

# AMANBAGH



## Individual Wellness Immersions

Yoga & Mindfulness • Detox & Cleansing • Ayurveda

Escape to a secret garden estate in India's rugged Aravalli Hills and reconnect within the rose-pink, Mughal-inspired sanctuary that is Amanbagh. Drawing on India's remarkable wellness heritage, Amanbagh's three Individual Wellness Immersions incorporate mindfulness practices, bodywork and nutrition, and are designed to promote overall wellbeing for a longer, healthier life. Whether you focus on Ayurveda and embrace the benefits of India's 5,000 year old systems of preventative medicine and self-healing, choose to concentrate on yoga and mindfulness, or select a purifying, detoxifying pathway, Amanbagh's expert wellness team and Ayurvedic physician will ensure that your Immersion is individually tailored down to the finest detail to meet your wellness goals.

January 2020



## INDIVIDUALLY TAILORED

Each of Amanbagh's three Immersion pathways begins with an initial transformation program orientation and an in-depth consultation. Based on thorough assessments and the understanding that your goals may well be multiple, our tight-knit team aims to support you with a bespoke program of exercise, spa treatments, healing therapies and nutritious meals all focused on bringing you back to balance. So while you may opt, for example, for an Ayurveda retreat, decreasing stress levels might also be a priority, and this will be reflected in every facet of your program. If you are undergoing a Panchakarma cure you will be given suggested guidelines in order to prepare.

Our Ayurveda physician will track your progress and regularly check in on how you are feeling in order to fine-tune your Immersion. A final consultation marks the end of your program, though our team aims to send you home empowered and educated, with all the tools to ensure that your journey towards optimum health continues.



## THE RESORT

Utterly serene and seemingly beyond time's reach, Amanbagh's lush gardens, shaded courtyards and domed cupolas make it an ideal setting for an immersive retreat. Quietly opulent, the property was once the resting ground for the Maharajah of Alwar's tiger hunts. Today, it is surrounded by manicured green lawns, palms and eucalyptus trees, and is a deeply cocooning place in which to reconnect. Sleek Haveli Suites and Pool Pavilions provide privacy, space and luxurious comfort, the spa is a haven of quiet calm, and the grounds a verdant sanctuary with rambling kitchen gardens.

## THE FOOD

Unrivalled nutritional support and education lie at the core of each Immersion, with every meal created with your wellness requirements in mind. Designed by Amanbagh's Executive Chef and his expert team under the guidance of our Ayurvedic physician, your menu is utterly unique, reflecting your nutritional needs to ensure your dosha balance restoration is in line with Ayurvedic and Sattvic cooking concepts. For those undertaking an authentic Panchakarma cure as part of the Detox & Cleansing Immersion, a vegetarian Ayurvedic menu is offered that is easy to digest and 'cure' supportive





## Yoga & Mindfulness

From 4 nights to achieve renewed clarity and lightness of being

This Wellness Immersion presents the full picture of yoga, introducing its many facets to those new to the practice, and advancing the practice and understanding of experienced yogis. It is tailored to the individual in every respect - including nutrition. Both Hatha and Vinyasa yoga practice will be a part of the Immersion, while yogic sessions will include Purification Kriya or 'Shat Karmas' for cleansing and opening body and mind, Pranayama (breathing) practice, Trataka (candle meditation), Mindfulness meditation and deeply relaxing Yoga Nidra (also known as yogic sleep). After an in-depth consultation with Amanbagh's resident Ayurvedic physician, nutrition plans will be based on a Sattvic diet as referenced in Ayurvedic and Yogic literature, focusing on fresh, organic foods rich in prana (life force).

This Wellness Immersion is valid for new bookings only, is subject to availability, and cannot be combined with any other exclusive. Bookings are to be made through Amanbagh directly. Cancellations and payments as per Amanbagh's standard terms.

