	PACKAGE RATES OF AANANDAKOSHA AYURVEDA RETREAT									
	1to6 NIGHTS		7 to13 NIGHTS		14 to 20 NIGHTS		21 to 27 NIGHTS		28 NIGHTS AND MORE	
	SINGLE	DOUBLE	SINGLE	DOUBLE	SINGLE	DOUBLE	SINGLE	DOUBLE	SINGLE	DOUBLE
AYURVEDA PACKAGES										
Relaxation with Yoga	7920	9940	7920	9940						
Divulge in Ayurveda Package	12574	17193	12391	16613	11890	15865	11641	15172	9787	13056
Panchakarma/ Rejuvenation	12574	17193	12391	16613	11890	15865	11641	15172	9787	13056
Stress and cardiac care	12574	17193	12391	16613	11890	15865	11641	15172	9787	13056
Weight Management			13616	17894	12881	16094	12269	16659	11442	15277
Respiratory			13616	17894	12881	16094	12269	16659	11442	15277
Joins care			13616	17894	12881	16094	12269	16659	11442	15277
Infertility/skincare					16740	18259	16288	17819	14912	16976
Detox/Rehab					14760	16985	14660	16774	13512	16697
Unlimited Ayurveda										
Ayurdeluxe	16210	19845	15102	19840	14920	19840	14752	19761	14280	18218
Unlimited Ayurveda										
AyurSuite	17710	20218	16102	20100	15920	20050	15752	19950	15280	19218

INCLUSIONS OF THE PACKAGES

YOGA MEDITATION	PANCHAKARMA &	UNLIMITED
PACKAGE	ALL OTHER PACKAGES	AYURVEDA PACKAGE
Stay in a refined and modern room	Comp. pickup and drop from and to the TVM airport	Comp. pickup and drop from and to the TVM airport
Healthy cuisine(3 meals) based on	Stay in a refined and modern room	Stay in a sea-view suite
Ayurvedic principles, daily herbs & wellness drinks	•Doctor's consultation with pulse diagnosis, analysis of dosha type & tailor-made treatment plan	Doctor's consultation with pulse diagnosis, analysis of dosha type & tailor-made treatment plan
Ayurveda cleansing rituals	.Daily one to two treatments (approx 60 to 90 minutes) or	Daily 3 to 4 treatments (approx. 90 to 120 minutes) or more according to focus & prescription of Ayurveda doctor
Yoga & meditation classes	more depending on the required treatment according to the focus & prescription of the Ayurveda doctor	Healthy cuisine (3 meals) based on Ayurvedic principles, daily herbs & wellness drinks
Breathing exercises	•Healthy cuisine (3 meals) based on Ayurvedic principles, daily herbs & wellness drinks	Ayurveda cleansing rituals
Access to the property's yoga and meditation corners	Ayurveda cleansing rituals	Yoga & meditation classes
Usage of pool	Yoga & meditation classes	Ayurvedic cooking class
Village walks with Yoga instructor	Ayurvedic cooking classes	An Excursion - Art and craft village visit
All applicable tax	An Excursion -Art and craft village visit	all applicable tax
	All Applicable tax	