



SHATHAYU[®]
AYURVEDA YOGA RETREAT



Welcome to **Shathayu Retreat,**

Shathayu Retreat, a premier wellness destination that offers a holistic healing experience with a blend of Ayurveda, Yoga, and Nature cure. With a rich history dating back to **1901**, we are proud to have a highly dedicated team of Doctors and skilled therapists who are committed to providing result-oriented treatments and therapies.

At Shathayu Retreat, you can expect a range of Ayurvedic treatments, physiotherapy, and nature cure therapies, all designed to help you achieve optimal health and well-being. We also offer daily yoga and meditation classes to help you relax, focus, and increase your overall sense of well-being.



**Discover the power of Ayurveda, Yoga, and Nature cure
and book your stay at Shathayu Retreat today!**

We are NABH accredited, and all health insurance(Indian) coverage is accepted, making it easy for you to access the treatments and therapies you need. Our location, just 15 minutes from Bangalore airport, is convenient and easily accessible.

We believe that health and wellness is not just about physical well-being, but a holistic approach to the mind, body, and soul. Our goal is to provide you with a rejuvenating and transformational experience that will help you achieve a healthy and balanced lifestyle long after you leave.

Our Wellness Packages with Doctor Consultation and Stay, designed to help you achieve optimal health.

Luxury Accommodation: Enjoy a comfortable and luxurious stay in our well-appointed rooms, surrounded by natural beauty and peace.

Yoga Sessions: Take part in daily yoga classes to help you relax, focus, and increase your overall sense of well-being.

Ayurveda Massages: Rejuvenate your body and mind with a range of Ayurvedic massages, including oil therapies, herbal treatments, and more.

Healthy Vegetarian Diet: Enjoy delicious, nutritious, and healthy vegetarian meals, designed to support your individual needs and wellness goals.

Mud Pack/Hydrotherapy: Cleanse your body and promote relaxation with mud pack and hydrotherapy treatments.

Physiotherapy (on doctor's advice): Receive physiotherapy treatments, as recommended by our doctors, to help you address specific health concerns.

Pranayama and Meditation: Enhance your spiritual and mental well-being with daily Pranayam and meditation sessions.

Nature Activities: Connect with nature and rejuvenate your mind and body through scenic hikes, gardening, village walks, and more.



MEDITATION



FOOD



ROOM



YOGA



THERAPY



MUD PACK

OUR SPECIALIZED WELLNESS PACKAGES

DETOXIFICATION

Detoxification program combines ayurveda panchakarma cleansing techniques with personalized care to help get rid of toxins from body, promoting overall health and well-being. Recharge your mind, body, and spirit with our comprehensive approach to wellness, leaving you feeling revitalized and renewed.

Choose from our 14 or 21-night package and experience a renewed you.

WOMEN'S WELLNESS

Designed specifically for women, this retreat addresses the unique challenges faced by women, including hormonal changes, weight gain, menstrual issues, and bone and joint health. Take a break from your daily routine and indulge in self-care with our relaxing and rejuvenating program.

Choose from our 7,10, or 14-day package & treat yourself to a much-needed break.

WEIGHT LOSS AND WEIGHT MANAGEMENT

Transform your body and mind with our Weight Management program at Shathayu Retreat. Our expert team of Doctors, therapists and yoga trainers will provide a medically-supervised, scientifically-based program tailored to your individual needs.

Choose from our 14 or 21-night package and experience a renewed you.



AYURVEDA



NATUROPATHY



PHYSIOTHERAPY



YOGA



ACUPUNCTURE

DE-STRESS

Escape from the daily stressors and rejuvenate your mind and body with our De-Stress program. Our expert team will conduct a complete stress analysis before and after the treatment to ensure you receive the best possible care. Experience the benefits of a scientific & precise approach to de-stressing, leaving you refreshed and rejuvenated.

Choose from our 7, 10, or 14-day package.

AGE REVERSAL REJUVENATION

An Age reversal retreat - Rasayana therapy is a type of rejuvenation treatment in Ayurveda, is designed to promote overall health and well-being, delay the aging process, and improve the quality of life. This program often include Panchakarma cleansing, Yoga, Exercise, Destress therapies, Meditation and healthy diet.

Choose from our 14 or 21-night package and experience a renewed you.

PARKINSON'S RETREAT

The goal of this program is to make life better for those with Parkinson's by using different types of therapy, like Ayurveda, physical therapy, speech therapy, yoga, meditation, and massage. These activities can help people with Parkinson's feel better and have a better quality of life.

Choose from our 14 or 21-night package.



SHIRODHARA

WE TREAT

We also offer ailment-specific treatments for a range of health concerns, including musculoskeletal disorders, Parkinson's, Paralysis, Diabetes, Obesity, Infertility, sexual wellness, Migraine, lifestyle diseases, elderly health care, mental wellness, and De-addiction.

