



**AYURVEDA**

**&**

**WELLNESS PROGRAM**

**About Dr. Adrish Brahmadaffa** – With multiple degrees in Yoga and Ayurvedic medicine, Dr. Adrish is a globally renowned wellness expert, Yogi and Ayurvedic doctor. In addition to being a Reiki practitioner and meditation teacher, he is also a qualified trainer for Yogic cooking, Marma therapy, and Mantra Chanting & Kirtans (divine singing). Dr. Adrish has conducted workshops, retreats and trainings across the world.

## YOGA

<b>ASANA CLASS</b> 60-minute	Single 4,000++   Double 6,800++   Triple 9,000++
Therapy Yoga	Best for first timer (Basic)
Sahaj Yoga	Best for first timer (Basic)
Hatha Yoga	Suitable for beginner (Level 1)
Satyananda Yoga	Suitable for beginner (Level 1)
Asthanga Yoga	Great for yoga practitioner (Level 2)
Sun Salutation Yoga	Great for yoga practitioner (Level 2)
Vinyasa Yoga	Best for advance yoga practitioner (Level 3)
Power Yoga	Best for advance yoga practitioner (Level 3)
<b>THE SECRETS OF YOGA</b> 60-minute	Single 5,000++   Double 8,500++
Pranayama, Mudra or Bandha Class	Suitable for everyone

## MEDITATION

<b>GUIDED MEDITATION</b> 60-minute	Single 5,000++   Double 8,500++
Chidakash Dharana	For pure consciousness
Chakra Suddhi	Purifying the energy points
Kaya Sthairyam	Great to maintain body stillness
Ajapa Dharana	Develop spontaneous concentration
<b>YOGA NIDRA MEDITATION</b> 60-minute	Single 5,000++   Double 8,500++
Great for beginner for relaxation and rejuvenation	

## DETOXIFICATION

<b>YOGIC BODY DETOX</b> 90-minute	6,000++ per person
Digestive system cleansing for better energy	
<b>NETI HEAD &amp; SKULL DETOX</b> 30-minute	2,500++ per person
Nasal irrigation for sinus, allergy and nasal phlegm	

## CHANTING

<b>MANTRA CHANTING</b> 60-minute	Single 5,000++   Double 8,500++
Mantra for life	For a serene lifestyle
Mantra for health	For better control over your health
Mantra for wellbeing	For general wellbeing and surroundings

## SINGING BOWL

60-minute | Single 5,000++ | Double 8,500++ | Triple 9,900++

Singing Bowl Therapy	For relaxation & peace
Singing Bowl Healing	For rejuvenation & tranquillity
Singing Bowl Purification	For physical, mental & emotional detoxification

## HEALING THERAPY

60-minute | 5,000++ per person

Reiki	Emotional healing & harmony
Chakra	Energy points activation & overall circulation
Pranic	Solving physio-emotional & physical pain

## AYURVEDA

60-minute | 6,900++ per person

Abhyanga	Promote energy, circulation and strength
Kati Vasthi	Treatment for chronic back pain
Kizhi	Treatment for stiff or muscular cramps
Udvarthanam	Fat burn treatment for cellulitis and skin exfoliation

## AYURVEDA DETOX

30-minute | 3,500++ per person

Nasyam	Treatment for sinus, allergy and nasal phlegm
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## HOLISTIC HEALING TREATMENT

**AYURVEDA THERAPY & PRANIC HEALING** 75-minute 7,900++ per person

Establishing body & mind coordination. Heals skeleto-muscular joint pain.  
Enhance energy circulation. Promotes joy & happiness to the soul.

**SHIRODHARA** 50-minute 7,900++ per person

Promote relaxation, relieve stress and anxiety, improve sleep quality,  
enhance mental clarity, and balance the nervous system.

**PIZHICHIL OIL BATH** 60-minute 9,900++ per person

The most luxurious and rejuvenating therapies in Ayurveda, deeply nourish  
the body, promote relaxation, relieve muscle tension, improve circulation,  
and enhance overall well-being.

## THE SIAM SIGNATURE WELLNESS

4 days, 3 nights package (rates are excluding accommodation)

Pre & Post consultation with our Ayurveda Wellness practitioner  
1-hour lecture on Holistic Wellness focusing for your health & wellbeing  
14-hour program encompassing treatments and consultations

<b>ROYAL AYURVEDA PACKAGE</b> Abhyanga, Kizhi, Marma, Shirodhara	Single 64,000++ Double 124,000++
<b>HARMONY HEALING PACKAGE</b> Reiki, Chakra, Pranic, Singing Bowl & Spa	Single 48,800++ Double 89,800++
<b>YOGA BLISS PACKAGE</b> Asana, Pranayama, Mudra, Bandha, Mantras & Spa	Single 46,800++ Double 79,800++
<b>MEDITATION PACKAGE</b> Yoganidra, Kayasthiriyam, Ajapa, Chidakash & Spa	Single 46,800++ Double 79,800++
<b>SOUL WELLNESS PACKAGE</b> Yoga Asana, Meditation, Healing Therapy & Spa	Single 46,800++ Double 79,800++

## CONSULTATION

30-minute session, 2,500++ per person

**AYURVEDA CONSULTATION**  
**HEALTH WELLNESS CONSULTATION**  
**MENTAL HEALTH CONSULTATION**  
**HOLISTIC WELLNESS CONSULTATION**

## THE SIAM

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