

# The Punarnava Introduction Tariff

	ANAND VILLA	ANANT VILLA	COTTAGE		EXECUTIVE		TENT	
	4 MAX	4 MAX	SINGLE	DOUBLE	SINGLE	DOUBLE	SINGLE	DOUBLE
ROOM ONLY	29,999	31,999	18,000	21,000	15,000	18,000	10,000	13,000
WITH BREAKFAST	31,999	33,999	19,000	23,000	16,000	20,000	11,000	15,000
BREAKFAST + lunch/ Dinner	35,999	37,999	21,000	27,000	18,000	24,000	13,000	19,000

## Complimentary programs at Punarnava:-

Yogic detox/ Transformative meditation/ yoga Nidra/ nature walk/ wellness teachings/ cycling/ trekking/ moon walk/ Punarnava Utsav/ library/ Swimming pool/ Jacuzzi/ Steam bath/ River visit/ Bird watching/ Yagna / Mantra Chanting/ jungle yoga/ pranayama/ cave meditation & bonfire.

## Terms & Conditions:-

- Book before a month prior
- Check-in before a day (online) and once guest check-in, no booking cancellation
- Guest if unable to come, any friend or family member can check-in
- All taxes are extra applicable
- Driver stay & all meal would be chargeable (2,000/- rupees)
- Extra bed or extra person would be charged
- Any programs would be charged

# UNDERSTAND WELLNESS WITH US

## A. Healthy Life & Fitness

Punarnava's healthy living program is individualized, consultative & follows a goal-oriented fitness approach. It helps achieve physical, fitness and emotional relaxation by providing yoga, aqua fitness & traditional Ayurvedic therapies. It improves digestive, strengthened muscular system, joint flexibility & relaxation.

BENEFITS: Rebalance, renew, relaxation

PROGRAMS	2N/3D	3N/ 4D	4N/5D	5N/6D	6N/7D
Traditional Ayurvedic Therapy	1	2	3	4	5
International Spa Therapy	1	2	3	4	5
Mantra Healing & Chanting	1	2	3	4	5
Asana & Yoga	1	2	3	4	5
Pranayama & Meditation	1	2	3	4	5
Naturopathy Well-being	-	1	2	2	2
Hours Of Silence	1	2	3	4	5

### THERAPIES INTRODUCTION

PROGRAMS	2N/3D	3D/ 4D	4N/5D	5N/6D	6N/7D
Traditional Ayurvedic	Abhyanga	Abhyanga, Shirodhara	Abhyanga, Shirodhara, Udhwartanam	Abhyanga, Shirodhara, Udhwartanam Pizhichil	Abhyanga, Shirodhara, Udhwartanam Pizhichil, Elakizhi
International Spa Therapy	Aromatherapy	Aromatherapy, Swedish Massage	Deep Tissue Massage, Body Scrub , Balinese Therapy,	Hot & Cold Stone Massage, Deep Tissue Massage, Aromatherapy, Body Scrub, Body Wrap	Punarnava Fusion, Hot & Cold Stone Massage, Deep Tissue Massage, Aromatherapy, Thai Yoga Massage



## B. Holistic Lifestyle

Our holistic lifestyle program promotes a spiritual lifestyle and emphasizes inner & outer wellbeing. Holistic lifestyle means awakening and awareness. It includes awareness about self, about body and about family. It means an awakened mind. It includes therapies, Indian philosophy & Vedanta that connects you with the awakening true meaning of life, yoga, pranayama & meditation give you peace, satisfaction & wellbeing that create a positive energy flow within the body and awaken the soul.

