

## Shanti Ananda Ayurvedic Rejuvenation

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Consultation and Spa Treatments	minutes	5 nights	7 nights	14 nights	21 nights
Ayurvedic and Wellness Consultation	30	-	1 session	2 sessions	3 sessions
Pranayama and Meditation Session per Room	30	-	1 session	2 sessions	3 sessions
Jalneti and Pranayama	45	-	1 session	2 sessions	3 sessions
Personalised Ayurvedic Therapies	30 - 60	-	8 sessions	16 sessions	24 sessions
Reflexology	55	-	1 session	2 sessions	3 sessions
Reiki	55	-	1 session	2 sessions	3 sessions
Personalised Yoga session per room	60	-	1 session	2 sessions	3 sessions
Ayurvedic Lifestyle Recommendation	30	-	1 session	1 session	1 session