity

Diet and Immunity

Mindfulness and Positive Thinking

Living with Nature

Sleep Sanctuary

**Atmantan's SUPER IMMUNITY Programme** which boosts the post COVID Recovery is a highly efficient retreat programme that addresses various aspects of your health, where our doctors improve your health parameters in an integrated manner. We use experiential knowledge from traditional medicines such as **Ayurveda, Naturopathy, Yoga and Traditional Chinese medicine**, and combine them with evidence-based knowledge of **fitness, nutrition, physiotherapy and functional medicine**.

We boost the immunity through **prescribed diet, stress management, improved sleep, fresh air, unpolluted environment, fitness, yoga and exposure to nature**. We also focus on treating co-morbid conditions that weaken the immunity.

*Guest healthcare and safety is our topmost priority. Our doctors will do an initial evaluation before you arrive and will advise you on the recommended duration for your retreat. The minimum duration is 7 nights. On the day of your arrival, your consulting doctor will prescribe your treatment plan based on your health profile and symptoms. The inclusions mentioned below are indicative.*

**SUPER IMMUNITY RETREAT INCLUSIONS ARE:**

- Doctor consultations
- Body composition analysis
- Postural assessment
- Daily group classes
- Yoga therapy sessions for immunity
- Daily fitness classes to improve respiratory endurance
- Outdoor activities for better exposure to nature and build adaptive immunity
- Breathing and meditation classes for immunity and sleep improvement
- Health talks on various topics
- Prescribed therapeutic sanik food food to boost immunity
- Fresh herbal medicines for immune modulation
- Nutritional advice on discharge
- Recommended natural supplements (at extra charge) for home care



# NATURAL HEALING

## Disease Management Retreat

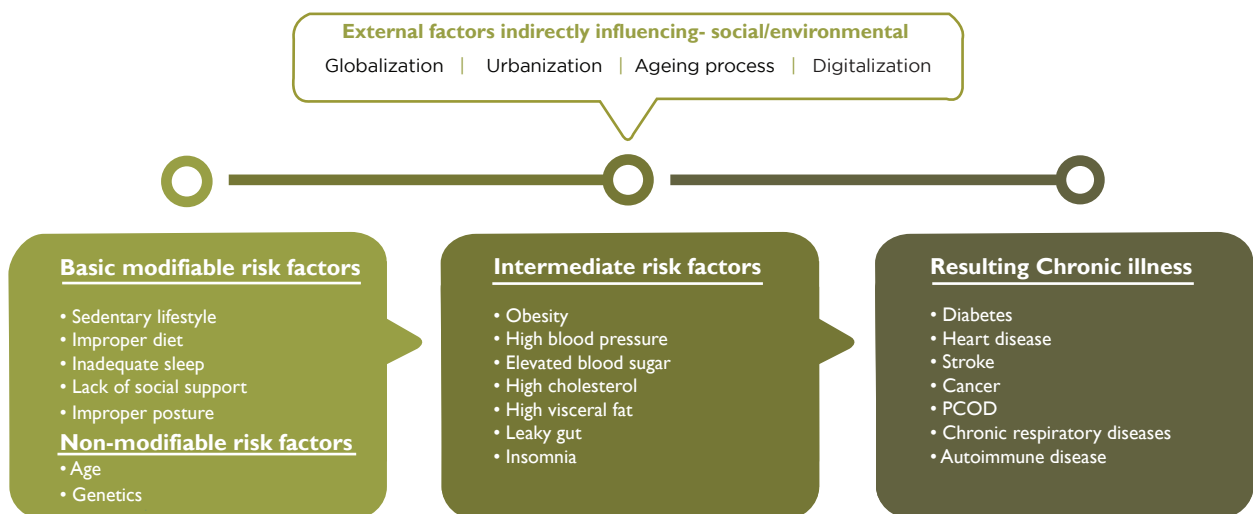
Around 60%–70% of all health care visits are for lifestyle-based diseases and simply, put the preventable diseases!

These **lifestyle diseases** like cancer, heart disease, obesity, diabetes, and other non-communicable diseases and other non-communicable diseases are today amongst the **fastest growing causes of death and disability around the globe.**

**Lifestyle diseases are defined as diseases linked with the way people live their life.** This is commonly caused by bad lifestyle choices which could include alcohol consumption, drug abuse and smoking, as well as lack of physical activity and unhealthy eating. (Diseases that impact our lifestyle are heart disease, stroke, obesity, type II diabetes, arthritis, atherosclerosis, cancer, chronic liver disease or cirrhosis, pulmonary disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression, obesity and vascular dementia). While modern medicine can manage these diseases most of the time, these come with some unwanted side effects.

