



RHYTHM OF LIFE

Wellness

14-Day Post COVID Recovery Program



(Remedy the after-effects of COVID using Yoga, Diet, Ayurveda & Naturopathy)



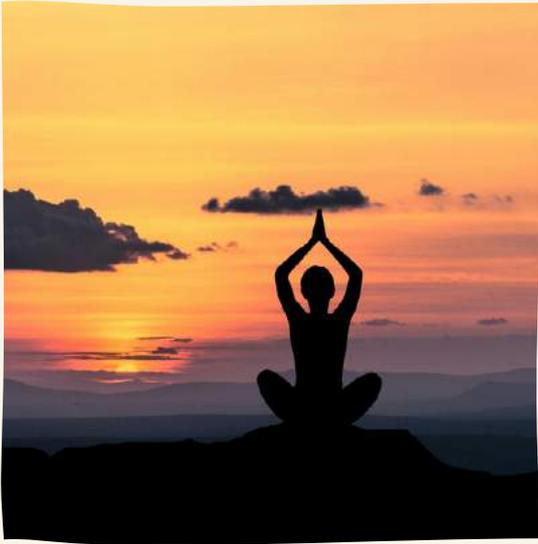
RHYTHM LONAVALA

Celebrating the Rhythm of Life



KAIVALYADHAMA

Where Yoga tradition and Science meet



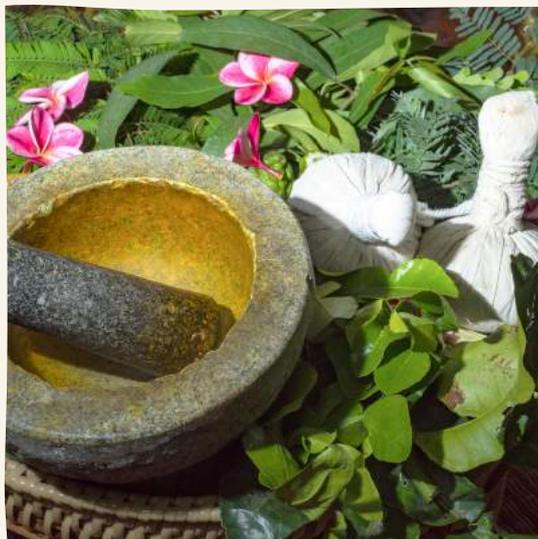
OUR APPROACH

COVID-19 can take a toll on your body leaving behind issues even after testing negative. Using Yoga, Ayurveda & Diet we stimulate natural healing of the body. We use spirometry to assess lung capacity and dynamometer to measure muscle recovery. Our aim is to achieve body detoxification and peace within.



RHYTHM LONAVALA

Rhythm Lonavala has built a reputation for providing its guests luxurious hospitality experiences with a warm Indian touch! The resort is an **All-Suite Property** built in South-East-Asian style amidst an orchard comprising of trees that are 80 years old.



KAIVALYADHAMA

Kaivalyadhama is one of the world's oldest & authentic Yoga Institutions. It has pioneered the synthesis of classical yoga & scientific research. Founded by Swami Kunalayananda in 1924, the institution is managed by a Trust and offers the best of **Yoga, Ayurveda & Naturopathy** for holistic well being.

HEAL YOURSELF FROM WITHIN

**Deep Breathing
& Yoga**



**Diet rich in Vitamin-C,
& plenty of water**



**Ayurveda & Naturopathy
Treatments**



AYURVEDIC TREATMENTS



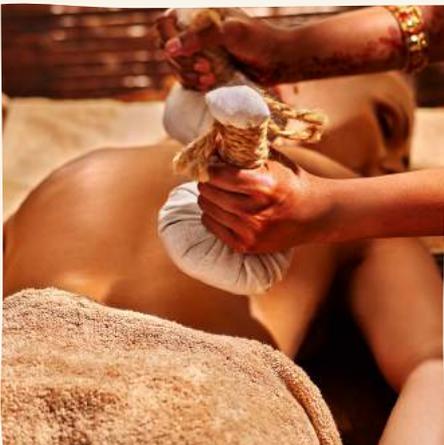
Abhyanga with Steam

A full-body oil massage which is nourishing, pacifies the doshas, relieves fatigue, provides stamina, pleasure and perfect sleep, enhances the complexion and nourishes all parts of the body



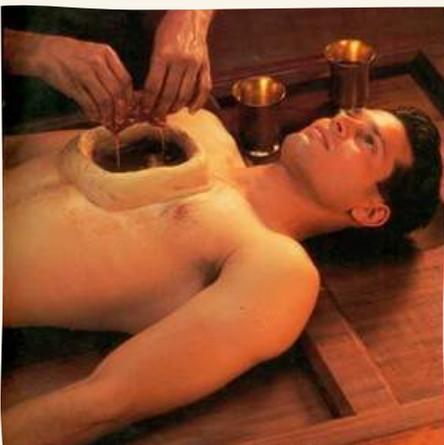
Shirodhara

This is traditionally used to calm the nerves, harmonize vata constitutions and release stored emotions. It helps with fatigue, anxiety, insomnia, headache and other conditions affecting people in today's fast lifestyle



Potli Massage

Therapy is done using heated herbal pouches also known as potlis that are used to rejuvenate, relax, nourish and they have a therapeutic effect on the body



Hridbasti

This procedure is bathing the heart region using warm medicated oils or herbal decoctions or medicated ghee depending on the condition

... and many more ...

