




















4:45 am <b>Wake-Up Call</b>		4:50 am - 5:15 am <b>Compulsory Morning Walk</b>	
5:15 am - 6:00 am <b>Yogic Shatkriya</b>		6:00 am - 6:15 am <b>Herbal Detox Drink</b>	
6:15 am - 7:15 am <b>Awakening Yoga &amp; Pranayam</b>		7:15 am - 7:30 am <b>Hydro-Reflex Walk</b>	
7:30 am - 8:00 am <b>Wellness Breakfast</b>		8:00 am - 12:30 pm <b>Holistic Therapies / Doctor's Consultation</b>	
12:00 pm - 1:30 pm <b>Wholesome Lunch</b>		1:30 pm - 2:00 pm <b>Leisure &amp; Relaxation</b>	
2:00 pm - 6:00 pm <b>Holistic Therapies</b>		4:30 pm - 5:15 pm <b>Health Drinks / Energy Snacks</b>	
6:00 pm - 6:40 pm <b>Evening Yoga</b>		6:40 pm - 7:00 pm <b>Meditation</b>	
5:30 pm - 6:15 pm <b>Power Yoga / Aerobics / Aqua Yoga</b>		7:00 pm - 8:00 pm <b>Wholesome Dinner</b>	
7:00 pm - 7:30 pm <b>Interactive Health Awareness Sessions</b>		10:00 pm <b>Sweet Dreams</b>	
8:00 pm - 10:00 pm <b>Reading / Self-Assessment / Recreational Activities</b>			

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# Heal(th) First

A haven for holistic well-being



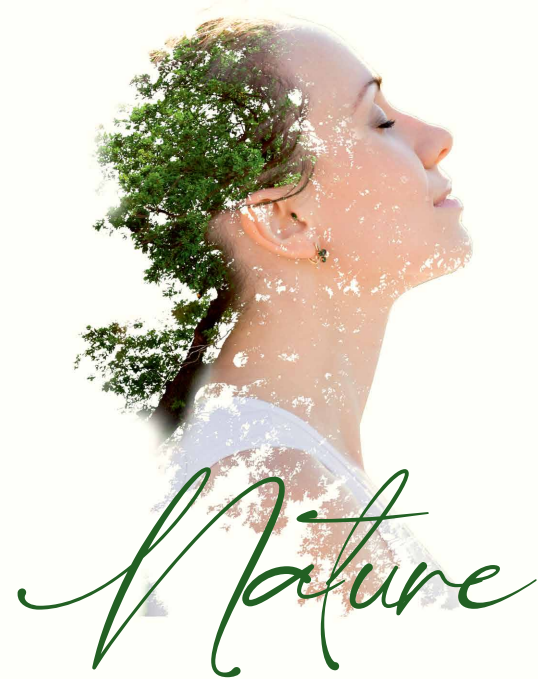
# Nothing Heals Better than Nature

## HEALTH - THE ESSENTIAL VALUE OF LIFE

A fundamental resource, health ensures an individual functions optimally in society. Thus, rather than waiting until the end when sickness, health problems or infirmity come knocking, one should be driven to maintain health through a wholesome lifestyle. True health is a continuous state of enhanced well-being.

## WHY CHOOSE NIMBA?

We at Nimba, are committed to help and inspire people to live a healthier, longer and better life. Through thorough research, Nimba Research has observed that nature has a very positive impact, both on the physical and mental state of health. Therefore, Nimba strives to bring you closer to nature. As an extension to that motto, Naturopathy follows a drugless, holistic regimen comprising of Naturopathy, Yoga Physiotherapy, Acupuncture as well as Ayurveda.



## NATUROPATHY

The fundamental belief of Naturopathy is, good health is an integral part of every individual. Moreover, we believe that the human body has the innate power or immunity to sustain itself against any disease. Nimba's qualified and experienced naturopaths will help you heal, nourish, stimulate and strengthen your body's system through the powers of natural therapies, optimal nutrition and lifestyle guidelines.

## YOGA & DIVINE HEALING

Famous all over the world for the holistic elevation of health, Yoga is a traditional Indian technique practised to gain control over the physical and mental health to achieve a better life. Keeping in mind the countless benefits of Yoga, Nimba incorporates Hatha Yoga, Shat Kriya, many breathing techniques and meditation. Each part of the Yoga retreat is designed to help you restore physical and emotional balance. In addition to the commonly practised forms of yoga, we encourage power, therapeutic and aquatic yoga as they're some of the most effective forms.





## AYURVEDA

At Nimba, every part of the healing process is curated to meet your needs. Our team of experts use various methods to analyse your mind and body. Later, the findings and the information derived are used to prescribe a specific therapy program. Our programs have a balanced blend of Ayurveda along with Yoga, Pranayama, Meditation, Marma, Ayurvedic diet and contemplative walks with nature.

## PHYSIOTHERAPY


Designed to tackle the issues that modern lifestyle and old age bring in, Nimba's Physiotherapy helps address the issue of reduced freedom of movement. Each part of the therapy is dedicated to combating restricted function caused by postural imbalances, natural ageing or disabilities using physical means. It incorporates practical exercises to improve the range of motion, correct muscular imbalances and guide you to the path of recovery.

