



TIARAA
HOTELS & RESORTS



shadanga
The Essence of Kerala's Ayurveda

3Night /4Days Detox
+ De-Stress

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
Nature Walk / Infinity Walk	30Min	5:30PM
Trataka Meditation / Om Meditation & Pranayama	60Min	6:30PM
Dinner		8:30PM





DAY : 3

Session	Duration	Time
Yoga & Meditation	60Min	7:00AM
Abhyangam + Shirodhara	90Min	8:00AM
Breakfast	-	9:30AM
Nature Walk	30Min	11:00AM
Brain Breath Therapy	30Min	12:00PM
Lunch	-	1:00PM
Rest & Recharge	-	1:30PM-3:30PM
Anti-Stress Massage + Mukhalepam	60Min	4:00PM
Tea & Snacks	-	5:30PM
Guided Meditation with QRT & DRT	60Min	6:30PM
Dinner	-	8:30PM





DAY : 4

Session

Checkout

Duration

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Time

10:00AM