# Yoga & Mindfulness Immersion

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## Sample Daily Schedule

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### *Day of Arrival:*

**3pm:** Welcome ceremony

**4pm:** Consultation

**5.30pm:** Deep Tissue massage

**8pm:** Sattvic dinner

### *Sample Full Day:*

**7am:** Private yoga

**8.15am:** Sattvic breakfast

**9.30am:** Optional Group Yoga

**11am:** Stress-releasing full body Spa treatment

**12.30pm:** Sattvic lunch

**3pm:** Yoga or meditation

**4pm:** Yogic refreshment

**8pm:** Sattvic dinner

### *Day of Departure:*

**7am:** Yoga

**8.30am:** Sattvic breakfast

**11am:** Final consultation

**12pm:** Transfer to airport

## Sample Treatments & Movement Therapies

**Purification Kriya:** Kriyas are yogic cleansing techniques used to purify the body and mind, opening the body's energy lines.

**Yoga Nidra:** Yoga Nidra or 'Yogic sleep' takes you into a state of deep inner awareness and higher consciousness. As you let go of your attachment to the physical world, you reach a state similar to that between waking and sleeping.

**Pranayama:** Pranayama is the formal practice of controlling the breath, which is the source of one's prana, or vital life force. The simple but highly effective breathing exercises that make up this ancient practice calm body and mind. Concentrating on the breath distracts, focuses and clears the brain, allowing you to sit in meditation with greater ease.

**Trataka Meditation:** This powerful practice of intensely gazing at a burning candle helps to develop the power of concentration, balance the nervous system and clear the mind. One of the simplest and most comforting forms of meditation.

**Mindfulness Meditation:** Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment. This skill can be developed through the practice of meditation. In this guided meditation practice you learn how to awaken the senses to the now.

**Hatha Yoga:** Hatha combines asanas (postures) with conscious breathing to develop strength, flexibility and mental clarity. It is slower than Vinyasa yoga with postures held for a longer time.

**Vinyasa Yoga:** In this faster yoga practice, asanas (postures) flow from one into another in time with the breath. It can be seen as a moving meditation building heat, endurance, flexibility and strength.



## Detox & Cleansing

From 4 nights to reap the benefits of a toxin-free system

Designed to eliminate the toxins accumulated in your body as a result of stress, improper diet and unavoidable environmental factors, this minimum four-night Immersion uncovers hidden health stressors and provides the antidotes, aiming to improve the digestive, lymphatic and elimination systems of the body. The results are improved immunity, cellular regeneration, the optimum functioning of your body's systems and a reinvigorated sense of wellbeing. The Immersion begins with an in-depth assessment, and includes a combination of treatments based on the time-tested wisdom of Ayurveda and in particular its Panchakarma cure (minimum 7 days) or purification programme, as well as yoga and other holistic therapies. A raw and liquid detoxing programme covering all meals, juices and herbal detox teas is designed for each individual to suit their unique needs.

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# Detox & Cleansing

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## Sample Daily Schedule

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### *Day of Arrival:*

**3pm:** Welcome ceremony

**4pm:** Consultation

**5.30pm:** Abhyanga massage

**8pm:** Detoxing dinner

### *Sample Full Day:*

**7am:** Herbal/Ayurvedic tea or fresh juice

**9am:** Morning walk or Group Yoga

**10am:** Detoxing breakfast

**11.30am:** Choorna Sweda

**2pm:** Detoxing lunch

**4.00pm:** MukhLepa Ayurvedic facial

**5.00pm:** Herbal/Ayurvedic tea or fresh juice

**5.30pm:** Yoga/Meditation

**8pm:** Detoxing dinner

### *Day of Departure:*

**7am:** Spa treatment

**8.30am:** Detoxing breakfast

**11am:** Final consultation

**12pm:** Transfer to airport

## Sample Treatments & Movement Therapies

**MukhLepa:** A traditional Ayurvedic facial using medicated herbs to cleanse and restore radiance. A dosha-specific mask and scrub help to deep cleanse, exfoliate and revitalise the skin.

