



INTERNATIONAL WOMEN'S CONFERENCE

Sri Sri
WELLBEING
holistic health

Wellness and Ayurveda



We have crafted bespoke ayurvedic treatments, just for you to experience holistic wellness during the International Women's Conference. These treatments are designed to rejuvenate your body, mind, and spirit, drawing on ancient wisdom and natural ingredients. Our team of expert practitioners will guide you through a personalized journey of relaxation, tailored to your unique requirements and preferences.

Our serene retreat is nestled in the most tranquil location, allowing you to disconnect from the chaos of daily life and reconnect with your true self. Imagine starting your day with invigorating yoga sessions, followed by nourishing meals crafted from the freshest, locally-sourced ingredients. Engage in mindful meditative practices that centers your spirit and indulge in holistic therapies that rejuvenate your body. Our esteemed team of wellness sages is devoted to guiding you on this transformative odyssey. They will uplift and inspire you to realize your wellness aspirations, cultivating a profound sense of inner serenity and vitality. Whether you seek to unwind and rejuvenate, elevate your energy, or embark on a new health adventure, our custom wellness packages provide a haven where you can truly thrive and flourish. Join us in celebrating a lifestyle that honors holistic well-being, and unveil the extraordinary benefits of a balanced and mindful existence.



Relax and Rejuvenate

Specially designed ayurvedic treatments for you

These enchanting wellness packages are crafted to nurture both body and spirit. Each offering is meticulously designed to embrace your unique needs, weaving together a tapestry of physical, mental, and emotional well-being practices. From revitalizing Ayurvedic therapies and tailored sessions to nourishing nutrition consultations, our approach ensures a harmonious equilibrium in every facet of your life.

Craniosacral Therapy
Marma
Foot Reflexology
Osteopathy

L&B Pain Management
Meru Chikista
Rakkhenho

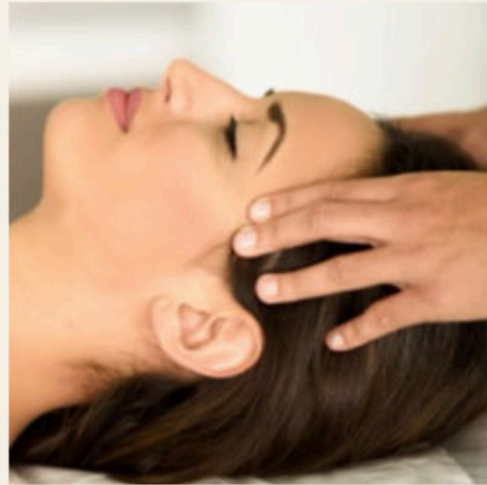
**Please choose 2 therapies that will be
complimentary as a part of your IWC package**





Craniosacral Therapy – 45 mins

Craniosacral Therapy (CST) is a treatment that promotes balance and self-healing by stimulating the nervous system and balancing spinal fluid flow. This gentle, hands-on approach can help with various health issues, including spinal disorders, migraines, constipation, and insomnia. The therapy typically lasts 60 minutes, promoting physical, mental, emotional wellness.



Marma – 45 mins

A restorative and therapeutic method that works on the body's vulnerable areas to loosen up the system. It causes full relaxation and enhances and harmonizes the movement of prana, or life force. Additionally, it improves vital organ functionality and energises cellular activity.

Foot Reflexology – 30 mins

Foot reflexology and foot massage therapies offer deep relaxation and rejuvenation. Foot reflexology works by applying pressure to specific points on the feet that correspond to different organs and systems in the body. This promotes natural healing, improves circulation, and restores energy balance.





Osteopathy – 45 mins

Osteopathy is a widely accepted alternative medical system that is holistic, non-invasive, drug-free, and very effective. Instead of only treating the symptoms, it seeks to identify and address the concern's underlying cause. The diagnosis, management, and treatment of musculoskeletal, visceral, and cranial problems are the areas of specialization for osteopaths. Hands-on therapy includes expert manipulation of the spine & joints and soft tissues.



L&B Pain Management – 45 mins

Treat your pain naturally and effectively! Discover L&B Pain Management Therapy, where we focus on eliminating the cause of your pain without medication or surgery. Over 90% of common pain today is alarm pain which can be prevented from further structural damage. Our therapy utilizes osteopressure points, stretching, and strengthening exercises to make you completely pain-free.





Meru Chikista – 45 mins

The term "setting right using the spine" is known as Meru Chikitsa. It is a traditional Ayurveda therapeutic method that uses gentle touches down the spine. Meru Chikitsa enables us to unwind into our most fundamental essence, which heightens consciousness, opens up access to limitless energy, and fosters a state of well-being that banishes stress, illness, and suffering. Each therapy typically lasts 30 minutes.



Rakkenho – 45 mins

Japanese full-body therapy called Rakkenho uses the soles of the feet to gently massage various pressure points on the body. It addresses the whole person holistically, stimulates the vagus nerve, and promotes healing. Additionally, it improves immunity, releases stress, increases blood and lymph flow and boosts energy levels.

