



Bangalore Ayurveda Wellness Retreat – 8 Days / 7 Nights

Tour Code: KWB– 02

Description

Reconnect with your inner self and embark on a transformative wellness journey through the ancient healing science of Ayurveda at Ayurvedagram Wellness Centre, Bangalore. This carefully curated 8 Days / 7 Nights retreat combines Bangalore's cultural charm with authentic Ayurvedic therapies, yoga, meditation, pranayama, and personalized wellness consultations.

Designed to promote holistic well-being, the programme focuses on detoxification, rejuvenation, stress management, improved vitality, and balanced living. Under the guidance of experienced Ayurveda physicians and Yoga Acharyas, guests receive customized treatments and wellness plans tailored to their individual health requirements.

Nestled amidst a serene heritage-inspired environment, Ayurvedagram offers the perfect setting to relax, heal, and rediscover harmony between body, mind, and spirit.

Day 01: Arrival at Bangalore & Local Sightseeing

Upon arrival at Bangalore International Airport, meet our representative and proceed for a city tour of Bangalore. Visit some of the city's renowned attractions including Lalbagh Botanical Garden, Cubbon Park, Bangalore Palace, ISKCON Temple, Bull Temple, and Vidhana Soudha (Drive Pass).



Later, proceed to Ayurvedagram Wellness Centre and complete the check-in formalities. Spend the evening at leisure amidst the tranquil surroundings of the wellness retreat.

Overnight Stay at Ayurvedagram Wellness Centre

Day 02: Commencement of Ayurveda Wellness Programme

Begin your wellness journey with a detailed consultation with the Ayurveda Doctor and Yoga Acharya. Based on your body constitution, health condition, and wellness goals, a personalized treatment plan will be created.

Wellness Activities

06:00 AM – 07:00 AM

Yoga & Pranayama Session

07:00 AM – 08:00 AM

Meditation & Breathing Techniques

10:00 AM – 01:00 PM

Major Ayurveda Treatment Session

03:00 PM – 05:00 PM

Minor Ayurveda Treatment Session

05:30 PM – 06:30 PM

Group Yoga & Relaxation Session

Programme Includes



- Ayurveda Doctor Consultation
- Yoga Acharya Consultation
- Personalized Health Assessment
- One Major Ayurveda Treatment
- One Minor Ayurveda Treatment
- Prescribed Ayurvedic Medicines
- Diet & Lifestyle Counselling

Overnight Stay at Ayurvedagram Wellness Centre

Day 03: Ayurveda Healing & Rejuvenation

Continue your personalized wellness programme with therapeutic treatments designed to improve vitality, flexibility, metabolism, and overall well-being.

Daily Wellness Schedule

06:00 AM – 07:00 AM

Yoga & Pranayama

07:00 AM – 08:00 AM

Meditation Session

10:00 AM – 01:00 PM

Major Ayurveda Treatment

03:00 PM – 05:00 PM

Minor Ayurveda Treatment



05:30 PM – 06:30 PM

Yoga & Relaxation

Enjoy wholesome vegetarian meals prepared according to Ayurvedic dietary principles.

Overnight Stay at Ayurvedagram Wellness Centre

Day 04: Detoxification & Wellness Therapy

Immerse yourself in a full day of Ayurvedic healing therapies, meditation, yoga, and rejuvenation practices focused on cleansing the body and calming the mind.

Treatments may be prescribed for:

- Detoxification (Panchakarma)
- Stress Management
- Rejuvenation
- Spine & Joint Care
- Weight Management
- Beauty & Wellness Care

Overnight Stay at Ayurvedagram Wellness Centre

Day 05: Holistic Wellness & Lifestyle Management



Continue your journey toward better health with personalized therapies, yoga sessions, wellness consultations, and lifestyle management practices.

The programme focuses on creating sustainable healthy habits that can be incorporated into daily life.

Overnight Stay at Ayurvedagram Wellness Centre

Day 06: Ayurveda Rejuvenation Programme

Experience another enriching day of therapeutic treatments, yoga, meditation, and relaxation sessions aimed at restoring physical vitality and mental clarity.

Guests continue receiving personalized guidance from Ayurveda physicians and wellness experts.

Overnight Stay at Ayurvedagram Wellness Centre

Day 07: Advanced Wellness & Healing

Enjoy a complete day dedicated to deep healing and rejuvenation through customized Ayurvedic therapies, yoga, meditation, wellness counselling, and nutritious vegetarian meals.

The day focuses on consolidating the benefits achieved throughout the retreat.

Overnight Stay at Ayurvedagram Wellness Centre



Day 08: Departure

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

Return home feeling refreshed, revitalized, and empowered with valuable wellness practices for a healthier and more balanced lifestyle.

Programme Highlights

- Authentic Ayurveda Wellness Experience
 - Personalized Doctor Consultation
 - Daily Yoga & Pranayama Sessions
 - Guided Meditation Practices
 - One Major & One Minor Ayurveda Treatment Daily
 - Detoxification & Rejuvenation Therapies
 - Personalized Diet & Lifestyle Guidance
 - Ayurvedic Medicines During Stay
 - Stress Management & Holistic Healing
 - Healthy Vegetarian Ayurvedic Cuisine
 - Bangalore Local Sightseeing
 - Traditional Heritage Wellness Environment
 - Mind, Body & Soul Rejuvenation
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Package Price:

TOUR CODE : KWB 02 - Bangalore Ayurveda Wellness Retreat - 8 Days / 7 Nights				
Period	Category	By Car	Double Occupancy	Single Occupancy
		Sedan Vehicle	Rs. 1,21,613/- Rs. 1,36,206/-	Rs. 1,63,725/- Rs. 1,83,372/-

Note : 5% GST Extra

Package Inclusions

- Airport Arrival & Departure Transfers from Bangalore Airport
- Accommodation for 07 Nights at Ayurvedagram Wellness Centre
- Welcome Drink on Arrival
- Detailed Ayurveda Doctor Consultation
- Yoga Acharya Consultation
- Personalized Wellness Assessment
- One Major Ayurveda Treatment Daily
- One Minor Ayurveda Treatment Daily
- Prescribed Ayurvedic Medicines During Stay
- Daily Yoga Sessions
- Daily Meditation & Pranayama Sessions
- Personalized Diet & Lifestyle Guidance
- Doctor on Call
- Daily Vegetarian Breakfast, Lunch & Dinner
- Bangalore Local Sightseeing as per Itinerary



- Wi-Fi Facility
 - All Applicable Service Charges
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Package Exclusions

- Airfare / Train Fare
 - GST Extra as Applicable
 - Personal Expenses
 - Laundry Charges
 - Laboratory Investigations & Diagnostic Tests
 - Additional Treatments Not Included in the Programme
 - Personal Yoga Sessions
 - Early Check-in & Late Check-out Charges
 - Camera & Video Charges
 - Travel Insurance
 - Meals Not Mentioned Above
 - Any Guide Services
 - Expenses Arising Due to Flight Delays, Weather Conditions, Natural Calamities, or Other Unforeseen Circumstances
 - Any Services Not Specifically Mentioned Under Inclusions
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Note

- Treatment schedules are subject to the doctor's assessment and individual health conditions.
- Ayurveda treatments and medicines will be prescribed based on the guest's health profile.
- The retreat follows a strictly vegetarian wellness diet.



- Alcohol, smoking, and outside food are not permitted within the wellness centre premises.
- Comfortable cotton clothing is recommended for yoga and therapy sessions.

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