**Abhyanga:** Ayurveda advises a massage with warm herbal oils as a part of daily life. Abhyanga means 'to anoint' and here specific oils are chosen for the head and body according to dosha type. A wonderful whole body massage is then performed in sync by two therapists. Deeply cleansing and rejuvenating, the healing oils and traditional massage techniques relieve stress and help improve the overall appearance of the skin. This massage helps to harmonise imbalances in all three doshas.

**Pizhichil:** In this traditional anointing treatment from Kerala, warm Ayurvedic oils are dripped from saturated cotton cloths over the entire body before being rhythmically massaged in by four hands. This deeply cleansing treatment has an extremely rejuvenating effect, improving blood circulation, strengthening the skin, alleviating stiff joints and retuning the nervous system.

**PindaSweda:** Performed according to dosha type, this massage utilises warm medicated oils and warm bundles of herbal powders, fresh leaves, lemon or medicated rice. Helps cleanse toxins from the body, improve circulation and soothe sciatica, rheumatism and other musculoskeletal issues.

**Panchakarma Cure:** Panchakarma detoxifies and restores the bodies inner balance and vitality. It includes a number of treatments including therapeutic sweating, followed by a suitable cleansing, such as Virechana (purging), Nasyam (stimulates nerves and brain functions) and, Vasthi (an enema treatment). The full Panchakarma cure can be undertaken at Amanbagh with a minimum seven-night stay



## Ayurveda

From 4 nights to embrace the benefits of Ayurveda for a renewed lease on life

Respected around the world for its wisdom and gentle efficacy, Ayurveda is still a mystery to many who might benefit from its practices. Offering the chance to explore Ayurveda in its homeland and experience its ancient practices and powerful long-term benefits, this minimum four-night Immersion harnesses every aspect of Ayurveda's preventive power to improve memory, strengthen the sense organs, boost physical endurance and fight the signs of ageing. Ayurveda strives to prevent disease by returning your body to its natural equilibrium. This is achieved through a personalised Ayurvedic diet, Ayurvedic therapies, meditation and passive movement, all carefully prescribed to balance your doshas - the building blocks of your constitution according to Ayurveda. On arrival, your predominant dosha-type is determined via an in-depth consultation and assessment with Amanbagh's resident Ayurvedic physician, who then curates an Immersion uniquely geared to you.

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# Ayurveda

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## Sample Daily Schedule

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### *Day of Arrival:*

- 3pm:** Welcome ceremony
- 4pm:** Consultation
- 5.30pm:** Abhyanga massage
- 7.30pm:** Ayurvedic dosha-specific dinner

### *Sample Full Day:*

- 7am:** Herbal/Ayurvedic tea or fresh juice
- 8am:** Yoga
- 9am:** Morning walk/Cultural experience
- 10am:** Dosha-specific breakfast
- 11.30am:** Ayurveda treatment
- 2pm:** Dosha-specific lunch
- 3.00pm:** Abhyanga followed by Choornaswedana or Abhyanga followed by Shirodara
- 4.30pm:** Herbal/Ayurvedic tea or fresh juice
- 5pm:** Meditation
- 8pm:** Dosha-specific dinner

### *Day of Departure:*

- 7am:** Udvarthana scrub
- 8.30am:** Dosha-specific breakfast
- 11am:** Final consultation
- 12pm:** Transfer to airport

## Sample Treatments & Movement Therapies

**Udvarthana:** Invigorating and exfoliating, this Ayurvedic massage uses a paste of fragrant medicated powders rubbed into the skin in the reverse direction of hair growth. Leaving skin soft and refreshed, it not only helps to remove dead skin cells and fatty deposits, it also improves blood circulation and removes stagnant toxins from the body. For even better results, an after-treatment steam is advised.