BENEFITS: Spiritual wellbeing, Self-awakening, Serenity within

PROGRAMS	2N/3D	3N/4D	4N/5D	5N/6D	6N/7D
Traditional Yoga (Personal Sessions)	2	4	6	8	10
Pranayama & Meditation	-	1	3	4	5
Mantra Chanting & Healing	1	2	3	4	5
Indian Philosophy & Vedanta	1	2	3	4	5
Traditional Ayurveda Therapy	1	1	2	3	3
International Spa Therapy	1	2	3	3	4
Hours Of silence	1	2	3	3	4

### THERAPIES INTRODUCTION

PROGRAMS	2N/3D	3D/ 4D	4N/5D	5N/6D	6N/7D
Traditional Ayurvedic Therapy	Abhyanga	Abhyanga	Abhyanga, Shirodhara	Abhyanga, Shirodhara, Udhwartanam	Abhyanga, Shirodhara, Udhwartanam
International Spa Therapy	Punarnava signature Massage	Punarnava Signature, Massage, Hot & Cold Stone Massage	Punarnava Signature, Massage, Hot & Cold Stone Massage, Aromatherapy	Punarnava Signature, Massage, Hot & Cold Stone Massage, Aromatherapy	Punarnava Signature, Massage Hot & Cold Stone Massage Aromatherapy Yoga Thai Massage

## C. Social Wellness

Our Philosophy is that, social wellness rekindles healthy interpersonal relationship with the family, friends and relatives. Man is a child of nature . Today's life style has removed him from nature and that has weakened his inner self and outer self. Every moment is a gift of God and we make it serene and your stay a celebration.

**BENEFITS:** Reconnect with the nature, Peace & celebration, Love and Harmony

PROGRAMS	2N/3D	3N/4D	4N/5D	5N/6D	6N/7D
Village Living	1	2	3	4	6
Meditation InCave	1	2	3	4	5
MantraChanting&Healing	1	2	3	4	5
Yoga In Jungle	1	2	3	4	5
Self- Awakening ( Vipassana)	1	2	3	4	5
Traditional Ayurveda Therapy	1	2	2	3	4
International Spa Therapy	1	2	3	3	4

### THERAPIES INTRODUCTION

PROGRAMS	2N/3D	3D/ 4D	4N/5D	5N/6D	6N/7D
Traditional Ayurveda Therapy	Abhyanga	Abhyanga Sirodhara	Abhyanga Sirodhara	Abhyanga Sirodhara Udhawartanam	Abhyanga Sirodhara Udhawartanam Elakizhi
International Spa	Balinese Therapy	Swedish Massage, Aromatherapy	Swedish Massage, Aromatherapy Body Scrub	Swedish Massage, Aromatherapy Body Scrub	Swedish Massage, Aromatherapy Body Scrub Yoga Thai Massage

# START WELNESS WITH US

## A. Ayurvedic Rejuvenation

Our Ayurvedic therapies and healing programs are the path for physical wellbeing. This improves blood circulation and immunity. Detoxification and cleansing of the complete body make the body rejuvenate, relax and refresh. All therapies, massages & programs are uniquely designed to remove metabolic waste, restore the body's natural equilibrium, rebalance energy, ensures a refreshing and active healthy life.

BENEFITS: Rejuvenation, Refreshment. Rebalance

PROGRAMS	7N/8D	14N/15D	21N/22D
Ayurvedic Rejuvenation	14	28	42
Hours Of Silence	5	10	15
Dhyaan- Pranayama	5	10	15
Mantra Chanting & Healings	5	10	15
Balancing Of Five Elements	2	4	6
Yogic Detox	5	10	15

THERAPIES INTRODUCTION

PROGRAMS	7N/8N	14N/15D	21N/22D
Ayurvedic Rejuvenation	Abhyanga x2 Tanlepa Shirodhara x2 Pizhichil x2 Elakizhi x2 Punarnava beauty session (Nikhar) Udwarthana x2 Nashyam SnehaBasthi	Abhyanga x4 Tanlepa x2 Shirodhara x4 Pizhichil x4 Elakizhi x2 Mukhlepa x2 Punarnava beauty session (Nikhar), Udwarthana x3 Nashyam x3 SnehaBasthi x3	Abhyanga x6 Tanlepa x2 Shirodhara x6 Pizhichil x6 Elakizhi x3 Mukhlepa x2 Punarnava beauty session(Nikhar), Udwarthana x4 Nashyam x4 SnehaBasthi x4 Kati/Janu/Greeva/Siro x6



## B. Indian Traditional Yogic Detox

Our Yogic Philosophy , Asanas , Pranayam helps you to control and minimize stress, negativity, depression & toxins of the body. We have uniquely designed various , ancient science of wellbeing like traditional yoga, as path of detoxification, peace & awakening. Yoga is a spiritual journey where one connects, our consciousness with super-consciousness.

