



Fitness & Weight
Management



➤ *Ananda Weight Management*

Ananda is the perfect haven to *gain control* over your body through Ayurvedic and International treatments, detox therapies, exercise, yoga, diet and meditation. A safe and effective way to lose weight, this programme *improves* your metabolism and leaves you with a toned body and renewed vigor. It is also one of the few programmes in the world where *release of emotional blockages* is such a key component. The whole approach behind Ananda's Weight Management programme is through a supportive, *non-aggressive* process, yet yielding the desired results.

Who is this programme for: Those who are overweight and need targeted but sustainable weight and inch loss. Also suitable for sustainable weight gain.

The pillars of Ananda's Weight Management programme are detox therapies, exercise, Yoga, meditation and a personalised diet. Emotional healing is a key component here. The fitness activity in weight management programme is primarily focused on burning calories. The fitness consultation on the day of arrival helps our trainers understand the body based on cardiovascular function, muscle strength and flexibility. Specific training patterns like interval training will be planned according to these three parameters. Dosha based diet made of organic ingredients with balanced micro and macro nutrients, helps to balance the agni or metabolic power in the body. When Agni is out of balance it builds pseudo appetite and improper digestion leading to accumulation of metabolic wastes and thereby causing an increase in cellulite and fat deposition in the body.

The **Weight Management Programme** starting 14 nights starts with procedures to eliminate the ama or the metabolic waste and to reduce the subcutaneous fat from the body. Essential oils are infused with sea salt for a powerful aromatherapy body scrub to remove toxins from the skin. Other therapeutic treatments move the toxins and metabolic waste through the 'srothas' or circulatory channels as a preparation to eliminate them through the Panchakarma or cleansing procedures.

Sodhana procedures like medicated oil enema and decoction enemas completely eliminate the toxins from the body and boost the metabolic rate. Proper balanced diet based on one's body type and Ayurvedic lifestyle routine is prescribed as after care to maintain the result of the cleansing and to boost metabolism. The Ananda weight management programme enables better metabolism and lightness of body, better digestion and absorption of nutrients, weight loss and toned body and better strength, flexibility and stamina. The emotional healing sessions work on releasing repressed emotions to ensure balanced mind body balance and functioning.

Weight Management	Comprehensive		Intensive	
Inclusions Nights:	14	21	14	21
THERAPIES				
Ayurveda, International, Cleansing, Emotional Healing	20	30	32	48
PERSONAL SESSIONS				
Yoga, Pranayama, Meditation, Fitness	10	15	10	15
CONSULTATIONS				
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	8	9

*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.

