



retreat

Reboot, Renew and Reawaken at Atmantan

WHENEVER SHARMILEE AGRAWAL KAPOOR, CO-FOUNDER OF **ATMANTAN WELLNESS RESORT** AND A PRANIC HEALING PRACTITIONER, VISITED THE ASHRAM OF HER GURU OVERLOOKING MULSHI LAKE, SHE ALWAYS FELT A SENSE OF PEACE, AND WHEN ASKED WHY HE CHOSE THAT PARTICULAR LOCATION, HE EXPLAINED THAT THERE WAS A LOT OF CURATIVE ENERGY IN THE VALLEY DUE TO THE PRESENCE OF HEALING CRYSTALS. THIS WAS WHEN SHE KNEW THAT THIS WAS THE PLACE FOR **ATMANTAN!** NESTLED SPLENDIDLY IN A **LUSH VALLEY** AMIDST THE SAHYADRI MOUNTAINS, OVERLOOKING

THE CLEAR WATERS OF MULSHI LAKE AND SURROUNDED BY SCENIC CRYSTALLINE PEAKS AND VIRGIN NATURE, THE RESORT IS LOCATED AT A 45-MINUTE DRIVE FROM **PUNE INTERNATIONAL AIRPORT** AND 3 HOURS FROM **MUMBAI**. THIS IS TRULY THE LAND OF PRANA SITUATED AMIDST CRYSTALLINE MOUNTAINS THAT ARE KNOWN FOR THEIR DIVINE HEALING FREQUENCIES. THE UNTOUCHED SURROUNDINGS ONLY ADD TO THE THERAPEUTIC POWERS OF THE THERAPIES HERE. **VIKI SHAH** WRAPS HERSELF IN THIS RESTORATIVE COCOON AND COMES BACK RESTORED!



THE RESORT

A 45-minute early morning drive through scenic rural vignettes and a sleeping city led me to Atmantan, and it felt as if time stood still! It is an exceptional place, thanks to its unmatched setting and extensive offering of wellness practices. Based on Naturopathy and Ayurveda principles, Yoga, as well as Western wellness techniques, Atmantan holistically combines some of the world's most ancient and modern forms of healing for the mind, body and soul (as the name Atmantan suggests – atma – soul, man – mind and tan – body). It nurtures, nourishes and calms every inch of our bodies while totally breaking down our routine, any habits or pre-existing philosophies. Pranic Healing sessions utilize the intrinsic energy Prana (life force) to balance, and promote the body's energy and its processes.

Sprawling over 42 acres and designed with deluxe comfort in mind, the accommodation includes around 80 well-appointed rooms and one signature villa. With spectacular views of the retreat's lush landscape and the serene Mulshi lake, all spaces flaunt luxurious king-size beds (certified by the American Chiropractic Association), large windows, ensuite bathrooms (complete with bathtub and a shower and sweeping views of the green) and private sit outs or gardens. Blackout blinds ensure a restful sleep and carefully chosen amenities including healthy snacks, herbal infusions and aromatherapy-infused bathroom products ensure guests feel at home.

THE MANGO TREE VILLA houses a private infinity pool, pagoda, gymnasium, couple's spa, sauna/steam facilities, pantry and beautiful views of the surrounding mountains. Tastefully decorated with clean design lines, and tasteful art, it is luxury personified for the discerning client.

THE WELLNESS PAVILION is spread over a large area and houses the spa, fitness as well as consultation and wellness facilities. There are several therapy rooms including a hammam room, a fitness and physiotherapy wing, an indoor salt pool, a salon and a wellness retail outlet.

VISTARA restaurant provides you with holistic dining experiences that are refined and curative. Encompassing sweeping views of the lake, it offers both indoor and outdoor seating.

TE-JUS is the bistro serving gourmet healthy delights using farm fresh produce. Guests can relax in the afternoons and evenings at the bistro, enjoying the terraced vistas of the lake, valley and mountains.

CHANTARA is the alfresco dining lounge that serves innovative grills and interactive experiences to guests. Open in the evenings, it promotes relaxing soirees of leisure.

