



GOA DEVAAYA RETREAT

YOGA HEALTH PACKAGES

IMMUNITY BOOSTING PACKAGE (07 or 14 nights) 7 or 14 sessions of treatment

Package includes specially designed Yogic techniques and Satvic diet to boost your immune system.

Includes:

Therapeutical Yoga Session, Yogic Kriya, Pranayama Techniques, Guided Meditation & Satvic Veg Diet.

WEIGHT LOSS PROGRAMME (14 or 21 nights) 14 or 21 sessions of treatment

The key to our sustainable weight management program is contrasting to the extreme adaptations, restrictions or aggressive changes to your lifestyle by combining conventional analysis through Hatha Yoga & Shatkriyas.

Includes:

Yogic Kriyas, Surya Namaskar, Pranayama Techniques, Guided Meditation & Satvic Veg Diet.

DE-STRESS / ANTI-DEPRESSION PACKAGE (5, 7 or 14 nights) 05, 07 or 14 sessions of treatment

Package deals with relieving the physical and mental stress, exclusively made for busy executives to refresh and relax themselves through yoga.

Includes:

Guided Meditation, Pranayama Techniques, Yogic Kriya, Deep Relaxation Techniques, Therapeutical Yoga Session, & Nutritious Veg Diet.

ANTI-AGEING (07 or 14 nights) 07 or 14 sessions of treatment

This package makes you feel young and energetic, physically and mentally. It enhances all your organs internally and also helps in glowing of skin externally to make you healthy and energetic through Yoga & Meditation.

Includes:

Deep Relaxation Techniques, Therapeutical Yoga Session, Pranayama Techniques, Yogic Kriya, Guided Meditation Along With Satvic Diet.

THERAPEUTIC PACKAGES (7, 14 or 21 nights) 07, 14 or 21 sessions of treatment

It is a comprehensive program to purify mind, body & soul. Treatments are advised by the doctor as per the individual health problems.

Includes:

Therapeutical Yoga Session, Guided Meditation, Pranayama Techniques, Yogic Kriya, Deep Relaxation Techniques & Satvic Diet.