

ZEN RESORT AYURVEDA YOGA DIVING WELLNESS PROGRAMMES

1. ZEN RESORT AYURVEDA YOGA WELLNESS PACKAGES

AYUR3 RELAXATION (3 Nights/ 4 Days)

AYUR5 REJUVENATION (5 Nights/ 6 Days)

AYUR7 PURIFICATION (7 Nights/ 8 Days)

AYUR13 HEALTH (13 Nights/ 14 Days)

AYUR21 WELLNESS (21 Night/22 Days)

2. AYUR7 and AYUR13 Stress Release Ayurveda Programme

AYUR7 STRESS RELEASE (7 Nights/ 8 Days)

AYUR13 STRESS RELEASE (13 Nights/ 14 Days)

3. AYUR7 and AYUR13 Slimming Ayurveda Programme

AYUR7 SLIMMING (7 Nights/ 8 Days)

AYUR13 SLIMMING (13 Nights/ 14 Days)

4. AYUR5 and AYUR7 Zen Scuba Diving Experience

AYUR5 ZEN SCUBA DIVING (5 Nights/ 6 Days)

AYUR7 ZEN SCUBA DIVING (7 Nights/ 8 Days)

ZEN RESORT AYURVEDA YOGA WELLNESS PACKAGES (AYUR3 to AYUR21)

Note: All Zen Resort Wellness Packages include transportation to and from Zen, air-conditioned sea-view villa accommodation and all meals (breakfast, lunch and dinner), one Sunrise Dolphin Sail and daily flowers and fruit basket, morning yoga, pranayama & meditation and four hands ayurvedic treatments and scuba diving as specified in the package.

AYUR3 RELAXATION (3 Nights/ 4 Days)

*Double Occupancy Euro 150 per night per person;
Single Supplement Euro 20 per Night
Eight Ayurvedic and Spa treatments per person*

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath
Day 2: Yoga; Abhyanga Oil; Shirodhara; Avagaha Sweda
Day 3: Yoga; Njavarakhizi; Bashpasweda
Day 4: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR5 REJUVENATION (5 Nights/ 6 Days)

*Double Occupancy Euro 145 per night per person;
Single Supplement Euro 20 per Night
Eleven Ayurvedic and Spa treatments per person*

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath
Day 2: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda
Day 3: Yoga; Abhyanga Oil; Shirodhara; Snana
Day 4: Yoga; Visit Banjar Hot Natural Springs, Forest walk, Vihara Buddhist Temple
Day 5: Yoga; Podikizhi; Bashpaswedaa
Day 6: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR7 PURIFICATION (7 Nights/ 8 Days)

*Double Occupancy Euro 140 per night per person;
Single Supplement Euro 20 per Night
Fifteen Ayurvedic and Spa treatments per person*

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath
Day 2: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda
Day 3: Yoga; Podikizhi; Bashpasweda
Day 4: Yoga; Visit Banjar Hotsprings, Rainforest walk, Vihara Buddhist Temple
Day 5: Yoga; Abhyanga Oil; Shirodhara; Snana
Day 6: Yoga; Rice field Trekking and Visit to Munduk Waterfalls
Day 7: Yoga; Marma; Netradhara; Karnapooranam; Bashpaswedaa
Day 8: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR13 HEALTH (13 Nights/ 14 Days)

Double Occupancy Euro 135 per night per person;

Single Supplement Euro 20 per Night

Thirty Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 3: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda

Day 4: Yoga; Banjar Hot Natural Springs, Rain forest walk, Vihara Temple

Day 5: Yoga; Marma; Shiroabhyanga; Bashpasweda

Day 6: Yoga; Abhyanga Fruit; Snana; Hair Cream Bath

Day 7: Yoga; Pizchilil; Avagaha Sweda

Day 8: Yoga; Rice field Trekking and Visit to Munduk Waterfalls

Day 09: Yoga; Podikizhi; Shirodhara, Bashpasweda

Day 10: Yoga; ElaKizhi, Talapotichil, Snana

Day 11: Yoga; Udwartna, Karna Pornam, Avagha Sweda

Day 12: Yoga; Open Chakra

Day 13: Yoga; Abyangam Oil, Netradhara, Baspasweda

Day 14: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR21 WELLNESS (21 Night/22 Days)