BENEFITS: Fitness of body, Energy within self, Equanimous mind

PROGRAMS	7N/8D	14N/15D	21N/22D
Yogic Detox(Personal Sessions)	5	10	15
Meditation (Personal Sessions)	3	6	9
Mantra Chanting& Healings	3	6	9
IndianPhilosophy & Vedanta	3	6	9
Traditional Ayurvedic Therapy	2	4	6
InternationalSpa Therapy	2	4	6
Hours Of Silence (Vipassana)	5	10	15

### THERAPIES INTRODUCTION

PROGRAMS	7N/8D	14N/15D	21N/22D
Yogic Detox	Asana, Dhyaan Pranayama, Mudra, Yogic Philosophy, Nidra Yoga	Shath Karma Yoga, Ashtangayoga, BhaktiYoga, KarmaYoga, GyanYoga, Asana, DhyaanPranayama, Mudra, Yogic Philosophy, NidraYoga,	Shath Karma Yoga, Astangayoga, Hatha Yoga, Shiv Yoga, Bhakti Yoga, Karma Yoga, Gyanyoga, Asana, Dhyaan Pranayama, Mudra, Yogic Philosophy, Nidrayoga, Jalneti, Trataka, Kunjalkriya
International Spa Therapy	Aroma Massage, Reflexology	Hot & Cold Stone Therapy, Detoxifying Salt Scrub Aromatherapy, Reflexology	Thai Massage Hot&ColdStoneTherapy Detoxifying SaltScrub, Aroma Massage, Reflexology Swedish Massage
Traditional Ayurvedic Sessions	Abhyanga Shirodhara	Choornaswedana, Abhyanga, Shirodhara Pizhichil	Shirodhara, Choornaswedana, Abhyanga Pizhichil Udhwartanam Mukhalepam

## C. Healing & Awakening

Healing helps us to connect our vibes with cosmic vibes. Our existence is based on cosmic energy. Our body which is made of five elements (Water, Fire, Air, Earth and Ether) need s constant recharging. . . Every individual body vibrates with negative or positive energy. Energy has to be controlled and balanced through healings.

BENEFITS: Connect with your inner vibes, Enhance your positive energy, Become a storehouse of peace & love

PROGRAMS	7N/8D	14N/15D	21N/22D
Personal Healing Sessions	5	10	15
Yoga- Pranayama Sessions	2	4	6
Dhyana Meditation	1	2	3
Hours Of Silence ( Vipassana)	5	10	15
Traditional Ayurveda Therapy	1	3	5
International Spa Therapy	2	4	6

### THERAPIES INTRODUCTION

PROGRAMS	7N/8D	14N/15D	21N/22D
Personal Healing Sessions	Nadh Healing, Cosmic Healing, Spiritual Healing, Mantra Healing, Nature Healing (Vanvasi)	Nadh Healing (2 Sessions), CosmicHealing(2Sessions) Spiritual Healing ( 2 Sessions), MantraHealing (2Sessions) Nature Healing (Vanvasi) ( 2 Sessions)	Nadh Healing ( 3 Sessions) Cosmic Healing (3 Sessions) Spiritual Healing (3 Sessions), MantraHealing (3Sessions) Nature Healing (Vanvasi) (3 Sessions)
Traditional Ayurveda Therapy	Abhyanga	Abhyanga Sirodhara Marma Point Massage	Abhyanga Sirodhara Marma Point Massage Pizhichil Nashyam
International Spa Therapy	Aromatherapy Deep Tissue Massage	Swedish Massage, Hot & Cold Stone Therapy Deep Tissue Massage Punarnava Body Scrub	Swedish Massage, Hot & Cold Stone Therapy Deep Tissue Massage Punarnava Body Scrub Beauty Therapy Yoga Thai Massage



# SIGNATURE WELLNESS WITH US

## A. Pain Relief Journey

PROGRAMS	5N/6D	7N/8D	14N/15D
Traditional Ayurveda Therapy	8	12	24
International Spa Therapy	2	4	8
Yoga & Meditation	4	6	10
Healings & Yagya	4	6	10
Vedanta & Philosophy	4	6	10