## ALTERNATIVE THERAPIES

Innovation, even in health is necessary, thus, apart from traditional therapies, at Nimba we offer other therapies which can help you attain maximum health benefits at minimum side effects. So, whether it is severe stress in the mind or too many toxins in the body, our experienced healers proactively work towards healing all your ailments.

## WELLNESS CUISINE

At Nimba, we believe that health is beyond just weight-loss. However, a healthy diet and controlled weight are the pathway to a healthier life. Thus, we serve a diet depending upon the health status of every individual with special emphasis on the nutritional value of the naturally available seasonal fruits and vegetables. Careful attention is paid to make the diets wholesome by including whole grains, fresh fruits and vegetables. Special care menus are also provided by the doctors to align the specific imbalances of the individuals.



## RESTORTIVE CARE

Nimba focuses on all lifestyle-related health conditions which require an outer help to enhance the healing process. Illnesses which are due to seasonal changes, toxic elements or serious health hazards need to be healed and the body has to be restored to ideal immunity strength. The treatments and therapies not only repair the damage due to disorders, but they also grant the body the power to fight against future diseases that might arise.



### RESPIRATORY DISORDERS

- Sinusitis • Asthma • Emphysema
- Pulmonary Fibrosis • Allergic Bronchitis



### GASTRO INTESTINAL DISORDERS

- Constipation • Fatty Liver • Hyperacidity • Indigestion • Gastritis
- Ulcerative Colitis • IBS • Inflammatory Bowel Disease • Acid Peptic Disease



### MUSCULO SKELETON DISORDERS

- Osteoarthritis • Rheumatoid Arthritis • Gout
- Cervical Spondylosis • Sciatica • Backache




### ENDOCRINE DISORDERS

- Hyperthyroidism • Diabetes Mellitus
- Obesity • Hypothyroidism • Osteoporosis



### LIFESTYLE DISORDERS

- Skin Disorder • Psychological Disorder
  - Neurological Disorder • De-Addiction & Rehabilitation
- 

## BY THE NATURE

The healers at Nimba provide help that ensures you live a fitter and healthier life. Our therapies are dedicated to restore balance and harmony through a holistic approach. To achieve this wholesome synergy, the healing principles of the East and the West are blended.



### NATUROPATHY

- Fasting Therapy • Mud Therapy • Manipulative Therapy • Vibro Massage • Diet Therapy
- Chromo Therapy • Fomentation Massage • Therapeutic Packs • Lifestyle Counselling



### AYURVEDA & PANCHAKARMA

- Abhyangam • Vasti • Udhvarthana • Pizichil • Shirodhara
- Herbal Lepam • Potli Massage • Marma Massage



### YOGA & DIVINE HEALING

- Therapeutic Yoga • Power Yoga • Aqua Yoga • Guided Meditation • Yoga Nidra
- Shankhprakashalana • Shat Kriya & Shatkarmas • Mantra Chanting • Chair Yoga



### HYDROTHERAPY

- Hydro Colon Therapy • Spine & Sitz Hydrotherapy • Hydro-Reflexology
- Underwater Hydrotherapy • Circular Jet Hydrotherapy • Herbal Enema
- Ozone Therapy • Whirlpool Bath • Vichy Shower



### HOLISTIC THERAPIES

- Deep Tissue Massage • Hot Stone Massage • Pranic Healing • Accupunture
- Cupping Therapy • Raaga Therapy • Hypnotherapy • Physiotherapy
- Crystal Healing • Agni Hotram

Living Space	Single Occupancy (per night)	Double Occupancy (per night)
Amukha	INR 6,500	INR 11,000
Sumukha	INR 7,000	INR 12,000
Pramukha	INR 7,500	INR 13,000

1. The tariff is on a nightly basis and inclusive of accommodation, meals, consultations, and regular treatment charges. A few personal and special treatments, however, are on a chargeable basis.
2. The tariff is subject to change without prior notice. Price ruling at the time of stay will apply.
3. Minimum duration of stay is 5 (five) nights as Nimba is result oriented and committed to helping individuals in achieving specific health and healing objectives.

Packages / Programs	Nights	Room Type	Single Occu.	Double Occu.
Experience the healing power of naturopathy: Only to let you feel the amazing changes Natural ways of life can bring about in you even in a brief stay	5	Amukha	32500	55000
		Sumukha	35000	60000
		Pramukha	37500	65000
Wholesome Detox - Designed to flush out toxins, and let you experience an inner cleansing, enhancing the vitality and overall well-being	7	Amukha	45500	77000
		Sumukha	49000	84000
		Pramukha	52500	91000
Immunity Enhancement - Designed to help you discover your inner strength with a feeling of getting healthier with every passing day	10	Amukha	65000	110000
		Sumukha	70000	120000
		Pramukha	75000	130000
Lifestyle Disorder Management - Designed to improve quality of life by this dedicated program of prevention, control and care	15	Amukha	97500	165000
		Sumukha	105000	180000
		Pramukha	112500	195000

Annual Wellness Package - Good habits are to keep, and no one would miss it when it is so dear	50	Sumukha	5500	275000
		Pramukha	6000	300000