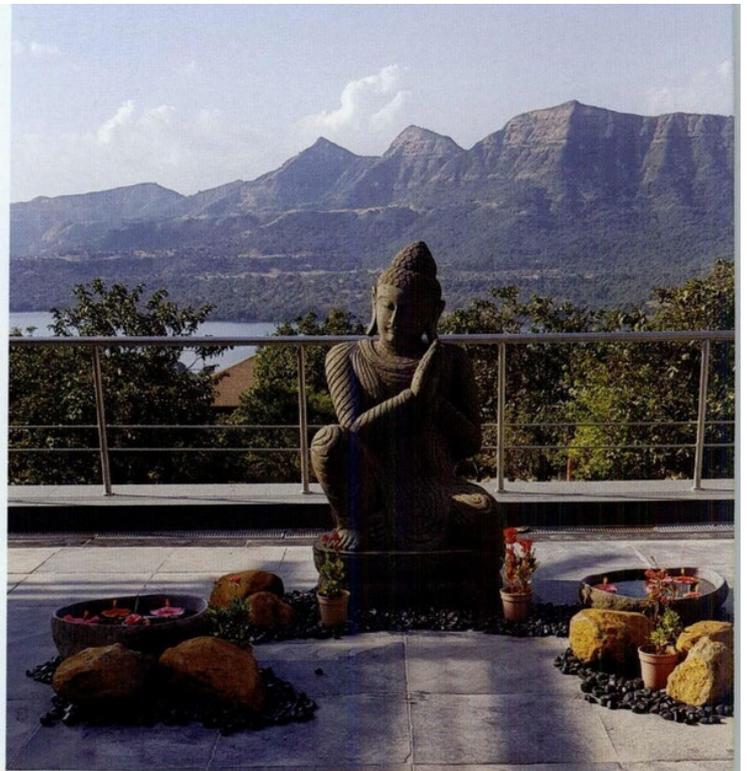


THE SOULFUL SPOON is a series of healthy cooking classes that show you how to maximise nutrition from your food in a tasty way with easy to create recipes under the expert advice of their experienced chefs.

MY EXPERIENCE

After an initial consultation with the Wellness practitioner, a body composition analysis and a Postural assessment session; the basis of my stay, I am advised the Atmantan Living package for 5 nights – the perfect natural programme to allow for escape from the stresses of daily life (read deadline submissions, late nights, irregular eating and driving in Dubai!) and be in sync with the beautiful natural surroundings while improving my overall well-being.

The calming energy of the daily therapies like: an invigorating body scrub (green tea scrub- to rehydrate and reduce signs of sun damage and premature ageing), aromatherapy recovery (a nurturing full body massage with therapeutic oils), de-stressing massage (focuses on key stressed areas like back, neck, shoulders and scalp stimulating circulation and fatigue relief while loosening taut muscles), Vedic massage (a dynamic technique with a herbal spice infused oil that promotes wellbeing), foot reflexology (addressing the oriental meridian system of reflex points on the feet to enable stimulation of the entire body to relax) and the heavenly Atmantan signature massage along with the much needed and informative postural assessment and integration session (a very important part of your overall health and wellbeing) and private breathing sessions



THE PROGRAMMES ON OFFER ARE A NUMBER OF PACKAGES TO SUIT EVERY NEED:

- ATMANTAN LIVING (DE-STRESSING AND RELAXING),
- SPA LIFE (CALMING AND REJUVENATING),
- MASTER CLEANSE (DETOXING),
- WEIGHT BALANCE (WEIGHT MANAGEMENT),
- JOURNEY THROUGH YOGA (A YOGIC FOCUS),
- AYURVEDA PANCHAKARMA (AYURVEDIC PURIFICATION),
- HOLISTIC HEALTH (PREVENTATIVE HEALTH),
- PHYSIO RETREAT (POSTURAL ALIGNMENT AND STRENGTHENING), AND
- FITNESS CHALLENGE (EXERCISE AND WORKOUTS).

ATMANTAN'S DESIRE TO FACILITATE AN IMPROVED LIFESTYLE IS ON THE MARK. THE SESSIONS CAN BE CUSTOMISED TO SUIT INDIVIDUAL NEEDS.



The self-healing technique of Chi Nei Tsang removes this stagnation and detoxifies and rejuvenates the vital organs, addressing chronic conditions such as headaches, insomnia, and depression.



along with personalised meditation sessions helped align my mind, body and soul. Each massage is accompanied by a sauna and steam room experience that allows for pores to open to let the aromatic oils seep into the body for maximum results.

