

# A Holistic Approach to Ultimate Healing – An Exclusive Ayurvedic Journey at Anantara Peace Haven Tangalle

Dr. Adarsh Shetty, a seasoned Ayurveda Physician and Marma Yoga Specialist with over 20 years of expertise, introduces the transformative "Koshas Wellness Program," at Anantara Peace Haven Tangalle Resort. Dedicated to identifying and eliminating the root cause of imbalances, Dr. Shetty empowers individuals to attain a resilient, harmonious mind, body, and spirit, a once in a lifetime journey towards a holistic healing experience.

## Koshas Concept

"Kosha," a Sanskrit term, signifies sheath, encapsulating five human dimensions: Annamaya (Physical), Pranamaya (Energy), Manomaya (Mental), Vijnanamaya (Intuitive), and Anandamaya (Bliss). This concept facilitates Inner harmony among these dimensions fosters optimal health, influencing and interacting continually.

Koshas journey of self-discovery unveils an understanding and exploration of the five koshas act as a roadmap for self-discovery.

## Benefits for Guests

1. Integrated Development: Enhance physical, mental, emotional, and social aspects for integral development.
2. Wellbeing Techniques: De-stress effectively, improve memory power, concentration skills, and prevent common medical conditions.
3. Holistic Improvement: Feel better physically, energetically, and emotionally, bringing contentment in life.

Dr. Shetty's methodology draws from a profound comprehension of Kosha, seamlessly blending the principles of Ayurveda, Marma yoga, and Acupuncture. His commitment to holistic well-being is exemplified by his extensive experience at Ananda in the Himalayas, a globally acclaimed Health & Wellness Spa. Here, he provided counsel to luminaries such as Oprah Winfrey, Martina Navratilova, and Julia Lumigova, imparting integrative wellness insights.

In his quest to propagate the benefits of Koshas health, Dr. Shetty has traversed the globe, delivering expert services at distinguished wellness havens like Six Senses, Anantara, Bellevue Med Spa, St. Regis, and JW Marriott.

## Koshas Wellness Journey

**Consultation (Complimentary):** Analyzes predominant elements, identifying imbalances, and tailors sessions for balance and resilience.

**Annamaya Kosha (Physical):** Marma yoga and detox procedures for pain reduction, body strengthening, and energy pathway opening (\$250).

**Pranamaya Kosha (Energy):** Explores prana through acupuncture, conscious breath work, and Prana vidya techniques (\$250).

**Manomaya Kosha (Mental):** Overcome stress, anxiety, and depression through relaxation and mindfulness techniques (\$250).

**Three-Day Retreat:** A comprehensive wellness package at \$650 after a discount.

Embark on a transformative journey with Dr. Adarsh Shetty to discover ultimate healing of mind, body, and spirit at Annantara Tangalle Resort.