Ironically, these **diseases appear to increase** in frequency as countries become more industrialized and people live longer! It might hence seem counterintuitive cause **as a nation becomes more affluent, there is a significant rise in lifestyle-based or non-communicable diseases (NCDs) and auto-immune diseases.** And this happens quite predictably more when urbanization occurs, per capita income rises & wealth is created; As a result of this very wealth and affluence, our dietary and lifestyles choices raise the risk of these NCDs.

A simple example of how **we are each at risk** as we become affluent: With the use of motorized vehicles and electronic devices (Mobiles, laptop, etc) our physical activity has been hampered and we are most likely notice a consequent spike in obesity, high blood pressure (hypertension), depressions, elevated blood glucose levels, higher lipids, etc. These risk factors in turn increases our odds of heart disease, stroke, diabetes, cancer, hormonal imbalances, inflammation, and gut related diseases. **This becomes a daily Vicious Cycle that we land living within!**





**The time has come to consciously step out of the Vicious Cycle into the Virtuous Cycle Of Good Health!** This includes eating right, staying active, sleeping well, creating a feel good environment, having family & friends in the social circle and even getting help at the right time.

**Atmantan's NATURAL HEALING RETREAT is a medically-guided comprehensive program that addresses these very lifestyle and auto-immune conditions.**

This preventive and curative retreat integrates functional medicine science with nutritional therapy, naturopathic treatments, supplements, homeo-detox supplements while coalescing it with the right clinical care, holistic and fitness classes, physiotherapy assessments, educational workshop, and social support.

**"The natural forces within us are the true healers of the disease"- HIPPOCRATES, the Father of Medicine.** This is true these many years later, and is rightly the building block of this retreat. Based on this principle, the **NATURAL HEALING RETREAT** begins with an **in-depth ailment investigation**, and incorporates customised doctor consultations wherein **thorough diagnostics** are carried out to better understand the underlying imbalances or dysfunctions of the body's biological systems. It aims to find the root causes and then help boost the natural healing mechanisms to target them. The doctors then prescribe a treatment procedure including diet protocols, lifestyle regime, etc. for the duration of your stay at Atmantan.

Along with a daily diet fitness and treatment monitoring, guests are also encouraged to better learn & practice healthier lifestyle handling methods (through participation in the various health talks and ailment reversal techniques). During the departure consultation, a detailed follow up document is given to every guest on home care along with advice on dietary prescriptions and supplements.

**This NATURAL HEALING RETREAT is essentially a highly effective disease management program for a wide range of lifestyle & auto-immune conditions;** the duration of the retreat is decided upon by the medical team post the screening of the condition only (& mostly prior to arrival).

The following are some of the conditions that are attended to:

- Morbid obesity
- Diabetes mellitus
- Thyroid dysfunctions including Hashimottos/ Graves disease
- Poly cystic ovarian disease (PCOD)
- Fibroid Uterus
- Endometriosis
- Infertility
- Benign Prostatic Hypertrophy (BPH)
- Erectile Dysfunctions
- Asthma
- Hypertension
- Atherosclerosis Cardio vascular disease
- Abnormal Cholesterol (Dyslipidemia)
- Allergic sinusitis
- Osteo arthritis
- Rheumatoid arthritis
- Ankylosing spondylitis
- Systemic lupuserythematosus (SLE)
- Gout
- Fatty Liver (non-alcoholic)
- Irritable Bowel Syndrome (IBS)
- Chron's disease
- Gastritis
- Peptic Ulcer
- Gastro Esophageal Reflux Disease (GERD)
- Migraine

At Atmantan, the **NATURAL HEALING RETREAT** while being **highly result-oriented** has in most cases also enabled a **reversal for the above diseases**. While at times it takes from 3 to 6 months for significant recovery, depending on the severity of the ailment, our programmes are customized to the individual's conditions, wherein the doctors monitors the condition both in-house as periodically on check-out of the guest as well.

Our Holistic Medicine Doctors plan **comprehensive & integrated treatment procedures**; this blends the best of modern medical science and traditional natural medical approaches to not only treat disease, but to also restore health. Growing scientific and clinical interest in the role of nutrition when it comes to our health is evidential at Atmantan; guests are provided with a customized nutrition program comprising of diet and supplements, that address areas of deficiency and improve immune response.

