



AYURVEDA & WELLNESS PROGRAM

About Dr. Adrish Brahmadatta – With multiple degrees in Yoga and Ayurvedic medicine, Dr. Adrish is a globally renowned wellness expert, yogi and Ayurvedic doctor. In addition to being a Reiki practitioner and meditation teacher, he is also a qualified trainer for Yogic cooking, Marma massage, and Mantra Chanting & Kirtans. Dr. Adrish has conducted workshops, retreats and trainings across the world.

YOGA

Asana Yoga

Single 4,000++ | Double 6,800++

Hatha Yoga	Suitable for everyone
Therapy Yoga	Best for first timer
Satyananda Yoga	Great for beginner
Asthanga Yoga	Great for beginner
Vinyasa Yoga	Recommended for intermediate
Power Yoga	Recommended for intermediate

The Secrets of Yoga

Single 5,000++ | Double 8,500++

Pranayama, Mudra or Bangha Yoga	Suitable for everyone
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MEDITATION

Guided Meditation

Single 5,000++ | Double 8,500++

Chidakash Dharana	For pure consciousness
Chakra Suddhi	Purifying the energy points
Kayastharyam	Great to maintain body stillness
Ajapa Dharana	Develop spontaneous concentration

Yoga Nidra Meditation

Single 4,000++ | Double 6,800++

Great for beginner for relaxation and rejuvenation
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CHANTING

Mantra Chanting

Single 5,000++ | Double 8,500++

Mantra for life	For a serene lifestyle
Mantra for health	For better control over your health
Mantra for wellbeing	For general wellbeing and surroundings

AYURVEDA

6,900++ per person

Shirodhara (50-min)	De-stress, sooth jet-lag and sleeplessness
Abhyanga	Promote energy, circulation and strength
Kati Vasathi	Treatment for chronic back pain
Elakizhi	Treatment for stiff or weak muscles

SINGING BOWL

6,900++ per person

Singing Bowl Therapy	For personal needs
Singing Bowl Healing	For rejuvenation
Singing Bowl Purification	For detoxification

HEALING THERAPY

5,000++ per person

Reiki	Emotional healing
Chakra	Energy points activation

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