

Shanti Ananda Yoga

Consultation and Spa Treatments	minutes	5 nights	7 nights	14 nights	21 nights
Wellness Consultation With Doctor	30	1 session	2 sessions	2 sessions	3 sessions
Personalised Yoga consultation	30	1 session	1 session	1 session	1 session
Thai Massage	85	1 session	1 session	1 session	1 session
Watsu	50	1 session	1 session	2 sessions	3 sessions
Reiki	55	1 session	1 session	2 sessions	3 sessions
Personalized Yoga Session per Room	60	3 sessions	5 sessions	10 sessions	15 sessions
Pranayama and Meditation Session per Room	30	3 sessions	5 sessions	10 sessions	15 sessions
Jalneti and Pranayama	45	1 session	1 session	2 sessions	3 sessions
Yoga Life Style Recommendation	30	1 session	1 session	1 session	1 session