### THERAPIES INTRODUCTION

PROGRAMS	5N/6D	7N/8D	14N/15D
Traditional Ayurvedic Therapy	Abhyanga PindaSwedam (Patra/Navara/ Choorna/Naranga) Kati/Janu/Greeva/Siro/NetraVasti	Abhyanga PindaSwedam (Patra/Navara/ Choorna/Naranga) Kati/Janu/Greeva/Siro/NetraVasti Udhwartanam	Abhyanga PindaSwedam (Patra/Navara/ Choorna/Naranga) Kati/Janu/Greeva/Siro/NetraVasti Udhwartanam Pizhichil
International Therapy	Deep Tissue Massage Hot & Cold Stone Therapy	Deep Tissue Massage x2 Hot & Cold Stone Therapy x2	



## B. Stress Burst Journey

Punarnava masters after the long practice realized that the root cause of stress, are lifestyle, social and environmental pollution and wants and desires. To achieve his materialistic goals one unintentionally loses his natural health and peace of mind. In daily life he suffers stress and insecurity. We work on root cause of stress through holistic and natural programs like traditional Ayurveda, yoga- meditation, mantra healings and Counseling.

BENEFITS: Peace of mind, Healthy Lifestyle, Love and Harmony

PROGRAMS	5N/6D	7N/8D	14N/15D
Traditional Ayurvedic therapy	4	7	14
International Spa	4	8	16
Yoga& Meditation	4	6	10
IndianPhilosophy& Vedanta	4	6	10
Hours Of Silence ( Vipassana)	3	5	10
Mantra Chanting& Healings	4	6	10

### THERAPIES INTRODUCTION

PROGRAMS	5N/6D	7N/8D	14N/15D
Traditional Ayurvedic Therapy	Shirodhara x2 Abhyanga x2	Abhyanga x2 Shirodhara x3 Pizhichil x2	Abhyanga x4 Shirodhara x6 Pizhichil x4
InternationalSpa Therapy	Aromatherapy Reflexology Hot & Cold Stone Massage Deep Tssue Massage	Aromatherapy X2 Reflexologyx2 Hot & Cold Stone Massage x2 Deep Tissue Massage Aroma Facial	Aromatherapy x4 Reflexology x4 Hot & Cold Stone Massage x 3 Deep Tissue Massage Aroma Facialx2 BodyScrub Body Wrap

## C. Weight Balancing Journey

Our weight management programs focuses on active-fitness, weight loss, better inner strength, and a, toned body. Our wellness therapist and nutritionist mutually make your diet and wellness plan. The basic cause of weight problem is unhealthy food, inactive lifestyle and unwanted desires. Our entire program is based on holistic and natural way of life.

BENEFITS: Fitness and Rebalance, Improved immunity, Higher Self Esteem.

PROGRAMS	14N/15D	21N/22D	28N/29D
Yoga & Meditation	10	15	20
Nature Walk And Moonwalk	10	15	20
DetoxProcedure	6	8	10
Traditional Ayurveda Therapy	14	22	29
Hours OfSilence	10	15	20
International Spa Therapy	12	20	26

### THERAPIES INTRODUCTION

PROGRAMS	14N/15D	21N/22D	28N/29D
Traditional Ayurvedic Therapy	Udhwarthana x7 Podikizhi x7	Udhwarthana x12 Podikizhi x7 Tanlepa x3	Udhwarthana x16 Podikizhi x7 Tanlepa x7
International Therapy	DeepTissueMassagex2 Hot & Cold Stone Therapyx2 Aromatherapyx2 Body Scrub x2 Body Wrap x2 Aroma Facialx2	DeepTissueMassagex4 Hot & Cold Stone Therapyx3 Aromatherapyx3 Body Scrub x4 Body Wrap x4 Aroma Facialx2	DeepTissueMassagex6 Hot & Cold Stone Therapyx6 Aromatherapyx4 Body Scrub x4 Body Wrap x4 Aroma Facialx2



You can choose and change alternate therapies/programs in every package with the guidance of our wellness masters. We also offer to give you freedom of customizing you're on wellness package to make your holiday memorable.