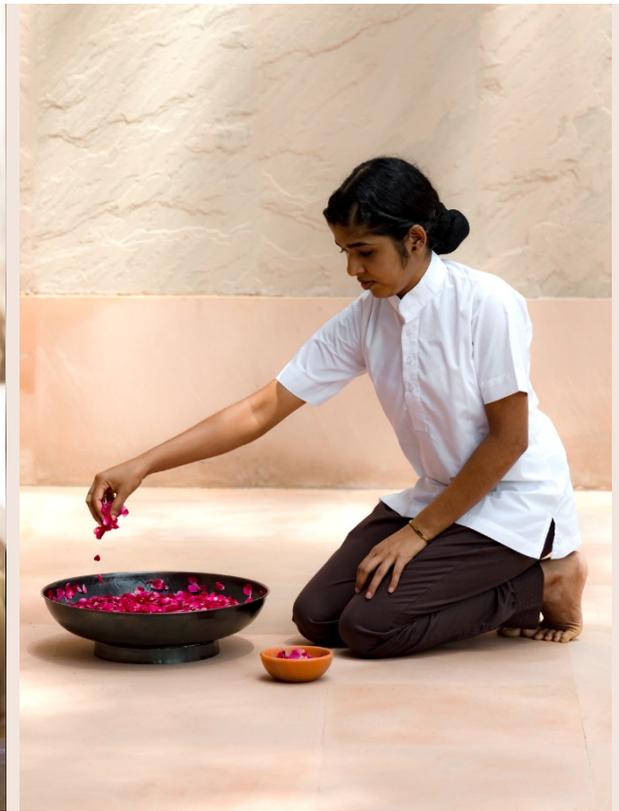
**Sarvangadhara:** Two therapists continuously pour warm oil, medicated milk or a herbal decoction over the whole body in a unique pattern to strengthen the nervous system and protect against pain and future neurological issues. Excellent for anyone with high blood pressure, general fatigue and skin disorders.

**Choornaswedana:** Also known as a bundle massage, this treatment combines a full body massage with warm herbal poultices. The poultices serve as extensions of the therapist's hands, helping to unlock areas of tension.

**Shirodhara:** In this calming, healing therapy, a steady stream of warm medicated oil is allowed to flow from a specific height onto the forehead and the entire scalp region before a gently releasing head massage. A great jet-lag reliever said to help with insomnia, migraines, stress and the functioning of the senses.

### Important Considerations:

1. Ayurvedic Immersions are supervised by an experienced Ayurvedic physician who qualified at one of India's finest Medical Universities.
2. All Ayurvedic products used are herbal and natural.
3. There can be no guarantee of healing as this depends on several factors including age, health conditions, immune system strength and adaptability in response to herbal medicine.
4. In the event of emergency, paramedic support is available 24 hours a day.
5. The Ayurvedic physician will advise changes to Immersion programmes based on thorough ongoing assessments.
6. Ayurvedic Immersions are not advised for pregnant women and children below the age of 12.



## AYURVEDA & OUR SPECIALIST

Combining the Sanskrit word for 'life' with veda meaning 'science', Ayurveda encourages balance in all things. Its principles rely on the truism that each of us has a predominant constitutional dosha, determined by our inherent characteristics, diet and lifestyle. An in-depth assessment determines whether you are Vata, Kapha, or Pitta, and this knowledge along with regular consultations with our Ayurvedic physician ensures your Immersion is uniquely geared to your needs. All three Immersion pathways include daily Ayurvedic treatments, delicious meals and refreshments in line with your dosha requirements, expert yoga and meditation classes, and optional group activities.

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Dr Sreekanth R. Nair - Resident Physician.

A wellness expert from Kerala, Dr. Nair brings over 12 years experience in wellness, nutrition and Ayurveda. Having trained at the best Ayurveda Medical college in Kerala, his expertise is in PanchaKarma, the detoxification and purification therapies of Ayurveda. He utilises the preventative aspect of PanchaKarma to sustain health, as well as using it to provide the root level cure of many ailments. His Ayurvedic consultation assesses the dosha predominance and body type of each client, whereupon he creates a tailor-made Ayurvedic diet and wellness programme.

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