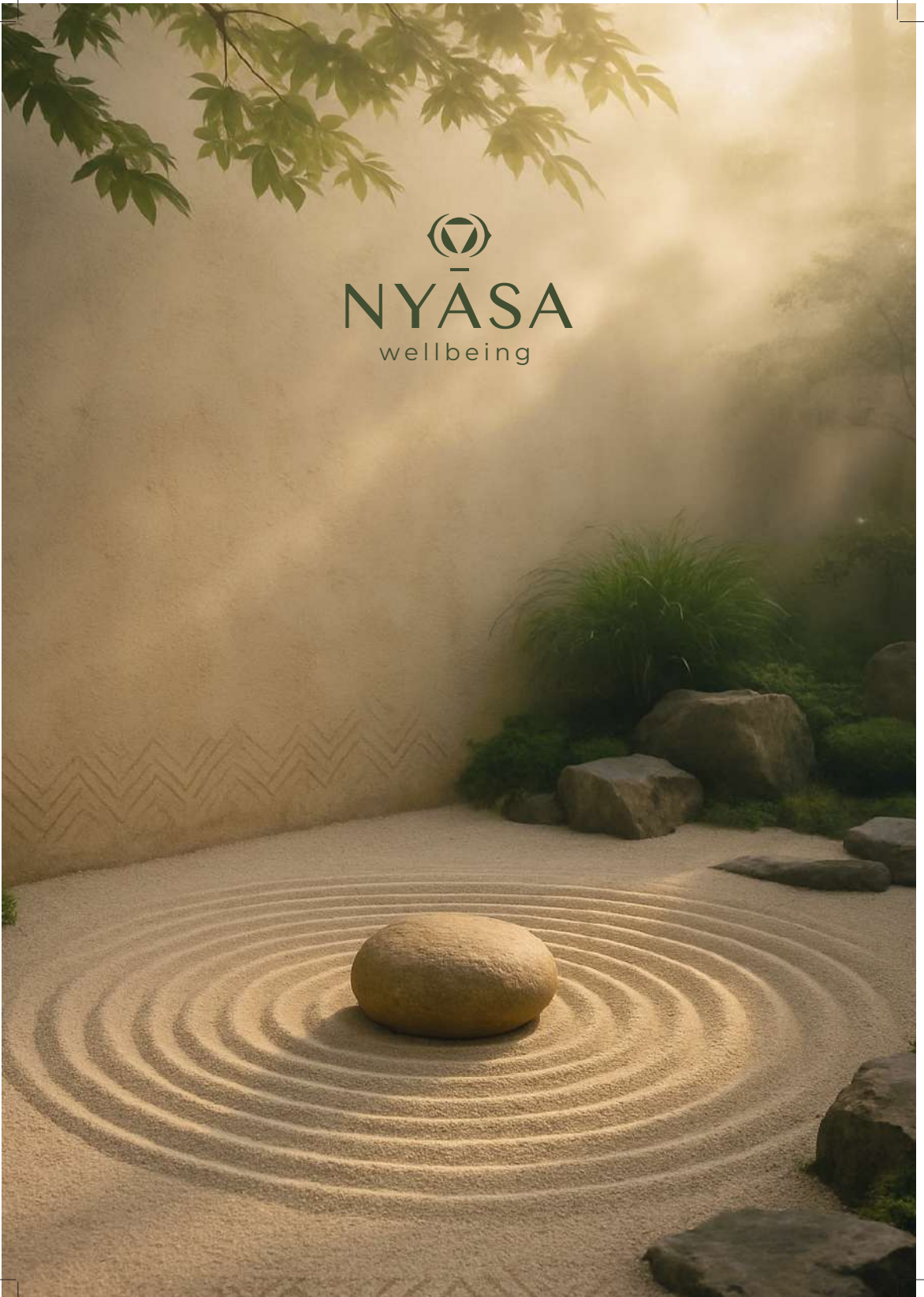




NYASA  
wellbeing



## CONTENTS

Nyāsa Wellbeing	2
Nyāsa Lifestyle	3
Therapies & Treatment Menu	4
Yoga	7
Root & Rise - <i>A Signature Nyasa Wellbeing Program</i>	8



## NYĀSA WELLBEING

*Purity. Divinity. You.*

Welcome to Nyāsa Wellbeing, a sanctuary where tradition meets the contemporary soul — Nyāsa is more than a place. It is a movement — one that invites you to honour the past, live fully in the present.

### *Rooted in Yogic Wisdom*

At Nyāsa, we honour the depth of India's ancient traditions — not as rituals of the past, but as living tools for balance, clarity, and transformation. Yoga, breath, and mindful presence form the heart of our philosophy, inviting you to move inward with intention.

### *Designed for the Modern Soul*

Slow down and tune in to the natural world with our guided nature walks. These walks are meditative, grounding, and perfect for reconnecting with your surroundings and your inner self.

### *Wellness as a Way of Life*

Our energetic fitness classes include bodyweight training, core work, and dance-based movement. These sessions are designed to build resilience, improve posture, and boost endorphins—leaving you feeling both strong and light.



