

## **Namaskar from Aahana – The Corbett Wilderness!**

At Aahana Naturopathy Centre, we bring to you a complete health package to refresh and re-invigorate the body through a fusion of Ayurveda, Naturopathy Panchakarma and Yoga along with a multitude of relaxing therapies such as Western Spa Treatments, Music Therapy and Nature Cure.

Be it Ayurveda – the ancient art of healing or drug less Nature Cure, our experienced team of doctors and therapists are equipped to offer more than 120 different therapies and treatments to induce good health into the temple of life – Your Body.

### **A DAY OF NATUROPATHY & WELLNESS @ AAHANA – THE CORBETT WILDERNESS**

#### **0500-0730: Begin Your Day with Aahana – First Rays of the Sun**

- Kriya – 4 options
- Yoga – 6 options
- One Activity: Bird Watching / Cycling / Walking / Jogging

#### **0730**

- Herbal Drink

#### **0800-0830**

- Prescribed Breakfast

#### **0930-1230: Morning Therapies & Sessions**

- Mud Therapy – 8 options
- Detox Enema – 4 options
- Colon Hydrotherapy
- Naturopathy Massage – 13 options
- Ayurvedic Massage – 8 Options
- Steam Bath / Sauna Bath
- Music Therapy (Raga) – 15 options
- Magnet Therapy
- Reflexology – 3 Options
- Chromo Therapy

#### **1300-1400**

- Prescribed Lunch with Silence Observation (Maun)

#### **1500-1730: Afternoon Therapies & Sessions**

- Naturopathy Pack – 6 options
- Compress – 5 options
- Herbal Wraps – 10 options

- Beauty Therapy – 12 options
- Panchakarma – 24 options
- Hydrotherapy – 21 options
- Sun Bath – 3 options
- Steam Bath / Sauna Bath
- Ion Detox
- Ozone

### **1730**

- Light Organic Snack

### **1800-1930: Rejuvenate in the Evenings with the Setting Sun**

- Acupuncture
- Physiotherapy – 6 options
- Cupping
- Sujok
- Yoga – 6 options
- Gymnasium
- One Activity: Bird Watching / Cycling / Walking / Jogging

### **1930**

- Herbal Drink

### **2000-2100**

- Prescribed Dinner with Light Entertainment

### **2200**

- Yoga Nidra (Shavasana)

Please note that the above details are customised on an individual basis and curated as per the specific requirements of every guest. We organize a detailed private consultation with our In-House Doctor before your impending trip. Based on this, your bespoke schedule is generated to incorporate elements from all of the above mentioned options.

Please be rest assured of our best services at all times, our endeavor is to enhance your lifestyle and assist in improving the quality of life of all our guests. We look forward to hosting you for Naturopathy & Wellness at Aahana – The Corbett Wilderness.