NATUROPATHY TREATMENTS



Full Body Massage

Massage therapy increases the blood flow, removing stiffness, weariness, and pain from muscles and this can work in conjunction with some of the other naturopathic therapies



Kansavati Foot Massage

Kansa bowl massage is given to the feet, usually with warmed up ghee. The combination helps to relieve any cardiovascular problems, nervous system ailments and excess Doshas in the body



Spine Bath

The bath provides a soothing effect to the spinal column and thereby influences the central nervous system. The bath, hot and cold wraps and enemas help to get rid of the toxins we do not want



Hot Hip Bath

A Hip Bath improves the efficiency of the liver, large intestine, stomach, and kidneys

... and many more ...

TESTIMONIAL

Mr. Sohanlal Jain

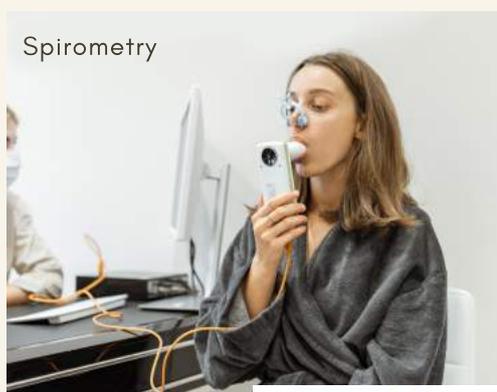
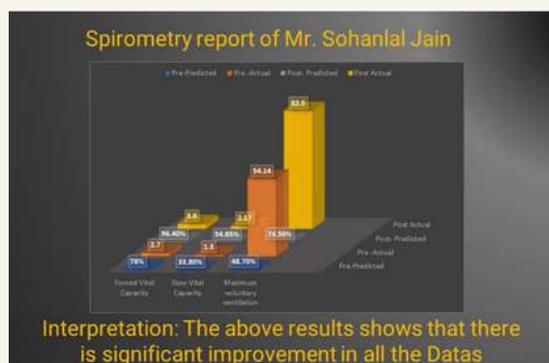
"Probably 50% my lungs were working and I was feeling breathlessness. I was unable to walk 100 meters."

"When I reached here (Kaivalyadham) my mind and body was not synchronized"

"Yoga aasanas and pranayama helped me a lot. That is my experience"

"They explained everything in so much detail to me."

"All the members here are just like family members"



Dynamometer



SCIENTIFIC RESULTS

Spirometry is mainly done to diagnose respiratory tract infections or breathing related problems. It is a measure of lung capacity.

Back leg chest dynamometer to be used for measurement of strength of major muscle groups. It has been observed that post COVID, we suffer muscle fatigue, joint pain and muscle weakness.

14-Day Program Pricing:

- Single Room & One Participant: INR. 1,30,000/-
- Double Room & One Participant: INR. 1,55,000/-
- Double Room & Two Participants: INR. 1,80,000/-

Shorter Duration Program Pricing:

- Single Room & One Participant: INR. 10,000/- per day
- Double Room & One Participant: INR. 11,100/- per day
- Double Room & Two Participants: INR. 13,000/- per day

(Above rates are inclusive of GST)

Inclusions:

- Morning & Evening Yoga Therapy Sessions
- Two Naturopathy or Ayurvedic treatments per day
- Periodic tests like Spirometry and others for lung capacity, muscle strength monitoring
- Mental wellness and Sleep Quality Monitoring
- Special Vitamin C, fibre rich, low fat, Zinc rich diet
- Accommodation in the Cypress Suite (450 sft.) at Rhythm Lonavala
- Complimentary high speed wi-fi
- Delicious & healthy satvik meals for breakfast, lunch and dinner
- Morning & Evening Herbal Tea

Please Note:

- The accommodation, meals & yoga sessions are provided at Rhythm Lonavala, which is a 5-star resort. The ayurvedic and naturopathy treatments are carried out at Kaivalyadham which is a very short distance from Rhythm Lonavala. Guests are encouraged to use their own vehicle or walk the distance. In case transportation is required, it can be provided at an additional cost
- The program runs on a Sunday initiation basis and then continues for 14 nights. The first day is reserved for arrival, doctor consultations and familiarization. Guests are requested to arrive by 1:00 pm on the first day
- A negative RT-PCR test report from 72 hours prior to check-in will be required to be sent ahead of check-in



RHYTHM OF LIFE

Wellness

T: 8767 752 752

E: info@rhythmhospitality.com

W: www.rhythmlonavala.in




RHYTHM LONAVALA
Celebrating the Rhythm of Life



KAIVALYADHAMA

Where Yoga tradition and Science meet