Double Occupancy Euro 130 per night per person;

Single Supplement Euro 20 per Night

Forty Seven Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 3: Yoga; Udwartana; Sarvangadhara; Avagaha Sweda

Day 4: Yoga; Marma; Shiroabhyanga; Bashpasweda

Day 5: Yoga; Abhyanga Fruit; Snana; Hair Cream Bath

Day 6: Yoga; Natural hot Springs, Rain Forest Walk, Vihara Temple

Day 7: Yoga; Pizchilil; Avagaha Sweda

Day 8: Yoga; Podikizhi; Shirodhara, Bashpasweda

Day 9: Yoga; Open Chakra

Day 10: Yoga; Rice field Trekking and Visit to Munduk Waterfalls

Day 11: Yoga; Udwartana, Karna Pooranam; Snana

Day 12: Yoga; Abhyanga Oil; Shirodhara; Bashpasweda

Day 13: Yoga; Abhyanga Oil; Bashpasweda

Day 14: Yoga; ElaKizhi, Talapotichil, Snana

Day 15: Yoga; Udwartana, Avagha Sweda

Day 16: Yoga; Shiro Abhyangam, Bashpasweda

Day 17: Yoga; Navarakizhi, Sundararya Varddhini, Snana

Day 18: Yoga; Open Chakra

Day 19: Yoga; Podikizhi; Bashpasweda

Day 20: Yoga; Marma Energy; Snana

Day 21: Yoga; ElaKizhi, Shirodhara, Avagha Sweda

Day 22: Sunrise Dolphin sail; Ayurveda Facial or Hair Cream Bath

AYUR7 and AYUR13 Stress Release Ayurveda Programme

AYUR7 STRESS RELEASE (7 Nights/ 8 Days)

Single Occupancy Euro 170 per night per person;

Single Supplement Euro 20 per Night

Eighteen Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath
Day 2: Yoga (2 Sessions); Abhyanga Oil; Shirodhara; Bashpa Sweda
Day 3: Yoga (2 Sessions); Open Chakra; Padabhyanga; Bashpa Sweda
Day 4: Yoga; Visit Banjar Hotsprings, Rainforest walk, Vihara Buddhist Temple
Day 5: Yoga (2 Sessions); Shiro Abhyangam; Sarvangadhara; Snana
Day 6: Yoga (2 Sessions); Abhyanga Oil; Shirodhara; Bashpa Sweda
Day 7: Yoga (2 Sessions); Abhyanga Fruit; Talapotichil; Bashpa Sweda
Day 8: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR13 STRESS RELEASE (13 Nights/ 14 Days)

Single Occupancy Euro 160 per night per person;

Single Supplement Euro 20 per Night

Thirty Six Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath
Day 2: Yoga (2 Sessions); Abhyanga Oil; Shirodhara; Bashpa Sweda
Day 3: Yoga(2 Sessions); Open Chakra; Sarvangadhara; Avagaha Sweda
Day 4: Yoga; Banjar Hot Springs, Rain forest walk, Vihara Temple
Day 5: Yoga(2 Sessions); Padabhyanga; Shiro Abhyanga; Bashpasweda
Day 6: Yoga(2 Sessions); Abhyanga Fruit; Shiropichu; Snana
Day 7: Yoga(2 Sessions); Urovasti; Talapotichil, Avagaha Sweda
Day 8: Yoga(2 Sessions); Shiro Abhyanga, Shirovasti, Nasya, Snana
Day 09: Yoga(2 Sessions); Abhyanga Oil; Shirodhara, Bashpasweda
Day 10: Yoga(2 Sessions); Padabhyanga, Sarvangadhara, Avgaha Sweda
Day 11: Yoga; Open Chakra, Naradhara; Nasya
Day 12: Yoga(2 Sessions); Pizhichil, Bashpasweda
Day 13: Yoga(2 Sessions); Abhyanga Oil, Shirodhara, Baspasweda
Day 14: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR7 and AYUR13 Slimming Ayurveda Programme

