



## SHORT REJUVENATION RETREAT

Minimum stay: 2 nights



### MEDICAL INTRODUCTION TO AYURVEDA & STRESS RECOVERY

The Short Rejuvenation Retreat is designed as a gentle medical introduction to Ayurveda, ideal for guests seeking relief from physical fatigue, mental stress or sensory overload caused by modern lifestyles. It offers a calming therapeutic experience that supports nervous system regulation, relaxation and light rejuvenation.

In the peaceful surroundings of Retreat Park am See Nattika, this programme allows the body and mind to slow down, reset and regain clarity. While deeply relaxing, this programme does not involve detoxification or Panchakarma and is intended purely for stabilisation and rejuvenation.

This retreat is also suitable for guests who wish to experience Ayurveda in a shorter format before committing to a longer therapeutic stay.





## PROGRAMME FOCUS

- ◆ Stress reduction and nervous system relaxation.
- ◆ Light rejuvenation and mental clarity.
- ◆ Improved sleep and sense of balance.

## PROGRAMME INCLUSIONS

- ◆ Initial Ayurvedic consultation upon arrival  
(up to 30 minutes × 1 session)
- ◆ Daily physician review  
(up to 15 minutes × 1 session)
- ◆ Welcome massage  
(60 minutes × 1 session)
- ◆ Customised Ayurveda treatments  
(105 minutes × 1 session)
- ◆ Group yoga sessions (2 sessions during stay)
- ◆ Individually planned therapeutic Ayurveda diet
- ◆ Herbal preparations prescribed if required