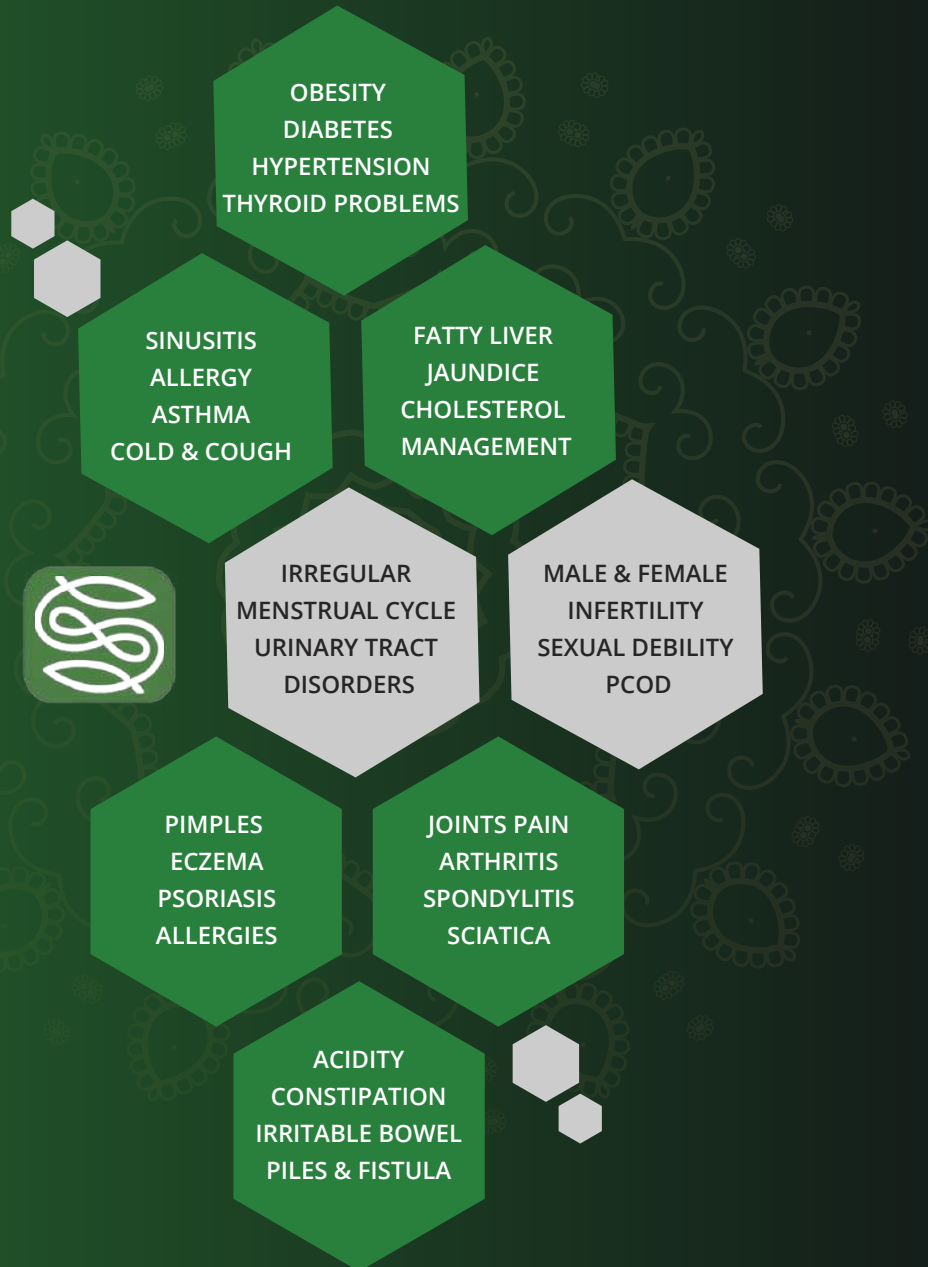
ACCOMMODATION

At Shathayu Retreat, we offer accommodation that blends traditional Indian design with modern European amenities and standards of hygiene. Our guests can choose from three distinct accommodation categories, each equipped with an en-suite bathroom, air conditioning, and a fan. Our luxury rooms offer stunning views of the lake and are nestled in the midst of rolling hills.

ACTIVITIES

- Indoor games
- Culinary Experience
- Sessions about Ayurveda
- Guided Hiking and Nature walk
- Spiritual insights
- Outdoor adventure
- Temple and village visit

SHATHAYU TREATING SINCE 1901





SHATHAYU AYURVEDA YOGA RETREAT

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