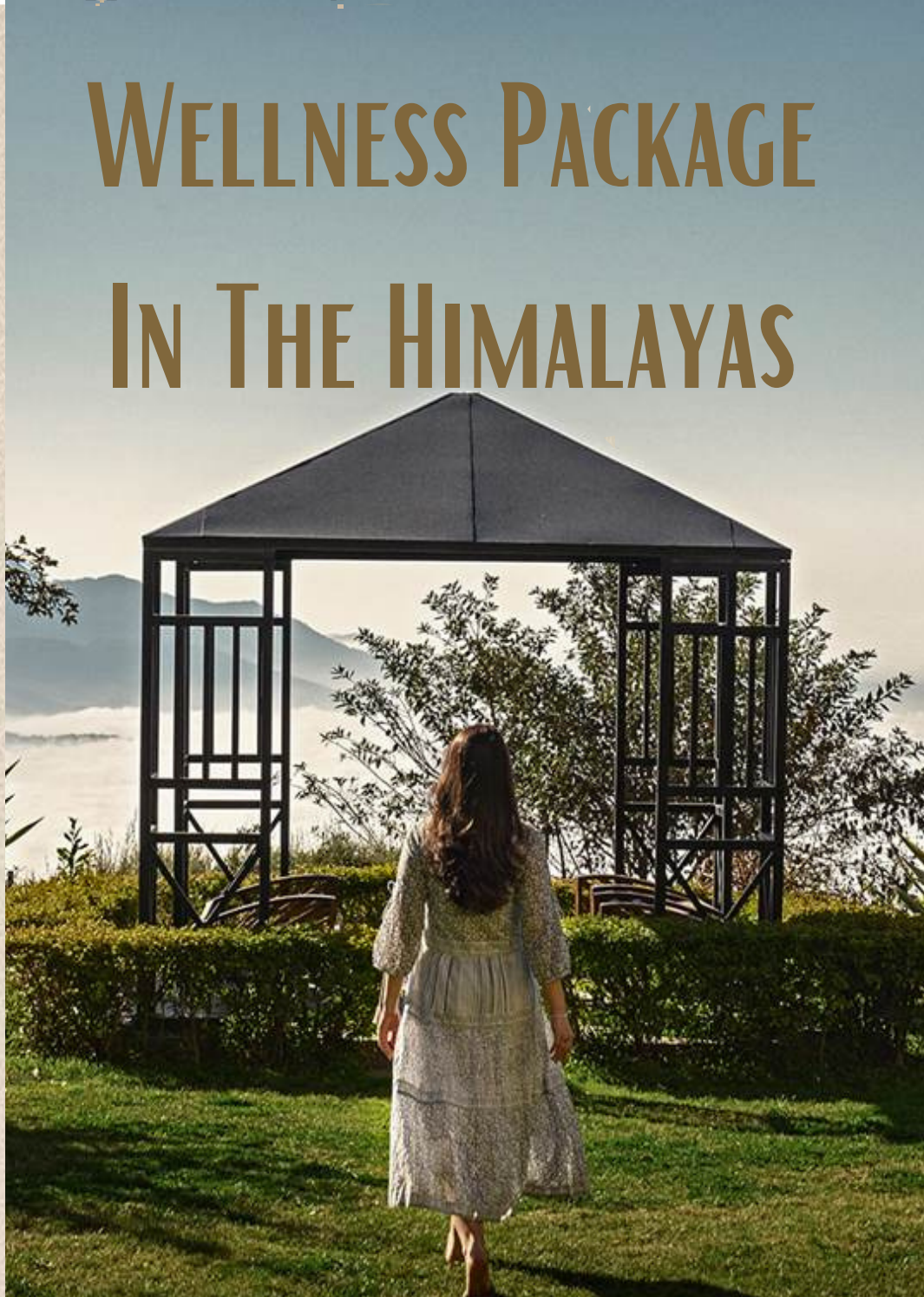
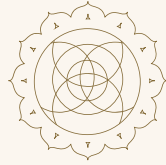


WELLNESS PACKAGE IN THE HIMALAYAS





Standard 5 Day Package Starting from \$1550.00 Per Person

Book With Us for Extra Discount

Ananda Wellness Programmes

Ananda's portfolio of programmes offer the complete range of foundation and comprehensive wellness programmes targeted at specific health goals.

Foundation To Wellness Programmes

Ananda's Foundation Wellness Programmes provide an introduction to understanding your body and mind from a holistic perspective. Wellness consultants offer guidance to creating a healthy ongoing lifestyle of positive habits and dietary changes to meet your health goals. Select wellness therapies and personalised wellness cuisine help start your wellness journey. Guests on Foundation programmes are also encouraged to attend daily scheduled group wellness sessions including yoga, meditation, and Vedanta classes to enhance the programme further.

Comprehensive Wellness Programmes

Ananda's signature comprehensive wellness programmes are immersive to achieve transformative results. These programmes are more intense with higher number of therapies each day and combined with several personal sessions of yoga, meditation and fitness, depending on the specific goals of the programme. These programmes include continuous wellness consultations with experts through the duration to guide and monitor progress with strong emphasis on personalised diet plans specific to each programme and wellness goal.

Call Us For More Information

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