



# NEW RETREAT TYPES

1<sup>st</sup> NOVEMBER, 2018 – 31<sup>st</sup> OCTOBER, 2019

Vana is a refuge from the *dukkha* of everyday life, imbued with wisdom, wellness, learning and giving. Each Vanavasi's journey at Vana is suited to their own distinct needs. Which is why we have introduced three new *retreat types* for you to choose from, offering varying levels of immersion and activity. From simply resting the mind and body to working on your health to undergoing a long-term physical and spiritual transformation, we have designed our retreats at Vana to help you live your goals and deepest aspirations.

## ALL RETREATS AT VANA INCLUDE

- A Retreat Program with yoga, meditation, cuisine lessons, functional fitness, talks, music and more.
- Arrival and departure wellness consultations.
- All cuisine including breakfast, lunch, afternoon tea and dinner.
- Private treatments/specialist consultations/sessions based on 1 – 3 wellness weights per night per guest.
- Attire to wear within and outside Vana, footwear, summer and winter accessories.
- Airport transfers from Dehradun Airport.
- All taxes included. No service charge or gratuities added. Our team does not expect tips as appreciation for their work.

Private treatments and sessions are valued in wellness weights, mostly between 1 and 2. À la carte wellness weights may be taken while at Vana, if required. Retreat Program activities, free time and personal practice are just as beneficial as wellness treatments.

Please note, certain physical wellness objectives require a minimum duration of retreat as well as a specific Retreat type. These include Weight Management (14 nights | Vana Wellness or Vana Lifestyle), Detox (14 nights | Vana Wellness), Ayurveda Panchakarma (21 nights | Vana Lifestyle).

*Retreat prices depend on the type of retreat and room you choose.*

## VANA ASHRAM

Feel at home at Vana, consider it your refuge. While you rest your mind and body, find ways to just be. Enjoy Vana's stillness and silence. Benefit from our repertoire of wellness traditions and participate in group sessions. Enjoy nature, music and meditating. Learn and assimilate. Encounter, discover and engage in ways that you may not experience back home. Live life fully and mindfully at Vana.

*Minimum 5 nights. One wellness weight per night.*

Room Type	For One	For Two	For Three
Garden / Forest Room	30,000	45,000	60,000
Forest / Bodhi Suite	55,000	70,000	
Esteva Suite	70,000	85,000	
Vana Suite	100,000	115,000	

*Retreat prices are per night and quoted in Indian rupees.*



## VANA WELLNESS

Focus on particular objectives for your physical health while also working on your mind and emotions. Learn about your body, take back skills and tools to keep it well. Explore all the aspects of your physical wellness from movement and internal systems to natural healing and remedies. Discover the right cuisine for you. Become aware of your surroundings, your food, your treatments and activities. Observe how your body and mind respond to them and develop a wiser sense of discernment. Find health from inside-out and outside-in.

*Minimum 7 nights. Two wellness weights per night.*

Room Type	For One	For Two	For Three
Garden / Forest Room	37,000	59,000	81,000
Forest / Bodhi Suite	62,000	84,000	
Esteva Suite	77,000	99,000	
Vana Suite	107,000	129,000	

*Retreat prices are per night and quoted in Indian rupees.*

*Additional inclusions — dietary advice, detailed departure note, post-departure check-in.*

## VANA LIFESTYLE

Take time to settle in at Vana, discover it and yourself fully. Explore each of our pillars of wisdom, wellness, learning and giving. Work with physical concerns, the mind and spiritual wisdom equally. Surrender to Vana, craft a new inner and outer journey. Work on your awareness and sense of connectedness, through nature and meditation. Engage with our experts and learn from their abilities. Work on transformation at a deep physical level, through treatments, sessions, special diet plans and by learning to make informed choices. Be transformed, take Vana home with you and stay on the Vana journey.

*Minimum 14 nights. Three wellness weights per night.*

Room Type	For One	For Two	For Three
Garden / Forest Room	44,000	73,000	102,000
Forest / Bodhi Suite	69,000	98,000	
Esteva Suite	84,000	113,000	
Vana Suite	114,000	143,000	

*Retreat prices are per night and quoted in Indian rupees.*

*Additional inclusions — regular check-ins by our wellness team, mid-retreat consult, nutrition consult, dietary plan, lifestyle note on departure, ongoing post-departure connect.*



## HOW TO PAY

Reservations shall be confirmed by a deposit of one retreat night made at the time of booking, and an approval for the balance retreat price. This balance amount will be blocked on your credit card 7 days prior to arrival, and will be realised as a completed transaction at check-in.

Alternatively, payments may be made via wire transfer, bank details for which will be sent to you via e-mail. We accept all major credit cards (American Express, Visa and Mastercard) as well as debit cards.

## CANCELLATIONS

- Any cancellation received more than 15 days (inclusive) prior to your date of arrival will not incur any cancellation charges.
- Any cancellation received 8 to 14 days (inclusive) prior to your date of arrival will incur a charge of one retreat night of your retreat total.
- Any cancellation received 0 to 7 days (inclusive) prior to your date of arrival will incur a charge of five retreat nights of your retreat total (in case of Vana Ashram) and seven retreat nights of your retreat total (in case of Vana Wellness and Vana Lifestyle).
- Any reduced stays whilst at the Retreat will incur a charge of 100% on the total retreat price.