



KOSHAS WELLNESS RETREAT



Visiting Practitioner
Dr. Adarsh Shetty



ONE-DAY PROGRAMME - USD 250

Inclusions:

- Personalized consultation with the resident Ayurveda doctor
- Personalized session of Ayurvedic lifestyle coaching and Ayurvedic eating principles based on the Mind Body Constitution
- One 60 minutes Ayurvedic spa treatment
- One 60 minutes Private Marma Yoga session

THREE-DAY PROGRAMME - USD 410

Inclusions:

- Personalized consultation with the resident Ayurveda Doctor
- Personalized session of Ayurvedic lifestyle coaching and Ayurvedic eating principles based on the Mind Body Constitution
- Three spa treatments per stay
 - One 90 minutes Ayurvedic spa treatment
 - Two 60 minutes Private Marma Yoga session

FIVE-DAY PROGRAMME - USD 550

Inclusions:

- Personalized consultation with the resident Ayurveda Doctor
- Personalized session of Ayurvedic lifestyle coaching and Ayurvedic eating principles based on the Mind Body Constitution
- Three spa treatments per stay
 - One 90 minutes Ayurvedic spa treatment
 - Two 60 minutes Private Marma Yoga session

SEVEN-DAY PROGRAMME - USD 890

Inclusions:

- Personalized consultation with the resident Ayurveda Doctor
- Personalized session of Ayurveda lifestyle coaching and diet recommendations based on Mind Body Constitution.
- Seven spa treatments per stay
 - Two 90 minutes Ayurveda Spa treatment
 - Two 60 minutes acupuncture & on take Moxa treatment
 - Three 90 minutes Private Marma Yoga sessions