



GOLDEN *years wellness retreat*

YOUR CURATED ITINERARY INCLUDES:

- 90 mins *Gentle Yoga & Mobility* session
- 75 mins *Abhyanga* for enhanced circulation and nourishment
- 45 mins *Targeted Vasti Therapies* for pain relief
- 45 mins *Pada Abhyanga* – Ayurvedic Foot Massage
- 75 mins *Potli Massage* to ease stiffness and rejuvenate
- 60 mins *Mobility Walk* for light, mindful movement
- 60 mins *Aqua Fitness* for joint-friendly exercise
- 60 mins *Sound Healing Therapy* to restore calm and inner harmony

ADDITIONAL INCLUSIONS :

- Luxurious welcome amenities on arrival
- Premium accommodations
- 1 curated dinner by our Chef with your dietary preference at one of our signature restaurants of your choice
- Daily breakfast at 1911 Restaurant
- In-resident Ayurvedic Doctor's Consultation

For assistance to book, please write to sales@theimperialindia.com