

VANA SUMMER PRICING



Vana Summer Pricing 2020

Vana is exceptional in the summer: we enjoy a micro-climate, which is perhaps more cultural than purely meteorological. There is a palpable sense of peace and serenity that is felt through the Retreat; the longer days reward those who are looking for meditative rest and a naturally induced 'slowness' gives most of us the time and space to especially enjoy what we do, and reflect upon what we have and where we are going next.

This is why most Vanavasis who have come during this time have described summer time at Vana as the ultimate 're-charge,' or as a utopian summer camp for adults, where group activities throughout the day or relaxed poolside afternoons build healthy life-long friendships. During the monsoon months of July and August, Ayurvedic treatments are said to be the most effective. A restful summer break also allows us to return to work and life refreshed and reinvigorated for the autumn.

We want more Vanavasis to take advantage of the benefits a stay during the summer months can bring. This is the logic behind our summer pricing, where we reward your time above all else.

Between 15th May – 15th September 2020, retreats of over seven nights qualify for Vana summer pricing.

Summer 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
- Private airport transfers from Dehradun Airport
- No service charge or gratuities added. Our team does not expect tips as appreciation for their work

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.

Until 31st March, 2021

Room Type	For One	For Two
Garden/Forest Room	29,000	46,000
Forest/Bodhi Suite	45,000	62,000
Casa (Two-Bedroom/Three-Bedroom)	53,000	70,000
Esteva Suite	53,000	70,000
Vana Suite	83,000	1,00,000

Minimum 5 nights. One wellness weight per night. Vana also offers 3 night stays under Vana Ashram as an 'Introduction to Vana.'

VANA ASHRAM: SUMMER PRICING

Valid from 15th May – 15th September, 2020

7 nights and above

Room Type	For One	For Two
Garden/Forest Room	23,200	36,800
Forest/Bodhi Suite	36,000	49,600
Casa (Two-Bedroom/Three-Bedroom)	42,400	56,000
Esteva Suite	42,400	56,000
Vana Suite	66,400	80,000

14 nights and above

Room Type	For One	For Two
Garden/Forest Room	21,750	34,500
Forest/Bodhi Suite	33,750	46,500
Casa (Two-Bedroom/Three-Bedroom)	39,750	52,500
Esteva Suite	39,750	52,500
Vana Suite	62,250	75,000

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

Retreat prices are per night and quoted in Indian rupees. Prices at Vana are now exclusive of taxes. Government taxes of 18% are applicable in addition to the prices mentioned above. Our Rooms, Suites and Casas can accommodate more than 2 guests at an additional charge.

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.

Until 31st March, 2021

Room Type	For One	For Two
Garden/Forest Room	35,000	58,000
Forest/Bodhi Suite	51,000	74,000
Casa (Two-Bedroom/Three-Bedroom)	59,000	82,000
Esteva Suite	59,000	82,000
Vana Suite	89,000	1,12,000

Minimum 7 nights. Two wellness weights per night.

VANA WELLNESS: SUMMER PRICING

Valid from 15th May – 15th September, 2020

7 nights and above

Room Type	For One	For Two
Garden/Forest Room	28,000	46,400
Forest/Bodhi Suite	40,800	59,200
Casa (Two-Bedroom/Three-Bedroom)	47,200	65,600
Esteva Suite	47,200	65,600
Vana Suite	71,200	89,600

14 nights and above

Room Type	For One	For Two
Garden/Forest Room	26,250	43,500
Forest/Bodhi Suite	38,250	55,500
Casa (Two-Bedroom/Three-Bedroom)	44,250	61,500
Esteva Suite	44,250	61,500
Vana Suite	66,750	84,000

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

Retreat prices are per night and quoted in Indian rupees. Prices at Vana are now exclusive of taxes. Government taxes of 18% are applicable in addition to the prices mentioned above. Our Rooms, Suites and Casas can accommodate more than 2 guests at an additional charge.

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. Learn and practise habits that will help you live a better life. 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.

Until 31st March, 2021

Room Type	For One	For Two
Garden/Forest Room	41,000	70,000
Forest/Bodhi Suite	57,000	86,000
Casa (Two-Bedroom/Three-Bedroom)	65,000	94,000
Esteva Suite	65,000	94,000
Vana Suite	95,000	1,24,000

VANA LIFESTYLE: SUMMER PRICING

Valid from 15th May – 15th September, 2020

14 nights and above

Room Type	For One	For Two
Garden/Forest Room	30,750	52,500
Forest/Bodhi Suite	42,750	64,500
Casa (Two-Bedroom/Three-Bedroom)	48,750	70,500
Esteva Suite	48,750	70,500
Vana Suite	71,250	93,000

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

Retreat prices are per night and quoted in Indian rupees. Prices at Vana are now exclusive of taxes. Government taxes of 18% are applicable in addition to the prices mentioned above. Our Rooms, Suites and Casas can accommodate more than 2 guests at an additional charge.