

Luxury Spa Getaway to the Himalayas Ultimate Odyssey Package: Oct 24 - Nov 8, 2010



Guided Tours

- Taj Mahal.
- Mahatma Gandhi's memorial site.
- Agra Fort.
- Pink City of Fatehpur Sikri.
- Other historical monuments.
- Monasteries and temples.
- Shopping excursions & more.

Cultural Experience at Ananda

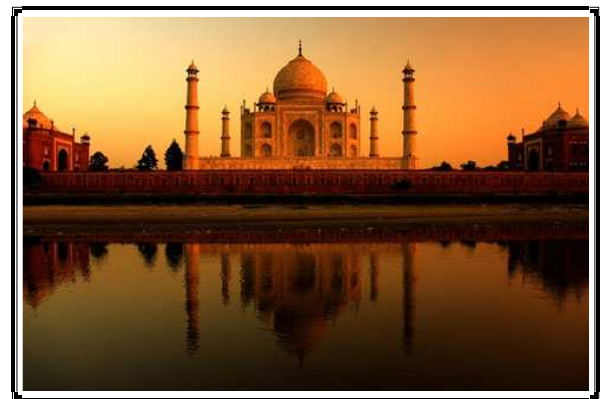
- One personalized trip to the 'Ganga Aarti' at the renowned Parmarth Ashram.
- A personal horoscope reading.
- A traditional Indian experience 'Mehndi session'.
- A special Ayurvedic 'cooking class' conducted by Ananda's Executive Chef.

Other Features of Ananda Resort

- Morning Wake Up signature tea.
- Complimentary seasonal whole fruits available daily upon request.
- Daily use of the Hydrotherapy facilities:
Jacuzzi, Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath and Heated Lap Pool
- Opportunity to participate in scheduled Spa Lifestyle and Wellness activities:
Yoga and Pranayama sessions, Meditation, Vedanta lectures, Nature walks, treks and Cooking

General inclusions in package:

- Accommodations in India include 5 nights at charming Boutique hotels and 5 nights at Ananda in the Himalayas.
- Ananda Spa Package (See page 2 for details)
- All meals for 10 days.
- Internal Round Trip Air Fare in India.
- All ground transportation in India.
- Visits to monasteries, historical, and sacred sites in Bhutan.
- Guided hikes featuring spectacular views of snow capped Himalayas, waterfalls, picnic spots, tranquil forests and local villages. Hikes vary between 1-4 hours.
- Yoga and Meditation sessions.
- Full time English speaking guide & chauffeur.
- Entrance fees to all planned tourist attractions.
- All taxes and surcharges.



Spa Highlights

(Each spa treatment offered over a 5 day period)

Spa Treatment	Description
Ayurvedic and Wellness Consultation	Determine the natural body constitution and “dosha”
Personalized and Ayurvedic Therapies	Personalized ayurvedic treatment methods to bring about balance of mind, body and spirit
Abhyanga Massage	A traditional synchronized full body massage given by two experienced Ayurveda therapists
Shirodhara	Luke warm herbal oil is poured in an even stream on to the forehead to pacify and revitalize the mind and the body
Reflexology	Stimulating reflex points to restore energy flow to the body as a whole
Tibetan Massage	Acupressure and meridian work using Hot Himalayan salt poultices to stimulate a free flow of energy within the body
Kundalini Massage	Deeply healing massage focusing awareness on each of the <u>energy centers along the spine</u>
Aroma Cocoon	Feather light lymphatic drainage movements using a blend of grounding, invigorating and detoxifying essential oils
Honey and Rose facial	Stimulating and refreshing facial using a blend of Sandalwood and Rose essential oils
Personalized Meditation Session	Techniques grounded in ancient Indian traditions, yet immediately practical for modern needs
Personalized Yoga Session	Individual attention with dialogue and yoga adjustments specifically tailored for your needs
Ayurvedic Lifestyle Recommendations	Addresses the causes of stress and looks at creating a balanced lifestyle to increase the joy of life

