



TIARAA
HOTELS & RESORTS



shadanga
The Essence of Kerala's Ayurveda

2Night /3Days De-Stress
OJAS

Package

DAY : 1



Session

Welcome Drink & Check-in

Lunch

Prakriti Aroma Massage

Dinner

Duration

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60Min

Time

1:00PM

2:00PM

5:00PM

8:30PM





DAY : 2

Session	Duration	Time
Yoga & Pranayama	60Min	7:30AM
Breakfast	-	8:30AM
Abhyangam + Potli Massage	90Min	11:00AM
Lunch	-	1:30PM
Rest & Recharge	-	2:00PM - 4:00PM
Shirodhara Therapy	60Min	4:00PM
Herbal Tea & Healthy Snack	-	5:00PM
Guided Meditation	60Min	6:30PM
Dinner		8:30PM





DAY : 3

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Prakriti Aroma Massage	60Min	8:00AM
Breakfast	-	9:30AM
Checkout	-	11:00AM

