



Mental Health
& Spiritual Balance



➤ *Ananda Stress Management*

Ananda's Stress Management programme helps to lead a well-balanced, healthy life by reducing stress and relaxing the mind. This programme is a *customized* holistic approach of Ayurveda, Yoga, meditation and emotional healing to tackle the stress naturally. The whole programme is designed to provide *tranquillity* to the stressed body & mind and to bring back the *natural rhythm* of the psychosomatic system. Holistic healing treatments intensify the experience of *deep relaxation* by removing tensions from physical, mental & emotional levels.

Who is this programme for: For psychological wellbeing, mental detox and emotional fitness. Also for those experiencing anxiety, depression, stress, grief, PTSD.

The objective of the programme is to improve the nervous system and to stimulate the free flow of energy within the body. Other meditative techniques and emotional healing sessions uses the universal life force energy to break up energy blockages within the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself.

The first phase is to understand the basic cause of stress, the imbalance in the body and mind. Planning of the diet and activities is streamlined based on these findings. It helps the body and mind to relax and release the tension accumulated through various deep work treatments.

In the second phase, treatments and procedures help to soothe the mind and bring about relaxation on a deeper level. These include sessions on meditation and yoga, which help cleanse the mind and facilitate stress management on a long-term basis.

In the third phase of the programme, procedures with even deeper impact on the mind and spiritual level. Ananda's Stress Management reduces stress and anxiety, improves sleep, strengthens immunity, provides relief from discomfort of the mind and emotional energy blocks.

Stress Management	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions Nights:						
THERAPIES						
Ayurveda, International, Oriental, Emotional Healing	11	24	36	19	37	55
PERSONAL SESSIONS						
Yoga, Pranayama, Meditation	2	6	9	2	6	9
CONSULTATIONS						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

