

VANA WELLNESS SABBATICAL



Vana Wellness Sabbatical

Vana exists to be of service to all, and it is with this endeavour we continuously strive to evolve and grow our repertoire of offerings. With this in mind, we are delighted to introduce the Vana Wellness Sabbatical - a 30 day or more retreat balancing life and work.

Personal transformation is the overarching goal of any wellness journey at Vana. The Vana Wellness Sabbatical is a program designed to help Vanavasis create long-term change in a way that is sustainable, holistic and most importantly, achievable, without taking a long period of time cut-off from work and life in the outside world. This is because we recognise that, increasingly, going totally off-grid for a significant duration is not possible for the majority of society.

Historically, the idea of a sabbatical was reserved for scholars or academics. It was a long period that they were encouraged to take off in order to focus on a meaningful research project. This term, when borrowed by the wellness industry, retains its meaning.

However, here, the project is the person – or Vanavasi – who is identified as the focus of the project. We consider taking time to dedicate to personal well-being as one of the most important sabbaticals of all.

Crucially, Vana's Wellness Sabbatical does not mean that time off occurs in an isolated place that is cut off from the demands of the everyday. Rather, it incorporates some element of normal life into the Sabbatical – calling upon this carefully designed program to accommodate this delicate balance.

We recognize that to create long-term change, people need to have the support of an infrastructure that complements their particular journey. For Vanavasis who choose to take the time to experience Vana's Wellness

Sabbatical, they will find themselves in a Retreat that is supportive, encouraging and, most importantly, flexible – including access to tech-friendly work spaces (such as to Sketchbook, our sunlit casual office) and retreat programs that have been designed so that they consider realistic everyday needs.

Therefore, writing emails between an Ayurvedic treatment and a game of tennis and having a conference call after an appointment with a Tibetan Healing doctor are not paradoxical: they are in fact, complementary, and encouraged. This balance between the real world and life at the Retreat is the spine of the Vana Wellness Sabbatical.

The Sabbatical will begin with an in-depth 60 minute consultation integrating principles from Ayurveda, yoga, cuisine, nutrition and fitness in order to map out and track desired outcomes. It will end with a departure consultation for continuous wellbeing.

It is our hope that this initiative will allow our Vanavasis to actually live wellness, both during their sabbatical, and long after they depart.

Vana Wellness Sabbatical:

- Requires a minimum stay of 30 nights
- Sabbatical is designed around Vana's Retreat Program, time set aside for work in Sketchbook (Vana's communal office space) and individual treatments for overall wellbeing
- Sabbatical begins with an in-depth 60 minute consultation integrating principles from Ayurveda, yoga, cuisine, nutrition and fitness in order to map out and track desired outcomes, and ends with a departure consultation for continuous wellbeing
- Pricing for 30 nights starts at 6,00,000 INR for one (excluding taxes)
- Additional nights start at 20,000 INR for one (excluding taxes)
- Includes one wellness weight per night

Vana Wellness Sabbatical includes:

- Accommodation
- Weekly Retreat Program with yoga, meditation, cuisine lessons, functional fitness, talks, music and more
- All cuisine, including breakfast, lunch, afternoon tea and dinner
- Arrival and departure consultations
- Private treatments/specialist consultations based on 1 wellness weight per night per guest
- Attire to wear within and outside Vana, footwear, summer and winter accessories
- Return airport transfers from Dehradun airport
- Vehicle for local excursions (subject to availability)
- No service charge or gratuities added. Our team does not expect tips as appreciation for their work

To express your interest, learn more or to book your retreat, please write to Retreat Reservations at retreat@vana.co.in or call us at +91 135 3911114.