Punarnava provides different activities and our patrons will make treasured memories of relaxations, enjoyment along with awareness.

All the above packages are complimentary to daily programs which are as follows: Asana,

Dhyana, Pranayama, Mudra

Gyan yoga/ Awakening / Awareness Yoga

Nidra/ Self-realization / Self Knowing Karma

yoga / Gardening / Cooking / Pottery

Bhakti Yoga / Yagya / Mantra / Chakra / Yantra Punarnava

Utsav / Culture / Philosophy / Vedanta/ Dance and Music

Moonwalk / Self-introspection / Observation

Astro-science / Vaastu / Telepathy healing /Aura Reading

Special facilities of Pool, Jacuzzi, Sauna, Steam, Library, Relaxing Hall, Meditation hall, Yagyashala, Gym, and Beauty Wellness are all- inclusive of the package.

Applicable taxes will be charged extra.

## The Entire Punarnava Holistic Center Include

- ✓ Individual Health Consultation
- ✓ Body Composition Analysis
- ✓ Postural Assessment
- ✓ Unlimited Use Of Hydrotherapy Area (Steam, Infra-red ,Sauna, Swimming Pool), Indoor Temperature Controlled Pool
- ✓ Customized Wellness Cuisine Including Breakfast, Lunch, Dinner & Non-alcoholic Beverages
- ✓ Punarnava Daily Programmes Scheduled :

TIME	FUNCTIONS
06:00	Punarnava Tea & Wellness Drink,
07:00	Yogic detox & transformative meditation
08:00 To 10:00	Punarnava Signature Breakfast
11:00 To 12:00	Vedanta, Wellbeing and cultural ethos of Punarnava
12:30 To 14:00	Lunch
15:00 To 16:00	Yoga Nidra for peace of mind
16:00 To 17:00	Punarnava herbal tea Break
17:00 To 18:30	Spiritual Wellness: Yagya, Mantra, Yantra & Chakra
19:00 To 20:30	Dinner with Punarnava Utsav
20:30 To 21:45	Moon Walk
22:00	Sound Sleep (Light Off)



## Punarnava Wellness Etiquette

We suggest follow these guidelines to get the most of your very own wellness experience.

- ❖ Punarnava wellness block opening hours: 08:00HRS – 20:00HRS
- ❖ Fitness center opening hours :06:00HRS-20:00HRS
- ❖ Drink plenty of fluids (Lukewarm water/herbal teas) before and after your treatment.
- ❖ Avoid eating 2 hours before your wellness session.
- ❖ Alcohol/smoking should be completely avoided during the course of your wellness journey
- ❖ Please do not use cell phones in the wellness zone.
- ❖ Please wear simple and loose clothing when you visit for spa for your appointment. Special disposable undergarments are provided to perform the therapy sessions
- ❖ We recommend a warm shower before a spa treatment
- ❖ After the sessions relax with our Punarnava herbal drink at the relaxation area.
- ❖ For female guest, please consult your doctor before using any of the spa services and facilities. In any event, use of the spa facility and therapies during pregnancy are at your own risk.
- ❖ Appointment: please arrive 15 minutes prior to your appointment to prepare for your Punarnava wellness journey. A late arrival may result in your service either being shortened or cancelled.
- ❖ Cancellation policy: should you need to cancel an appointment, please contact us 24 hours in advance. Cancellation less than 4 hours' notice will incur a 50 % charge of your total service cancelled no show will incur full charge.
- ❖ Claims: use of Punarnava wellness and related service is at your own risk. The management will not be held responsible under any circumstances for any injury.

