




Rejuvenation,
Detox, &
Stress Management



EXPERIENCE TOTAL BLISS
**WITH OUR HASSLE-FREE
RETREATS**


anahata[®]
— RETREATS —

**THIS RETREAT WILL
LEAVE YOU FEELING
RENEWED, REVITALIZED,
AND FULL OF ENERGY TO
FACE ANY CHALLENGE
THAT COMES YOUR WAY.**



Retreats of rejuvenation, detox, or stress management at Anahata Retreats in Colombia can provide a unique and transformative experience that can help individuals improve their physical, mental, and emotional well-being.

With the professional support of the hotel staff and the peaceful natural surroundings, individuals can develop new skills, gain insights, and leave feeling refreshed and rejuvenated.



REJUVENATION:

A rejuvenation retreat can help individuals feel refreshed and revitalized. The retreat offers opportunities to engage in activities such as yoga, meditation, and massage therapy that can promote relaxation and reduce stress. The natural setting and peaceful environment of the hotel can also contribute to a sense of rejuvenation.

DETOX

A detox retreat can help individuals eliminate toxins from their body and improve their overall health. The retreat offers healthy meals, juices, and other detoxifying practices such as sauna and hydrotherapy that can help eliminate toxins from the body. The natural surroundings and peaceful environment can also support the detoxification process.

STRESS MANAGEMENT:

A stress management retreat at Hotel Anahata can help individuals learn new skills and techniques to manage stress effectively. The retreat offers workshops and classes on mindfulness, meditation, and other stress-reducing practices that can help individuals develop coping strategies and improve their overall resilience.

4 NIGHTS ALL INCLUDED.

- ◆ Ayurvedic consultation
- ◆ Chakra Alignment with translation
- ◆ 8 Therapies or Massages
- ◆ Daily Meditation (Meditation with singing bowls, Meditation with horses and Guided meditation in shala with natural reserve view.
- ◆ 4 yoga classes
- ◆ Pranayama Daily classes
- ◆ 3 Organic meals + tea time per day
- ◆ Deluxe accommodation cabin with a view.
- ◆ Staff to provide the best care
- ◆ 24 hour surveillance

EXPO RATE

- ◆ **Single accommodation:**
\$2,100 USD per person
- ◆ **Double accommodation:**
\$1,700 USD per person
- ◆ **Triple Accomodation:**
\$1,500 USD per person

DEPOSIT



Non-Refundable Deposit and Cancellation Policies
In case of cancellation, the deposit will not be refunded.
However, if the cancellation is made within a specified time frame before the scheduled date of the service, the deposit may be applied towards a future booking.
The specific cancellation policy will be communicated to you at the time of booking.

NATIONAL PAYMENT

BANCOLOMBIA
Savings Account
18700000419
Name
Anahata Farms S.A.S
Nit
901144394

INTERNATIONAL PAYMENT

REQUEST PAYMENT LINK
melanie@anahataretiros.com
Zelle
mmoralescalderon@gmail.com

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