



IndigoEight®

PRESS RELEASE



India's Foremost Wellness Retreat,
Ananda in the Himalayas, Unveils New
Wellbeing Support Systems

“Holistic and traditional wisdom is impacting global consciousness more than ever. Particularly after the last two years, wellbeing is understood to no longer be just that which is achieved on the massage table or on the mat. It also involves delving deep - into our emotions, blockages, beliefs, and values. As Ananda emerges renewed and invigorated after a time of huge contemplation and spiritual growth, we feel more ready than ever to share the science of our wellness practices - from Ayurveda, Yoga and Vedanta teachings, mantras and meditations to emotional healing. We look forward to welcoming back passionate seekers from around the world.”

MAHESH NATARAJAN, CHIEF OPERATING OFFICER



At a time of global turmoil when so many individuals are facing huge personal challenges, IndigoEight is proud to reintroduce a newly-evolved **Ananda in the Himalayas**. Over the past two years, India's multi-award-winning wellness retreat has revisited, redefined and recemented its expertise. Purpose-driven, research-led and scientifically backed – a new collection of therapies, programmes and platforms have been designed to meet the rising collective need for health and healing.

In the foothills of the Himalayas, overlooking Rishikesh and with breathtaking views of the Ganges river valley, **Ananda** has long drawn on the ancient knowledge of the motherland. With a team of more than 60 experts guided by two decades of research, residential wellness programmes uniquely integrate the best of traditional Indian practices, including new comprehensive diagnostic

processes, curated, personalised solutions designed to bring about sacred heart healing and post-stay assessments all geared towards the unification of mind, body and soul for every guest.

Ayurveda, Yoga & Meditation, Spiritual Inquiry (rooted in the Vedantas) and pure **Healthy Cuisine** have always formed the foundational pillars of Ananda's philosophy. New for 2022, and in response to increasing demand, is the additional focus on **Emotional Healing**, now interwoven into all the wellbeing programmes in the hope of addressing the increasing pressures of a post-pandemic era where global stability and personal wellbeing can feel fragile.

Ananda's expansive 25,000 sq. ft. world-class spa has also welcomed a host of exciting new practitioners all dedicated to restoring inner balance and energy with their holistic approach. From new (yet ancient) Traditional Chinese Medicine practices to Long Covid Recovery Programmes, Ananda has remolded its offerings in line with an impassioned desire to provide a sanctuary, for restoration and reconnection.

Long applauded on the global scene, this renewed 360-degree committed approach to wellbeing from **Ananda in the Himalayas** now promises to be more effective and more relevant than ever.

NEWLY INTEGRATED EMOTIONAL HEALING SESSIONS

Spearheaded by resident experts **Dr. Roma Singh**, renowned for her life-changing insights, along with the equally intuitive **Ms. Chandana Ganguly**, emotional wellbeing coaching sessions can benefit all areas of a person's life, including their physical, emotional and mental wellbeing, their work and their relationships. Individual sessions are now incorporated through all of Ananda's offerings, from stress management programmes through to the more goal-driven experiences. A 90-minute



cognitive assessment will look at personal challenges and blockages and include deep subconscious work, including hypnotherapy, from which solutions to address emotional needs arise.

NEW PRACTITIONERS & ENHANCED HOLISTIC HEALING WITH ORIENTAL THERAPIES

Ancient science remains at the core of Ananda's offering. For 2022, the award-winning spa has added a range of traditional Oriental therapies, including TCM, Acupuncture, Cupping, Moxibustion, Tibetan Kuu Nye, Kundalini and Japanese Shiatsu. Used to address a variety of health issues including chronic pain and migraines, immune enhancement, disease prevention, anxiety and depression, these therapies work on a deep energetic level to provide powerful healing and enhance the effectiveness of Ananda's wellbeing programmes.

Joining Ananda to head up these new therapies is renowned holistic expert, doctor and professor of Traditional East Asian therapies, **Dr. Jitender Uniyal**. With 20 years' experience, Dr. Uniyal is one of India's foremost specialists in alternative healing.