# TARIFF SHEET

Understand Wellness With Us

Healthy life & fitness

	Anand Villa	Anant Villa	Cottage		Suite		Tent Cottage	
	Double	Double	Single	Double	Single	Double	Single	Double
2N/3D	66000	76000	41000	62000	35000	56000	31000	50000
3N/4D	99000	114000	61500	93000	52500	84000	46500	75000
4N/5D	132000	152000	82000	124000	70000	112000	62000	100000
5N/6D	165000	190000	102500	155000	87500	140000	77500	125000
	198000	228000	123000	186000	105000	168000	93000	150000

Holistic lifestyle

	Anand Villa	Anant Villa	Cottage		Suite		Tent Cottage	
	Double	Double	Single	Double	Single	Double	Single	Double
2N/3D	59400	68400	36900	55800	31500	50400	27900	45000
3N/4D	89100	102600	55350	83700	47250	75600	41850	67500
4N/5D	118800	136800	73800	111600	63000	100800	55800	90000
5N/6D	148500	171000	92250	139500	78750	126000	69750	112500



## Social wellness

	<b>Anand</b>	<b>Anant</b>	<b>Cottage</b>		<b>Suite</b>		<b>Tent Cottage</b>	
	Double	Double	Single	double	Single	Double	Single	Double
2N/3D	56100	64600	34850	52700	29750	47600	26350	42500
3N/4D	84150	96900	52275	79050	44625	71400	39525	63750
4N/5D	112200	129200	69700	105400	59500	95200	52700	85000
5N/6D	140250	161500	87125	131750	74375	119000	65875	106250
6N/7D	168300	193800	104550	158100	89250	142800	79050	127500

# START WELLNESS WITH US

## Ayurvedic Rejuvenation

	Anand	Anant			Cottage		Suite		Tent cottage	
	Double	Double			Single	Double	Single	Double	Single	Double
2N/3D	59400	68400			36900	55800	31500	50400	27900	45000
3N/4D	89100		Anand	Anant	Cottage		Suite		Tent cottage	
			Double	Double	Single	Double	Single	Double	Single	Double
		6N/7D	198000	228000	123000	186000	105000	168000	93000	150000
		7N/8D	231000	266000	143500	217000	122500	196000	108500	175000
		14N/15D	462000	532000	287000	434000	245000	392000	217000	350000
4N/5D	118800	21N/22D	693000	798000	430500	651000	367500	588000	325500	525000
5N/6D	148500	28N/29D	924000	106400	574000	868000	490000	784000	434000	700000

## Indian Traditional Yogic Detox

	Anand	Anant	Cottage		Suite		Tent Cottage	
	Double	Double	Single	Double	Single	Double	Single	Double
6N/7D	178200	205200	110700	167400	94500	151200	83700	135000
7N/8D	207900	239400	129150	195300	110250	176400	97650	157500
14N/15D	415800	478800	258300	390600	220500	352800	195300	315000
21N/22D	623700	718200	387450	585900	330750	529200	292950	472500



## Healing & Awakening

	Anand	Anant	Cottage		Suite		Tent cottage	
	Double	Double	Single	Double	Single	Double	Single	Double
6N/7D	178200	205200	110700	167400	94500	151200	83700	135000
7N/8D	207900	239400	129150	195300	110250	176400	97650	157500
14N/15D	415800	478800	258300	390600	220500	352800	195300	315000
21N/22D	623700	718200	387450	585900	330750	529200	292950	472500

# SIGNATURE WELLNESS WITH US

## Pain Relief Journey

	Anand	Anant	Cottage		Suite		Tent Cottage	
	Double	Double	Single	Double	Single	Double	Single	Double
6N/7D	178200	205200	110700	167400	94500	151200	83700	135000
7N/8D	207900	239400	129150	195300	110250	176400	97650	157500
14N/15D	415800	478800	258300	390600	220500	352800	195300	315000

## Stress Burst Journey

	Anand	Anant	Cottage		Suite		Tent Cottage	
	Double	Double	Single	Double	Single	Double	Single	Double
6N/7D	178200	205200	110700	167400	94500	151200	83700	135000
7N/8D	207900	239400	129150	195300	110250	176400	97650	157500
14N/15D	415800	478800	258300	390600	220500	352800	195300	315000

## Weight Balancing Journey

	Anand	Anant	Cottage		Suite		Tent cottage	
	Double	Double	Single	Double	Single	Double	Single	Double
14N/15D	415800	478800	258300	390600	220500	352800	195300	315000
21N/22D	623700	718200	387450	585900	330750	529200	292950	472500



