



THE  
**RUDRAKSH**  
A HIMALAYAN RETREAT

## Yogic Detox Plans

### 3 Nights Rudraksh Yogic Detox

- ✦ Tailored Yoga Consultation & Holistic Wellness Screening
- ✦ 4 Personalized Yoga, Fitness, or Meditation Sessions
- ✦ One Healing Ayurvedic Treatment for Deep Restoration
- ✦ Nature Walks to Inspire Mindfulness and Calm
- ✦ Sattvic Organic Meals to Purify and Nourish
- ✦ Customized Diet Plan to Support Your Wellness

### 5 Nights Rudraksh Yogic Detox

- ✦ Enhanced Yoga Consultation & Wellness Screening
- ✦ 6 Personalized Yoga, Fitness, or Meditation Sessions
- ✦ One Healing Ayurvedic Treatment for Deep Restoration
- ✦ Nature Walks to Inspire Mindfulness and Calm
- ✦ Sattvic Organic Meals to Purify and Nourish
- ✦ Customized Diet Plan to Support Your Wellness Goals
- ✦ Expert Guidance from a Wellness Consultant

### 7 Nights Rudraksh Yogic Detox

- ✦ Comprehensive Yoga Consultation & Wellness Screening
- ✦ 8 Personalized Yoga, Fitness, or Meditation Sessions
- ✦ One Healing Ayurvedic Treatment for Deep Restoration
- ✦ Nature Walks to Inspire Mindfulness and Calm
- ✦ Sattvic Organic Meals to Purify and Nourish
- ✦ Customized Diet Plan to Support Your Wellness Goals
- ✦ Expert Guidance from a Wellness Consultant

## Connect With Us



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