



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 from the 15th January 2024 to 11th February 2024. 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.



Visiting Practitioner
Dr. Adarsh Shetty

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.



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)

The journey of Annamaya involves the Marma yoga practices and detoxification procedures. This holistic approach synchronizes the entire biological system, promoting enhanced circulation of body fluids will reduce or eliminate the pain from the body, and strengthen the body by relaxing and opening up energy pathways. Marma Yoga is a system which induces the state of homeostasis or a dynamic state of balance in the body, mind and energy systems through marmas or vital energy points. Physical bodywork will make the way for Pranamaya Kosha journey.

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

Energy Body Work incorporates Yogic cleansing practices and breathwork, providing dual-level benefits. On one level, it offers soothing, cleansing, and calming effects, while on another level, it aids in centering and revitalizing our personality. Exploring diverse practices allows individuals to discover the technique that resonates most naturally with them. Rooted in Tantra, the approach to energy involves personalized Yoga sessions that leverage the science of chakras, nadis, and mantras. These sessions aim to identify and influence the energy patterns within the body, contributing to overall well-being and balance

Manomaya Kosha (Mental):

Overcome stress, anxiety, and depression through relaxation and mindfulness techniques (\$250).

Manomaya Kosha constitutes the mental aspect, representing a distinct energy field experienced through thoughts by all individuals. Mental Body Work proves effective in addressing stress, anxiety, depression, and emotional traumas. This therapeutic process incorporates diverse relaxation and meditation techniques that extend from the surface of the mind to its depths. By employing these methods, impurities and old patterns are systematically eliminated, liberating individuals from hindrances that hinder their pursuit of happiness.

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.