## Nyāsa Lifestyle

Nyāsa is not only about what you do — it is about how you feel, live, and connect with the world around you. It is waking with the sun to chants and mindful movement.

It is journaling in the garden with a cup of herbal tea. It is feeling held in community, yet free to wander inward.

It is conscious design, nourishing food, unhurried conversations, and quiet joy. The Nyāsa lifestyle is intentional, grounded, and joyfully simple — a daily choice to live with presence, purpose, and ease.



Nature



Presence



Belonging



Tradition



## THERAPIES & TREATMENT MENU

At Nyasa, we believe wellbeing awakens every part of you — body, senses, and spirit.

Each treatment is a dance of touch, scent, sound, and flow, inspired by the five elements: Earth for strength, Water for movement, Fire for energy, Air for freedom, and Ether for space.

Every journey is more than just a massage — it's a fresh reset for body and mind, leaving you lighter, brighter, and reconnected with yourself.



## Signature 90-Minute Therapies

\*All prices are excluding taxes

### Vital Flow

Sports Recovery Ritual

INR 6,500

Strong, targeted strokes and deep stretches release built-up tension. Herbal oils sharpen focus, while warmth and movement restore your body's natural rhythm. Perfect for those who love to stay active and want to feel light, free, and recharged.

### Stone Grounding

Deep Tissue with Hot Stones

INR 6,500

Smooth heated stones melt deep tension and calm restless energy. The grounding heat and essential oils center you in the moment, leaving you aligned, relaxed, and deeply present.

### Whisper of Elements

Aromatic Poultice & Chimes

INR 6,500

Heated salt poultices relax your body, while aromatic oils create a soft, soothing cloud around you. Gentle massage strokes calm the system, and the delicate tones of Koshi chimes carry you into deep, restorative rest.

### Flow State

Lymphatic Drainage with Cupping & Reflexology

INR 6,500

Gentle wave-like strokes and cupping release heaviness and clear blockages, while reflexology sparks balance throughout the system. A detox oil blend completes the reset — leaving you lighter, fresher, and fully renewed.

### Glow Ritual

Scrub & Custom Massage

INR 6,500

Smooth, radiant skin meets total body release. Begin with a revitalizing scrub that awakens the skin, then melt into a customized massage that eases away tension. You'll step out glowing, energized, and refreshed.

# Essential 60-Minute Therapies

\*All prices are excluding taxes

## Deep Release

Deep Tissue Massage INR 5,200

Firm strokes release muscle knots, ground the body, and restore natural strength and alignment.

## Aroma Drift

Aromatherapy Massage INR 5,200

Soft, flowing strokes and bespoke essential oils transport you to a state of calm and lightness.

## Lymph Flow

Lymphatic Drainage Massage INR 5,200

Light, rhythmic pressure clears stagnation, leaving you refreshed, lighter, and full of flow.

## Headspace

Head, Neck & Shoulder Therapy INR 5,200

Melt away the stress of long hours and heavy days. Focused strokes ease tight shoulders, flowing scalp massage lifts mental fog, and facial acupressure brings clarity and calm.

## Sole Reset

Reflexology Therapy INR 5,200

Ground yourself through your feet. Pressure on key reflex points restores balance, energizes the organs, and leaves you centered, refreshed, and ready to move forward.



# Yoga

At Nyāsa, every offering is designed to help you reconnect with yourself — gently, joyfully, and with intention.

Experience daily yoga sessions that blend movement, breathwork, and mindfulness. Suitable for all levels, these classes gently stretch and strengthen the body while calming the nervous system.

Our Classical Yoga, Pranayam & Yoga Nidra practices at Nyāsa pay homage to India's timeless Yogic tradition. They are rooted in the simple, yet profoundly transformational classical approach to Hatha & Raja Yoga.

Whether dynamic or restorative, each class is a journey inward that serves as an antidote to the stress of modern lifestyles.

Prepare to find your balance once more.

## Private Yoga & Meditation Sessions

INR 5,200

A holistic private session combining movement and mindfulness for you or your group.

Begin with an energizing or restorative yoga practice to prepare the body, followed by guided meditation to center the mind. This complete journey supports physical vitality, emotional balance, and deep relaxation- a reset for body and spirit.



# ROOT & RISE - A SIGNATURE NYASA WELLBEING PROGRAM

## A 3 Night Yogic Immersion

This programme has been designed for those seeking more than just relaxation—a journey into clarity, self-awareness, and inner alignment. Blending classical yoga, philosophy, breathwork, and personal coaching, this experience helps you root into your inner self and rise into your most intentional life.

Each day at Root & Rise unfolds over 4.5 hours of guided practices and coaching designed to balance energy, wisdom, and rest.

The Root & Rise immersion is designed for both seasoned practitioners and those simply seeking to bring yoga into daily life. Surrounded by Nyāsa's serene landscapes and gentle walking trails, you'll rediscover physical vitality, mental clarity, and emotional ease.

**Visit our website for further details.**



## PROGRAMMES & EVENTS

From intimate workshops to immersive getaways, explore upcoming retreats, masterclasses, and seasonal celebrations.

For an updated list of events on our calendar, visit our website.

[www.nyāsawellbeing.com](http://www.nyāsawellbeing.com)