The Atmantan signature massage is a profoundly harmonising journey (I won't call it an experience!) where you are led on an aromatic voyage of a fusion of techniques. It begins with the balancing of solar and lunar energy by placing sun and moon crystals in each palm, amplifying energy and producing a balance of the physical, emotional and spiritual state while a soothing voice guides you into a calming meditation ritual. This is followed by stretching and a deeply relaxing massage incorporating five techniques, Thai, Aromatherapy, Swedish, Deep Tissue and Hot stone therapies with organic soothing therapeutic oil blends, leaving you physically transformed and spiritually rejuvenated! The centuries-old Chinese therapy, Chi Nei Tsang is a must-do abdominal massage therapy if you do not mind a technique that is mildly discomforting when in process but at the end of it leaves you feeling amazing! It is an internal organ massage that targets energy blocks within the abdomen, palpating every organ in the stomach improving Chi(energy) flow. The energies of negative emotions, stress, tension, and the weightiness of past illnesses, all accumulate in the abdomen, causing energy blockages and congestion. When this occurs, all vital functions stagnate, and many problems arise. It promotes flow of Chi, strengthening the immune system and helps release physiological and emotional blockages. It can even help identify potential problems with organs in the abdomen.

I never realised how important was the **Postural assessment** – a vital part of a holistic evaluation that assesses both static and dynamic postures to ascertain functional movement and ability to self-correct a habit. It is important to evaluate muscle strength, joint mobility and muscle control as incorrect postures may be related to muscle imbalances and altered joint position, which ultimately could result in movement dysfunction and pain. The days progressed amazingly well! Just a stroll in the lush

green resort is enough to rejuvenate spirits (the restorative power of nature!). Long restful sleeps, oil massages, heated wraps, healthy cookery lessons, informative health talks (foods and glycaemic index for example, or exercises to maintain healthy eyes), facials (antiaging luxe facial using marine collagen molecules to ease fine lines of ageing and smoothen skin), training and breathing sessions, herbal detox and healing treatments, private yoga classes, hydrotherapy and scrubs. A Neem enema helped cleanse and detox and disinfect the colon rendering me light and feeling good. Every toxin from every inch of me was well massaged and taken out of me. Combining this with a diet of healthy shots (a curative digestive shot for instance combines ajwain, cumin, jaggery and fennel with water or a shot of hibiscus, aloe vera and rose petals for improving heart health), smoothies, soups, seasonal fruits, salads, vegetables and grains, cooked up in the most delectable way, left me feeling squeaky clean, buffed, polished, soaked in oils and energised. Each plate that came was refined, tasty and designed just for me. This was the best way to become healthy! Adding to this was the extremely hospitable and courteous staff who left no stone unturned to ensure I had a comfortable experience! One evening I returned to the room to be pleasantly surprised with a heavenly sleep-inducing bath laid out for me! A deeply relaxing soak with cooling rose petals and strengthening geranium to calm the nervous system and induce a deep restful sleep.

Meal times were at the Vistara restaurant either outdoors or indoors with sweeping views of the pristine valley! The mornings began with healthy kriyas followed by yoga sessions outdoors, breathing in the crisp fresh air (I could almost feel my lungs taking it all in and every cell of my body being infused with fresh oxygen!) at the wellness pavilion or the amphitheatre called Prana, that overlooks a serene horizon.

On offer were a plethora of free sessions of yoga (vinyasa, hatha, Ashtanga) Pilates, aerobics, aqua -fit sessions, stretching, Bollywood dancing, Zumba, Salsa, kickboxing, pranayama, boot camps, Mindful walks (being aware of every breath and every

