



Wellness

Ayurveda Centre & Yogshālā

Tapovan, Rishikesh

[www.vedafive.in](http://www.vedafive.in)

### 1. PANCHAKARMA PACKAGE (Minimum Stay: 11 nights)

Room Type	Single Occupancy	Double Occupancy
Deluxe Room	7,800	11,800
Super Deluxe Room	8,800	12,800

**Inclusions:** Stay in well appointed room, Veda5 Panchkarma prescribed meals (Breakfast, Lunch, Dinner), Ayurveda doctor Consultation and daily Panchakarma treatment (90 mins), Medicines, Scheduled wellness activities: Daily Yoga, Meditation, Half day excursion including Ganga Aarti, Airport transfers.

### 2. YOGA & AYURVEDA (TREATMENT) PACKAGE (Minimum stay: 7 nights)

Room Type	Single Occupancy	Double Occupancy
Deluxe Room	7,500	11,500
Super Deluxe Room	8,500	12,500

**Inclusions:** Stay in well appointed room, Veda5 vegetarian cuisine meals (Breakfast, Lunch, Dinner), Doctor Consultation and daily Ayurvedic treatment (90 mins), Ayurveda lecture/cooking classes, half day excursion once a week, Scheduled wellness activities: Daily Yoga, Meditation session, Airport transfers.

\*Package 2 can be customised as per requirement of the guest and doctors advice (i) **Ayurveda Detox package** (ii) **Stress management package** (iii) **Weight loss package**. The rates are same as above for these packages.

### 3. AYURVEDA REJUVENATION PACKAGE (Minimum stay: 3 nights)

Room Type	Single Occupancy	Double Occupancy
Deluxe Room	6,800	9,500
Super Deluxe Room	7,800	10,500

**Inclusions:** Stay in well appointed room, Veda5 vegetarian cuisine meals (Breakfast, Lunch, Dinner), Ayurveda doctor Consultation and daily 1 hour Abhyanga or organic spa treatment, lecture by Ayurveda experts, half day excursion, Scheduled wellness activities: Daily Yoga, Meditation session.

### 4. AYURVEDA CLEANSING PACKAGE (3 nights)

Room Type	Single Occupancy	Double Occupancy
Deluxe Room	7,500	11,500
Super Deluxe Room	8,500	12,500

**Inclusions:** Stay in well appointed room, specific Ayurveda diet (Breakfast, Lunch, Dinner), Doctor consultation, daily 1 hour Abhyanga/Shirodhara treatment, half day excursion, Scheduled wellness activities: Daily Yoga, Meditation session.

For Yoga Teacher Training Retreat please contact for customized packages.

Prices are valid for stay till 31st December, 2019.