

HOLISTIC WELLNESS RETREAT

by **Dr. Suraj J Dubey**



ROSA
ALPINA

AUGUST 6th - SEPTEMBER 17th 2017



DR. SURAJ J DUBEY

Dr. Suraj, 41 years old born in India and lived as Globetrotter, is the International exponent of Holistic Wellness Sciences including Ayurveda, Yoga and healing practices from the ancient traditions.

A Registered medical practitioner graduated as Baccalaureate of Ayurvedic Medicine and Surgery from Mumbai University and Central Council of Indian Medicine, Dr. Suraj has been integrating Wellness practices from the peak of Himalayas to the lowest point on the earth Dead Sea. He worked with the leading International Hospitality Industry for almost a decade and half across different geographies (Asia, Europe & Middle East) and brands including Mandarin Oriental Ananda (Best Destination Spa of the World), Oberoi Hotels and Resorts Worldwide and the most recent association with Moevenpick Hospitality group heading its World acclaimed Spa and Wellness setup at Dead Sea Jordan "World's Top 10 Best Spas".

Represented Spa and Wellness concepts at various global forums like the Leading Hotels/Spas of the World (USA), Conde Nast Spa Show (UK), Asian Spa health care Week in Milano & Middle East Spa & Wellness summit Dubai 2015 as key note speaker.

Philosophy: Human is the miniature of the nature, must live in harmony.

Vision: the absolute care of Human being, not just human body!

AYURVEDA

Ayurveda, the science of life and longevity, is the oldest healthcare system in the world and it combines the profound thoughts of natural healing and universal philosophy. The Traditional system of Indian Medicine originated nearly 5000 years ago has the absolute antidote for modern lifestyle challenges. Since then Ayurveda has stood for the wholesome physical, mental and spiritual growth of humanity around the world. The complete naturalistic system that depends on the diagnosis of one's body constitution analysis (Air, Fire & Water) and its unique relevance with the five great elements of the nature defines the balance state of human kind. The fundamental principle of Ayurveda Medicine prescribes individual body type diet, activities, exercises, therapies and regimes of natural origin.

Group Sessions

SUNRISE YOGA 60 min (Morning hours)

Morning group session for resident hotel guests to experience warming up stretching yoga asanas (postures), chanting from traditional yoga practices.

BREATH LIFE SESSIONS (Pranayama) 30 min (Morning hours)

Breathing exercise to improve the Life force "Prana" and active cleansing of the subtle toxins from the system

MIND STRETCHING MEDITATION 30 min (Day Hours)

Guided meditation techniques to calm and clear the mental activities and be in the moment.

MINDFUL LIVING WORKSHOPS 90 min (Day Hours)

Group interactive sessions for resident hotel guests to learn and share the wisdom of the art of mindful living practices.

MOON LIGHT YOGA / YOGA NIDRA 30 min (Evening Hours)

Calming down Yogic techniques to improve the Sleep rhythm and organize the thought patterns.

MOUNTAIN STAR GAZING 30 min (Evening Hours)

Improving the eye sight and mental cleansing rituals

Private Sessions

One to one Holistic Lifestyle Consultation session with Resident Ayurvedic Physician. The Ayurvedic consultation session evaluates your physical, mental and emotional wellbeing to help you understand your unique body constitution or combination of Doshas (Vata, Pitta and Kapha) that determines your body type and help to diagnose the root cause of any imbalances/ disorders. The Ayurvedic physician then prepares a sequence of experiences and regime of diet and exercises according to your body type that will help bring more balance, energy and peace to your entire being. The natural treatment solutions to any existing medical condition/ history can also be recommended.

- **Holistic Lifestyle Consultation** 60 min
- **Body Type Constitution Analysis (Prakriti) and Personalized recommendations** 60 min
- **One-to-One Yoga Classes** 60 min

Specialized Ayurveda Therapy / Treatments

ABHYANGAM MASSAGE 75 min

Using palms and fingertips to apply pressure with continuous strokes that flow rhythmically to stimulate blood circulation iron out the knots and induce a state of total relaxation. The natural blended lukewarm oil as per the body type analysis used for this massage promotes concentration and rejuvenates the spirit.

SHIROABHYANGAM (Indian Head Massage) 30 min

Shiro implies the area above the collarbone viz. shoulder, neck, scalp, face, ears, eyes and nose including the sinuses, which are concentrated in this procedure. At the beginning, the areas are stimulated followed with oleation using cotton gauge soaked in oil starting from the head continued till neck, shoulder and upper back. Once the proper oleation is over, concentrated massage followed by hot fomentation is done. During the complete procedure the vital points (Marmas) of relevant areas are focused for the maximum relief of sensory organs. It is the essence of traditional Indian Head and hair care.

MARMA THERAPY (Reflexology)..... 60 min

Marma points are the vital points (total 107) all over the body where life energy is stored. In this procedure the important energy points on the face, scalp, upper limbs and lower limbs are manipulated with the thumb and finger pressure on a thin layer of oil to regulate and balance the various energy channels of the body. The therapy promotes a feeling of complete physical and mental well-being

SAND BUNDLE MASSAGE..... 30 min

Sand Bundle Massage stands for sudation (dry fomentation) with sand. In this procedure the dry sands are filled in the small linen bags and the massage is given with these poultices preceded with mild oleation of the concerned areas. It is very relaxing in the stiff and tensed parts and strengthening the muscles and joint structures.

YOGA MASSAGE..... 30 min

In this procedure the session begin with the 10 minutes of breathing exercise (Pranayam) and Meditation to calm down the physical and mental state of the guest. After the guest is made to lie in Savasana, therapist assists the guests to attend comfort Yoga postures according to one's body response. This therapy makes the body more supple and balance.

PRICE LIST

Group sessions 2-6 persons:

- Sunrise Yoga 60 min (Morning hours) € 100 pp
- Breath Life sessions (Pranayama) 30 min (Morning Hours) € 75 pp
- Mind Stretching Meditation 30 min (Day Hours) € 75 pp
- Mindful Living Workshops 90 min (Day Hours) € 145 pp
- Moon Light Yoga / Yoga Nidra 30 min (Evening Hours) € 75 pp
- Mountain Star Gazing 30 min (Evening Hours) € 75 pp

Private sessions

- Holistic Lifestyle Consultation 60 min € 140
- Body Type Constitution Analysis (Prakriti) and Personalized recommendations 60 min € 140
- One-to-One Yoga Classes 60 min 60 min € 140

Specialized Ayurveda Therapy / Treatments

- Abhyangam Massage 75 min € 180
- Shiroabhyangam (Indian Head Massage) 30 min € 95
- Marma Therapy (Reflexology)..... 60 min € 150
- Sand Bundle Massage 60 min € 150
- Yoga Massage 60 min € 160

Customized wellness packages: 5-7-10 nights upon request

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