retreat





The Signature Atmantan Thali

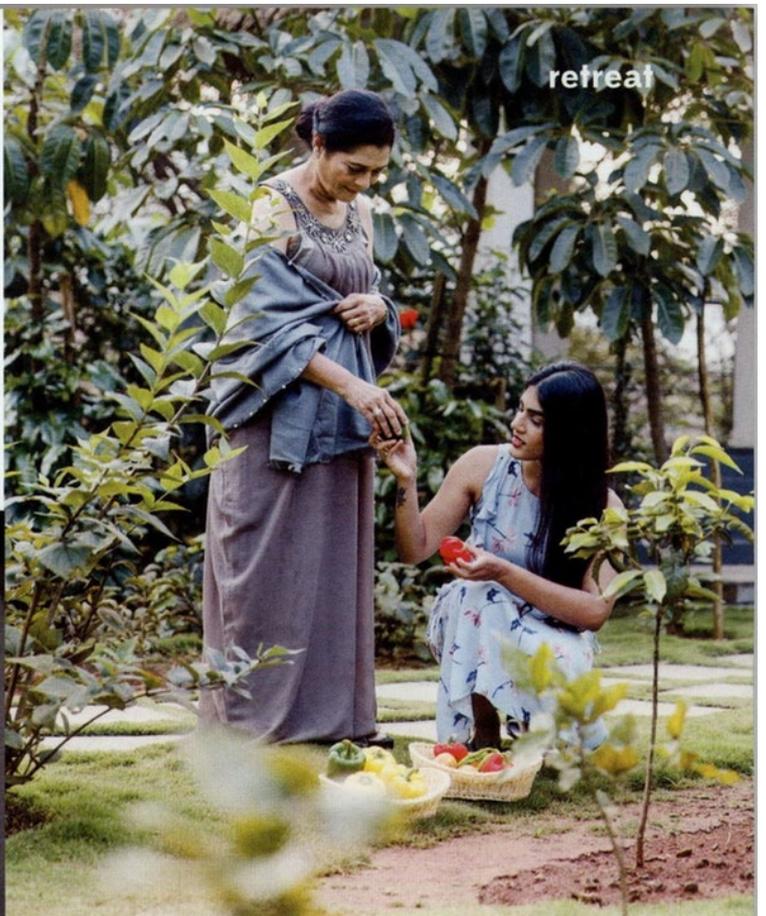
IS A WHOLESOME INDIAN THALI WITH SMALL PORTIONS OF LENTIL, VEGGIES/CHICKEN/SEAFOOD, BROWN RICE AND RAGI/WHOLEWHEAT/OATMEAL ROTI, AND ENDING WITH DELICIOUS DESSERTS LIKE HIMALAYAN MILLET KHEER OR BROWN RICE PHIRNI IN COCONUT MILK - ALL WASHED DOWN WITH GINGER-LEMON-HONEY TEA.

limb when you walk) and Nature walks, TRX, Mini Golf, trekking, functional workouts, health talks, meditation and more for you to pick from in between your scheduled programs.

SPA CUISINE

Designed to enhance energy, restore health, increase strength and improve longevity, the cuisine at Atmantan nurtures health from the inside out. Combining nutritious, organic, seasonal, local and beneficial ingredients, the kitchen uses tasty, healthful food as the basic building blocks of well-being. Fresh produce is sourced from the retreat's organic farm and everything that goes into every dish is unprocessed, unrefined, full of antioxidants, essential micronutrients, dietary fibre and naturally-occurring phytochemicals and flavonoids (phytonutrients).

All meals are designed keeping in mind the calorie intake with a healthy balance of macro and micro nutrients. One meal and you know that their food philosophy is very do-able. Their spa



cuisine is all about locavorian food grown locally that helps maintain and restores health, improving gut health, but is at the same time, delicious incorporating a fusion of culinary styles, from macrobiotic to Ayurveda, Mediterranean to Asian.

THE BUDDHA BOWL is a balanced meal with 4 options to choose from: the tropical delicacy for example has grilled veggies, cilantro infused cottage cheese, tossed barley and pickled beetroot puree and comes in chicken and seafood options.

Enhanced with organic herbs, spices and Himalayan rock salt, and sweetened with natural flavours such as fruit juice, honey, jaggery (unrefined sugar), dishes are mindfully created to promote wellbeing and support detoxification. Heated at low temperatures to maximise vitamins, minerals, and nutrients, cooking techniques include steaming, stewing, poaching and grilling. Specific dietary requirements are also catered to if necessary. I felt as if I had been wrapped in a nurturing, restorative cocoon for 5 days. Atmantan is not your typical instagrammable getaway (although its scenic beauty will get you loads of likes on Instagram!); what I mean is that it's beautiful, deluxe, healing, remedial and with pristine untouched valley and lake views, in an amazing location. However, it's the vibe, the quality and nature of the treatments, combined with the knowledgeable staff and the thoughtful, discreet little gestures that make Atmantan unique and special and this is not something you can capture in photos. This place is transformational and more about substance than style!

I came back a new person; learnt about yoga in a simple do-able way, learning to manage stress, to relax, to eat better, work out more effectively and regularly and breathe properly!! Atmantan is certainly one of the most amazing places you'll ever stay in.

For more details visit www.atmantan.com