



Bangalore Ayurveda Wellness Retreat - 4 Days /3 Nights

Tour Code : KWB-01

4 Days / 3 Nights | Bangalore & Ayurvedagram Wellness Centre

Discover the healing power of Ayurveda at Ayurvedagram, Bangalore. This 4 Days / 3 Nights wellness retreat combines personalized Ayurvedic treatments, yoga, meditation, pranayama, healthy vegetarian cuisine, and expert wellness guidance to help rejuvenate the body, calm the mind, and restore overall well-being in a peaceful natural environment.

Day 1: Arrival at Bangalore & Local Exploration

Arrive at Bangalore International Airport and proceed to your hotel. After check-in, explore some of Bangalore's popular attractions and experience the city's rich heritage, gardens, and vibrant atmosphere.

Enjoy the evening at leisure before preparing for your wellness journey.

Overnight Stay in Bangalore

Day 2: Begin Your Wellness Journey at Ayurvedagram



Early in the morning, check out from the hotel and proceed to Ayurvedagram Wellness Centre, located amidst peaceful natural surroundings near Bangalore.

Upon arrival, complete the check-in formalities and attend a detailed consultation with the Ayurveda Doctor and Yoga Acharya. Based on your health condition and wellness goals, a personalized treatment programme will be designed.

Wellness Activities

Morning

- Ayurveda Doctor Consultation
- Yoga Acharya Consultation
- Health Assessment & Wellness Planning
- Pranayama Session
- Guided Meditation

Afternoon

- Major Ayurveda Treatment
- Minor Ayurveda Treatment
- Personalized Medicines as Prescribed
- Rest & Relaxation

Evening

- Group Yoga Session
- Meditation & Breathing Practices
- Wellness Counselling

Enjoy wholesome vegetarian meals prepared according to Ayurvedic principles.



Overnight Stay at Ayurvedagram Wellness Centre

Day 3: Ayurveda Healing, Yoga & Rejuvenation

Immerse yourself in a full day of holistic wellness activities designed to detoxify, rejuvenate, and restore balance.

The programme includes:

- Daily Yoga Sessions
- Meditation & Pranayama
- Personalized Doctor Consultation
- One Major Ayurveda Treatment
- One Minor Ayurveda Treatment
- Ayurvedic Medicines (as prescribed)
- Wellness & Lifestyle Guidance
- Relaxation & Healing Therapies

Guests may be enrolled in specialized wellness programmes such as Rejuvenation, Stress Management, Detoxification, Spine & Joint Care, Anti-Obesity, or Beauty Care based on individual assessment.

Nutritious vegetarian meals and wellness beverages will be served throughout the day.

Overnight Stay at Ayurvedagram Wellness Centre

Day 4: Departure



After breakfast and a final wellness consultation, check out from the wellness centre and proceed to Bangalore International Airport for your onward journey.

Return home feeling refreshed, revitalized, and empowered with healthier lifestyle practices and renewed well-being.

Programme Highlights

- Personalized Ayurveda Doctor Consultation
- Yoga Acharya Consultation
- Daily Yoga, Meditation & Pranayama Sessions
- One Major & One Minor Ayurveda Treatment Daily
- Personalized Wellness Programme
- Ayurvedic Medicines During Stay
- Stress Management & Rejuvenation Therapies
- Detoxification & Holistic Healing
- Healthy Vegetarian Ayurvedic Cuisine
- Peaceful Nature-Based Wellness Environment

Package Price:

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Period	Category	By Car	Double Occupancy	Single Occupancy
		Sedan Vehicle	Rs. 47,412/- Rs. 53,102/-	Rs. 68,325/- Rs. 76,524/-

Note : 5% GST Extra

Package Inclusions

- Airport Arrival & Departure Transfers
 - 1 Night Accommodation in Bangalore
 - 2 Nights Accommodation at Ayurvedagram Wellness Centre
 - Ayurveda Doctor Consultation
 - Yoga Acharya Consultation on Arrival
 - One Major & One Minor Treatment Per Day
 - Daily Group Yoga Sessions
 - Meditation & Pranayama Sessions
 - Prescribed Medicines During Stay
 - Daily Vegetarian Breakfast, Lunch & Dinner
 - Accommodation as per Selected Category
 - Wi-Fi Facility
 - Bangalore Local Sightseeing as per Itinerary
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Package Exclusions

- Airfare / Train Fare
- Personal Expenses
- Laundry Charges
- Laboratory Tests
- Personal Yoga Sessions (Optional)
- Additional Treatments Not Prescribed in Package
- Early Check-in & Late Check-out Charges
- Travel Insurance
- Meals Not Mentioned Above



- Expenses Due to Weather Conditions, Flight Delays, or Unforeseen Circumstances
- Any Services Not Specifically Mentioned Under Inclusions

For Terms & Conditions: <https://www.southerntravelsindia.com/Terms-Conditions.aspx>