



# WEIGHT BALANCE

## EMPOWER YOURSELF As You Make Informed Lifestyle Choices

Feeling good on the inside translates into feeling good on the outside; this is an important goal for our eventual health and wellbeing. Weight issues while rooted in the imbalances of the physical self, are many a time a culmination of a mental and emotional inconsistency too. The imperfection in these factors impacts our self-worth and apparent appearance and hence also demotivates us from achieving true health. The **Weight Balance** retreat at Atmantan gives you the opportunity to kick start a new way of thinking, making self-enhancing lifestyle choices and consequently becoming empowered to positively improve your appearance and life!

You begin with an initial in-depth **assessment using metabolic test (RMR)** that helps determine the optimal workout program and nutritional requirement suited to your anatomy such as to achieve your desired goals. Our international team of fitness and movement instructors will then guide you through a diverse and inspiring exercise regime that tailors itself to your endurance ability level, be it **Functional Training, Vibration Training, Resistance Training, Hiking, Weights, Pilates, Cross Training or Anti-Gravity forms of exercise.**

Our qualified team is here to lend you all the social support you require every step of the way, and assist you along your wellness journey as you achieve mindfulness, drop old habits and accustom yourself to customized and informed lifestyle changes. The transformation in the **Weight Balance** retreat enables you to not just reach your optimum weight goals, but even sustain and better them in the times to come.

All our restaurants provide you with therapeutic medicinal gastronomy as you practice healthy balanced eating that both meets your satiety level and also enables you to make beneficial food combinations and choices. To restore your energy after an inspiring day of **Personal Training** and strenuous fitness activities, you are pampered with relaxing **Body Wraps, Ubtans** or even the refreshing **Hamam**. While the **Deep Tissue Massages** knead and soothe away the aches, the **Udwardhanam Ayurvedic treatment** enhances fat mobilization, for downtime, the **Private Stretches** and **Private Breathing** sessions rejuvenate the body and mind. Be it toning of the body, boosting the metabolism, increasing the endurance or improving the muscle to fat ratio, the **Weight Balance** program at Atmantan gives you all these and more as you learn to optimally condition yourself physically and mentally as you achieve your set wellness targets.

### ALL THE WEIGHT BALANCE RETREATS INCLUDE:

- Individual health & wellness consultation
- Body composition analysis
- Postural assessment
- Yogic kriyas (including Neti, Dhouti, Gargling, Laghu Shankha Prakshalan, Tratak & Eye cleansing as per Wellness Consultant's prescription)
- Daily fitness and leisure activities (such as Aqua aerobics, Pilates, Stretch, Yoga, Spinning, Pranayama breathing, Dance, Laughter therapy, Meditation, Cooking and other Group classes)
- Unlimited use of Water Therapy Suites (Steam, Infra-Red Sauna), indoor temperature controlled pool
- Wellness departure consultation

### Your 5-night Weight Balance retreat includes:

- 5 Night's accommodation
- 5 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 5 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 1 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 3 Personal Trainings\*\*
- 1 Private Stretch

### Your 7-night Weight Balance retreat includes:

- 7 Night's accommodation
- 7 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 7 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 3 Personal Trainings\*\*
- 1 Private Stretch
- 1 Chi Nei Tsang

### Your 10-night Weight Balance retreat includes:

- 10 Night's accommodation
- 10 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 10 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 4 Personal Trainings\*\*
- 2 Private Stretches
- 1 Chi Nei Tsang
- 1 Udwartanam
- 1 Ubtan
- 1 Private Breathing session
- 1 Vibration Training

### Your 14-night Weight Balance retreat includes:

- 14 Night's accommodation
- 14 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 14 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 1 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 5 Personal Trainings\*\*\*\*
- 4 Private Stretches
- 2 Chi Nei Tsang
- 2 Udwartanam
- 2 Ubtan
- 1 Private Breathing session
- 1 Vibration Training
- 1 Postural Integration
- 1 Personal Pilates

### Your 21-night Weight Balance retreat includes:

- 21 Night's accommodation
- 21 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 21 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 7 Personal Trainings\*\*\*\*
- 6 Private Stretches
- 3 Chi Nei Tsang
- 2 Udwartanam
- 2 Ubtan
- 1 Private Breathing session
- 2 Vibration Training
- 1 Postural Integration
- 1 Personal Pilates
- 1 Hammam
- 1 Deep Tissue Massage
- 1 Atmantan Signature Massage
- 1 Manual Lymphatic Drainage
- 1 Therapeutic Bath
- 2 Rehab session

### Your 28-night Weight Balance retreat includes:

- 28 Night's accommodation
- 28 Wellness/Spa cuisine  
(Starting with Lunch on the day that you arrive)
- 28 Daily Inclusions (Choose from an Aromatherapy Massage/ 'Arm & a Leg' Recovery/ Destress Head & Spine Massage/ Foot Reflexology/ Invigorating Massage/ Vedic Spice Massage)
- 2 Body Wrap\*
- 2 Colon Hydrotherapy
- 1 Metabolic test - RMR
- 9 Personal Trainings\*\*\*\*
- 7 Private Stretches
- 3 Chi Nei Tsang
- 3 Udwartanam
- 3 Ubtan
- 1 Private Breathing session
- 3 Vibration Training
- 1 Postural Integration
- 1 Personal Pilates
- 1 Hammam
- 3 Deep Tissue Massage
- 1 Atmantan Signature Massage
- 1 Manual Lymphatic Drainage
- 3 Therapeutic Bath
- 3 Rehab session
- 2 Body Scrub\*\*\*
- 1 Shirodhara
- 1 Holistic Revitaliser / Holistic Hydrater Facial\*\*

\* Choose between the Seaweed, Firming and Restorative wraps (Spa products by Breathe Aromatherapy – free of harmful preservatives)

\*\* Chosen from the THALGO Facial range for men and women (Thalgo formulas are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin)

\*\*\* Choose between the Detox body polish, Vetiver gel & the Green tea scrub (Spa products by Breathe Aromatherapy – free of harmful preservatives)

\*\*\*\* These are private fitness training sessions where you can choose from Resistance training, Vibration training, Functional training, Strength training, Boot Camp, Aqua Personal Training or Pilates



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Wellness Centre