NEW WELLNESS PROGRAMMES

Ananda's signature wellness programmes such as Ayurvedic Rejuvenation, Panchakarma, Holistic Detox, Dhyana Meditation, Weight Management, and Stress Management are an annual pilgrimage for many guides. Now a series of new wellness programmes curated to meet our changing world includes:

REBALANCE PROGRAMME – newly-introduced Oriental therapies to treat hormonal imbalances. Addresses changes in the symptoms of the menopause in women and testosterone and other hormones in men.



“I am happy to observe that clients today are open to having conversations about their emotional health without any fear of judgement. Having worked as a practitioner in this field for two decades and with over 8000 clients across the world I am happy to see this change. My sessions offer, through various healing modalities, a chance to go deep into the recesses of the sub-conscious mind, identifying the source of traumas and providing emotional release - sometimes going all the way back to their childhood. This kind of inner work promises true transformation.”

DR ROMA SINGH

POST COVID REJUVENATION – supports Long Covid recovery through a comprehensive assessment of symptoms, Ayurvedic therapies, diet, herbal medicines and supplements, yoga, pranayama and meditation. Specific psychological aspects are addressed by in-house Yoga and Emotional Healing experts. Builds immunity, nourishes and revitalises the body. [Watch video here.](#)

AYURVEDIC REJUVENATION & IMMUNITY BOOSTER – improves vitality through Panchakarma, Ayurvedic treatments, a nourishing diet, immunity-boosting rasayanas and yoga. [Watch video here.](#)

CHRONIC PAIN MANAGEMENT – a highly-customised balance of physiotherapy procedures, topical Ayurvedic therapies, stress-relieving yogic postures and an anti-inflammatory diet.

NEW EXPANDED GLOBAL OUTREACH

2022 sees Ananda expanding its outreach to a wider audience, with a series of international collaborations and events. The first of these is with The Nautilus, a bohemian hideaway set against the magical backdrop of the Baa Atoll in the Maldives. Ananda has curated a special 4 day wellness retreat this April at The Nautilus. Sandeep Agarwalla, Head of Yoga, Ananda in the Himalayas, and Ananda's Executive Chef Diwaker Balodi will guide an intimate group of participants on a unique 4 day journey comprising traditional yoga and meditation and Ayurveda based gourmet healthy cuisine.

Exciting pop-up events in the UK, Europe and Middle East are also in the pipeline for the future. In the UK, the Ananda team will be hosting interactive workshops for media, influencers and industry partners in the spring.



“India always offers a journey of transformation but Ananda has taken things to the next level. An epicenter of ancient wisdom, potent spiritual sustenance and holistic healing modalities – for those dreaming of a return to India, few other places compare.”

DAISY FINER, SPA SPECIALIST

TRAVEL LOGISTICS

Entry requirements for travel to India have now been updated. A visa and declaration form are needed and a proof of vaccination and/or PCR test must be taken 72 hours prior to arrival and then on arrival at Delhi or Mumbai airport.

NEED TO KNOW

Ananda-in-the-Himalayas is built on the 100-acre palace estate of the Maharaja of Tehri Garhwal, overlooking Rishikesh. The resort features 78 rooms including 8 suites and villas with private swimming pools.

Ananda has been successively rated as one of the world's leading destination spas and wellness retreats for over 20 years. It was rated as the No. 1 Destination Spa in the prestigious Condé Nast - Readers' Choice Awards (USA & UK 2019 and 2020), Condé Nast Traveller India- Readers' Travel Awards Favourite Destination Spa (2016 to 2021), Condé Nast Traveller USA- Readers' Travel Awards 2017, Top 100 Hotels in the World, SpaFinder Wellness Travel Awards 2016, Best for Mind & Spirit, Yoga, Best for wow factor, Best for going solo, Best in India.

Visit www.anandaspa.com or view their new brochure via this [link](#).



INDIGOEIGHT COMMUNICATIONS | AMPLIFYING POSITIVE CHANGEMAKERS

MEL CUTCLIFFE - 07961 300067 / MELCUTCLIFFE@INDIGOEIGHT.COM

KATH KAY - 07790 159333 / KATHKAY@INDIGOEIGHT.COM

ZOE BUTT - 07968 875850 / ZOEBUTT@INDIGOEIGHT.COM

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