



A Wellness Day, Designed for You



The Neeraj Ganga Wellness Retreat

www.theneerajgangawellnessretreat.com



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|-------------------|------------------------------|
| 6:30 am - 7:00 am | • Wake-up & Herbal Detox Tea |
| 7:00 am - 8:00 am | • Yoga & Meditation Session |
| 8:30 am - 9:30 am | • Ayurvedic Breakfast |



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| 10:00 am - 10:30 am | • Ayurvedic Doctor Consultation |
| 11:00 am - 12:00 pm | • Therapy (60 min) |
| 12:15 pm - 1:30 pm | • Ayurvedic lunch (prescribed diet) |



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| 3:00 pm - 4:00 pm | • Therapy (60 mins) |
| 4:15 pm - 5:00 pm | • Spiritual Talk/Chakra Healing |
| 5:00 pm - 5:30 pm | • Herbal Tea time |
| 6:00 pm - 7:30 pm | • Ganga Aarti /Temple visit and Nature walk |
| 8:00 pm - 9:00 pm | • Ayurvedic Dinner |
| 9:00 pm - 9:30 pm | • Walk at Deck area |



9:30 PM - Pray in your bed and express Gratitude for the life energy is flowing inside you. Have this firm determination that you are completely healthy in body and mind. Repeat positive affirmations that **“Life is dear to you and you love the experiences of life. The power of the whole health resides in you.”**





Yoga

Inclusions

- Welcome Drink on Arrival
- Comfortable accommodation on Single/Double Occupancy
- Daily Personal Lifestyle & Fitness Evaluation
- Detailed health & wellness consultation with our Ayurveda, Naturopathy Doctors, and Yoga Instructor
- Two Ayurveda massage sessions per day one before lunch and one after (each lasting one hour)
- All Ayurvedic Meals (Breakfast, Lunch & Dinner (Veg. only)
- Complimentary tea/coffee maker in your room
- Group-Yoga session Twice a day
- Meditation session daily once a day
- Spiritual Counseling (Once a Week)
- Excess to Ganga Ghat from the property & Ganga Arti
- Sunrise and sunset view from the balcony serene Ganga and mountain view
- Nature walk

All applicable taxes included



AV Wellness Day, Designed for You



Contact us: +91 8630818329, 9045254795

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