**This retreat is for guests looking to achieve a transformational experience by addressing their health concerns at a deeper level while making sustainable changes in their current lifestyle.** We at Atmantan sincerely believe that it's never too late to bring about a change in your life... **a great time to start getting healthier, is the time you actually start.**

Your treatment plan will be prescribed by the consulting doctor based on your health conditions and symptoms. The inclusions mentioned below are indicative.

#### RETREAT INCLUSIONS

- Doctor's Consultations
- Body Composition Analysis
- Postural Assessment
- Daily Group Classes
- Yoga Therapy Sessions
- Yoga, Breathing and Meditation Classes
- Health Talks on Various Topics
- Therapeutic Food
- Fresh Herbal Medicines
- Recommended Naturopathy Treatments and Therapies

Minimum Stay: 7 Nights\*



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# YUVA EDITION

## A WEIGHT MANAGEMENT & LIFESTYLE CORRECTION RETREAT FOR THE YOUTH

Atmantan introduces the incredible **YUVA EDITION Youth Retreat**, designed specifically for youngsters between the ages of 16 to 25 years. **This Youth Retreat is a scientifically researched fitness and lifestyle improvement retreat** for Generation Z and the younger millennials, where they are guided and supervised closely by the wellness experts at Atmantan, as they inculcate healthy habits and partake in the process of **lifestyle correction**... all this is achieved through a **tailored & transformative** experience designed for the youth!

This young generation has **hectic lives** that include dynamic quotients of socializing, study, work and staying on-trend... **this makes their lives desirable but not necessarily one with well-being.** .. **'doing it all' comes at a cost**... the innovatively designed **YUVA EDITION Youth Retreat helps this generation put themselves as the top priority, rather than just succumb to the lifestyle evils of depression, stress, and anxiety!** Timely guidance on creating this optimal work-play-life balance is what one learns best at Atmantan... after all picking up these habits early on will pay incredible dividends in the later years.

## HELPS THE YOUTH CREATE THEIR OWN UNIQUE SOUL-MIND-BODY FORMULA

**The YUVA EDITION Youth Retreat focuses on helping the youth optimize their lifestyle while helping them create their own unique soul, mind, and body wellness formula.** Rather than falling prey to various lifestyle disorders (like obesity, diabetes, Physio misalignment & injuries, Stress & Hypertension etc.), this retreat promotes a deeper reflection of wellness, the practice and education of the cause-effect consequences

of following an **optimal lifestyle on a daily basis.**

This **YUVA EDITION Youth Retreat helps reset the body, center the mind while nourishing the soul as one holiday for health**... all this also equates to a **cumulative boost in energy, self-healing and enhanced sleep patterns in the daily life.**

### ALL THE YUVA RETREATS INCLUDE:

- Daily fitness and leisure activities  
(Such as TRX, Stretch, Yoga, Spinning, Dance, Laughter Therapy, Pranayama Breathing, Meditation, cooking\* and other Group Classes)
- Unlimited use of Water Therapy Suites and Indoor Heated Pool with Vitality Shower (Steam Infra-red Sauna)
- Yogic kriyas  
(including Neti, Dhouti, Gargling, Laghu Shankha Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription)

## Your 7-night Yuva Edition retreat includes:

- 7 Night's accomodation
- 7 Days of Wellness Cuisine (Starting with Lunch on the day that you arrive)
- 1 Initial Anthropometry
- Individual Wellness Consultation
- Body Composition Analysis
- Postural Assessment
- Wellness Departure Consultation
- 1 Body treatment every 3rd day (choose from Full body therapy/ Back, Neck, Shoulder therapy/ Aromatherapy/ Choorna therapy)
- 1 Eye yoga
- 1 Personal training on alternate days
- 1 hr Fitness training every day
- 1 hr exclusive activity on alternate days
- 45 mins Meditation/ an activity of choice everyday
- 1 Departure Anthropometry

## Your 10-night Yuva Edition retreat includes:

- 10 Night's accomodation
- 10 Days of Wellness Cuisine (Starting with Lunch on the day that you arrive)
- 1 Initial Anthropometry
- Individual Wellness Consultation
- Body Composition Analysis
- Postural Assessment
- Wellness Departure Consultation
- 1 Body treatment every 3rd day (choose from Full body massage/ Back, Neck, Shoulder massage/ Aromatherapy/ Choorna therapy)
- 1 Eye yoga
- 1 Personal training on alternate days
- 1 hr Fitness training every day
- 1 hr exclusive activity on alternate days
- 45 mins Meditation/ an activity of choice everyday
- 1 Departure Anthropometry



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