

**Ananda in the Himalayas.** ★★★★★ 

Hotel Description

Located in the tranquil Himalayan foothills, close to the mythological cities of Haridwar and Rishikesh, surrounded by graceful Sal forests, overlooking the peaceful Ganges as it meanders into the distance, Ananda is the spiritual pathway to the ultimate, discovered through the union of body, mind and soul.

It is not just a retreat that will leave you breathless with the enchantment of its surroundings, but assists in redefining lifestyles to include the well-known traditional Indian wellness regimes of Ayurveda, Yoga and Vedanta combined with the best of International Wellness Experiences.

Ananda in the Himalayas offers special workshops and private sessions with Visiting Masters in different areas of wellbeing. These teachers, therapists, healers, Ayurvedic doctors and guides visit from around the world to share their talents and gifts with those who choose to explore and understand the deeper realms of holistic well-being for the body, mind and spirit.

Yoga at Ananda is completely pure and traditional in form, stemming from the roots of Hatha yoga and adapting it to suit individual needs. It is a disciplined science teaching the techniques of the renowned Bihar School of Yoga encompassing all aspects of life in different ways and levels to balance the mind, body and spirit.



**Day 1: Delhi**

Upon arrival you'll be met and assisted on your transfer to the hotel. Overnight at hotel.

**Day 2: Delhi, Dehradun, Ananda**

Morning: transfer to Delhi airport to board the flight of Dehradun. Upon arrival at Dehradun you will be transferred by our representative to Ananda in the Himalayas (36 miles/approximately 1 hour). Overnight at Hotel. [B/L/D]

*Flight Delhi-Dehradun in the afternoon*

**Day 3: Ananda**

Breakfast at hotel. After breakfast enjoy the different activities in the hotel. Overnight at Hotel. [B/L/D]

**Day 4: Ananda**

Breakfast at hotel. After breakfast enjoy the different activities in the hotel. Overnight at Hotel. [B/L/D]

**Day 5: Ananda**

Breakfast at hotel. After breakfast enjoy the different activities in the hotel. Overnight at Hotel. [B/L/D]

**Day 6: Ananda**

Breakfast at hotel. After breakfast enjoy the different activities in the hotel. Evening Visit the Ganga Ghat to witness evening ceremony. Return back to hotel. Overnight at Hotel. [B/L/D]

Day 7: Ananda, Dehradun, Delhi, USA

Breakfast at Hotel. After breakfast transfer you to Dehradun airport to board the flight of Delhi. (36 miles/ approximately 1 hour). Upon arrival in Delhi you will be transferred to Delhi International Airport to board your flight back home. [B]

*Flight Dehradun-Delhi inn the morning*

[B] = Breakfast | [B/L/D] = Breakfast, Lunch and Dinner



**Your Package includes:**

- All arrival / departure transfers by air condition car
- Total 6 night's accommodation
- Accommodation in Delhi on bed and breakfast basis
- Accommodation in Ananda is on full board basis
- Sightseeing/Excursion by an air-conditioned car.
- All local tax and service tax, as applicable at present.

**Price does not include:**

- International or Domestic airfares
- Any taxes and surcharges relating to airfares
- Travel insurance
- Wi-Fi at hotels
- Camera fees at the monuments (if applicable)
- All alcoholic and non-alcoholic drinks
- Other meals not mentioned in the itinerary
- Extras and gratuities
- Early check-in, late check-out
- Expenses of personal nature
- Telephone calls.
- Any other service, which has not been specified as "included"

**Your treatment Packages:**

1. Wellness package includes:

- Consultations
  - Individual Wellness Consultation; Ayurvedic Consultation (where required).
  - Personal Fitness Consultation, Fitness Test and Body composition analysis where required.
  - Ongoing progress checks with Doctor and Spa consultants.
  - Detailed debrief session and lifestyle consultation and counseling session.

Includes	Minutes	Sessions per stay
Wellness (Ayurvedic)	30	1
Fitness Evaluation	55	1
Chef's Consultation	30	1
Personalised Treks with guide*	240-360	2
Personal fitness sessions (in	55	1
Outdoor fitness boot camp	55	2
Aqua Fitness	45	3
Sports Massage	85	1
Active Massage (post fitness)	30	1
Abhyanga (or)	55	1
Reflexology	55	1
Invigorating Salt scrub	45	1
Personalised Yoga (per room)	60	1
Pranayama (per room)	30	1

- All spa treatments and personal yoga/meditation/fitness sessions as per the specific wellness program
- Breakfast, lunch and dinner (Ananda Rejuvenation Spa Cuisine meals)
- Morning Wake Up signature tea and fresh fruit bowl provided every day.
- Daily use of the Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, and Kneipp Hydrotherapy Foot Bath
- Scheduled Spa Lifestyle and Wellness activities: Yoga, Pranayama, Meditation, Vedanta, Fitness, Cooking demonstrations, lectures, workshops and excursions.
- Scheduled trek to Kunjapuri temple on the mountaintop with fabulous views of snow-covered Himalayan peaks
- Transfers from the Haridwar Railway Station or Dehradun Airport.

2. Stress Management

The Ananda Stress Management Program focuses primarily on assisting you to experience and implement various mind and body techniques based on the concepts and philosophies of Yoga, Meditation, Pranayama and Ayurveda, for creating positive changes, reducing and managing stress and enhancing synergy in your life through a balanced approach.

\* option to replace 1 trek with white water rafting

3. Active

Introducing the new and enhanced Ananda Active program! The Ananda Active program is designed to combine personal fitness, outdoor treks, yoga, aqua fitness and therapeutic spa experiences to create a complete rejuvenating and strengthening experience. With Ananda's partnership with Sumaya, leading fitness and wellness professionals in India and a pioneer in the fitness industry, the fitness experiences within the Active Program are now individualized, consultative and follow a goal orientated fitness approach.

Includes	Minutes	Sessions per stay
Reiki	55	1
Shirodhara/ Thalapodichil	55	1
Grounding Salt Scrub	45	1
Grounding Aromatherapy	85	1
Grounding Aroma Cocoon	85	1
Reflexology	55	1
Rose Quartz Facial or Amethyst	75	1
Personalised yoga session per	60	2
Pranayama Per room	30	2
Yoga Nidra per room	45	2

**Package Cost:**

Season	2 - 6 Pax	7 - 9 Pax	10 - 14 Pax	15 - 19 Pax	20 - 24 Pax	Single Supp.
<b>2018 Departures</b>						
Oct 1- Dec 31	\$4,179	\$4,155	\$4,119	\$4,085	\$4,055	\$1,549
<b>2019 Departures</b>						
Jan 1-Mar 31	\$4,179	\$4,155	\$4,119	\$4,085	\$4,055	\$1,549
Xmas Eve dinner	\$335					
New Year's Eve dinner	\$399					

Prices are per person and may change without notice

Special Gala Christmas Eve/ New Year Dinner organized by the hotel will be charged extra if guest would like to be part of the same.

\* 1 free Tour Leader included

Tour Code: INH01ANA18IT