AYUR7 SLIMMING (7 Nights/ 8 Days)

Single Occupancy Euro 170 per night per person;

Single Supplement Euro 20 per Night

Sixteen Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga (2 Sessions); Udvartana; Padabhyanga; Bashpa Sweda

Day 3: Yoga (2 Sessions); Open Chakra; Elakidhi

Day 4: Yoga; Banjar Hotsprings, Rainforest walk, Vihara Temple

Day 5: Yoga (2 Sessions); Udvartana; Padaghata;

Day 6: Yoga (2 Sessions); Udvartana; Shirodhara; Avgaha Sweda

Day 7: Yoga (2 Sessions); Udvartana; Abhyanga Oil; Bashpa Sweda

Day 8: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR13 SLIMMING (13 Nights/ 14 Days)

Single Occupancy Euro 160 per night per person;

Single Supplement Euro 20 per Night

Thirty Four Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga (2 Sessions); Udvartana; Padabhyanga; Bashpa Sweda

Day 3: Yoga(2 Sessions); Open Chakra; Choorna Sweda; Snana

Day 4: Yoga; Banjar Hot Springs, Rain forest walk, Vihara Temple

Day 5: Yoga(2 Sessions); Udvartana; Shiro Abhyanga; Bashpasweda

Day 6: Yoga(2 Sessions); Udvartana; Padaghata; Sweda

Day 7: Yoga(2 Sessions); Marma Energy; Talapotichil, Avagaha Sweda

Day 8: Yoga(2 Sessions); Udvartana, Shirodhara, Bashpa Sweda

Day 09: Yoga(2 Sessions); Abhyanga Oil; Choorna Sweda, Snana

Day 10: Yoga(2 Sessions);Udvartana, Padabhyanga, , Avgaha Sweda

Day 11: Yoga(2 Sessions); Udvartana, Padaghata, Snana

Day 12: Yoga(2 Sessions); Open Chakra, Elakizhi

Day 13: Yoga(2 Sessions); Abhyanga Oil, Shirodhara, Baspasweda

Day 14: Sunrise Dolphin Sail; Ayurvedic Facial

AYUR5 and AYUR7 Zen Scuba Diving Experience

This is a unique combination package to give a unique Zen Dive experience of harmony with your body, mind and spirit and appreciating the unique harmony and living beauty of the underwater marine environment. Start the day with yoga, meditation and pranayama to awaken the senses. Go diving in the morning to see and explore the rich sea-life either at Puri Jati, Menjangan island, Permuteran and Tulamben. Unwind and refresh at Zen with an hour long Ayurvedic massage with two therapists working in harmony.

AYUR5 Zen Scuba Diving (5 Nights/ 6 Days)

Double Occupancy Euro 165 per night per person;

Single Supplement Euro 20 per Night

Eleven Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 3: Yoga; Zen Pool Scuba Diving Experience

Day 3: Yoga; 2 Scuba Dives at Menjanagn Island

Day 4: Yoga; Banjar Hot Springs; Vihara Temple; Open Chakra Ayurveda

Day 5: Yoga; 2 Scuba Dives at Tulamben

Day 6: Sunrise Dolphin Sail, Marma, Departure

AYUR7 Zen Scuba Diving (7 Nights/ 8 Days)

Double Occupancy Euro 155 per night per person;

Single Supplement Euro 20 per Night

Seven Ayurvedic and Spa treatments per person

Day 1: Afternoon Arrival; Mandi Lulur- Traditional massage and Floral Bath

Day 2: Yoga; Abhyanga Oil; Shirodhara; Snana

Day 3: Yoga; Zen Pool Scuba Diving Experience

Day 4: Yoga; 2 Scuba Dives at Menjanagn Island

Day 5: Yoga; Open Chakra Ayurveda

Day 6: Yoga; Rice field Trekking and Visit to Munduk Waterfalls

Day 7: Yoga; 2 Scuba Dives at Tulamben

Day 8: Sunrise Dolphin Sail; Marma Energy, Departure