



Mind is Wealth

Health & wellness program

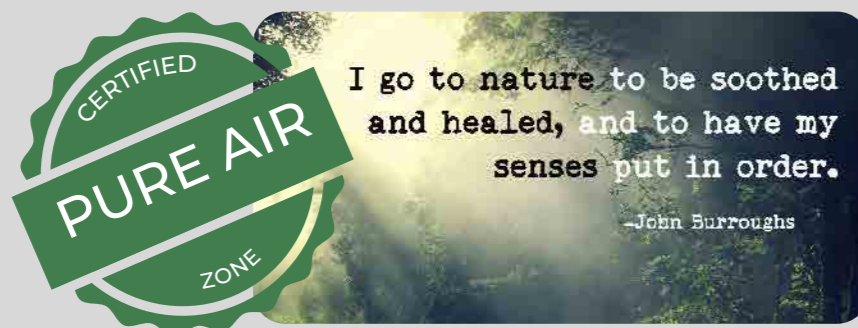
Heal your mind
Heal your body
Heal your soul



Why settle with four walls, when there is a whole wide world out-there

5 DAYS WELLNESS PROGRAM

Find the Peace in your Inner Self. Refresh, Renew and celebrate nature with **VANAPRASTHA's** enriching relaxation and rejuvenation program. Let nature take it's course to help you reach your destination of healthy Body, Mind and Soul.



vanaprastha
refresh you, refresh life

Relax and unwind yourself at Vanaprastha We've recreated the magic of wild nature right next to you. We are located just 20Kms from Coimbatore city center at the foothills of Palamalai



Know your campsite

- 6 Cottages with attached bath facilities
- An Activity center admist lush green trees to conduct various activities
- Forest path across 3 acres of dense pine and teak trees for gentle morning,evening walks
- Numerous varities of birds and butterflies can be spotted
- Doctor on call

Activities to enjoy

- Workout in nature
- Yoga & meditation
- Set your breathing rythm
- Nature walks
- Refreshing mind games
- Indoor & Outdoor activities
- Group Tasks & Stress busters
- Delicious & Nutricious diet
- Ride to Palamalai hill top
- Campfire, Music & Movies
- Medical consultaton
- Physiotherapy (If recomended)

"Take Away loads of Nature Oriented Fun Filled Memories and Explore the inner you"



activities by
Cluster Circle



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