



ANAYATA

WELLBEING

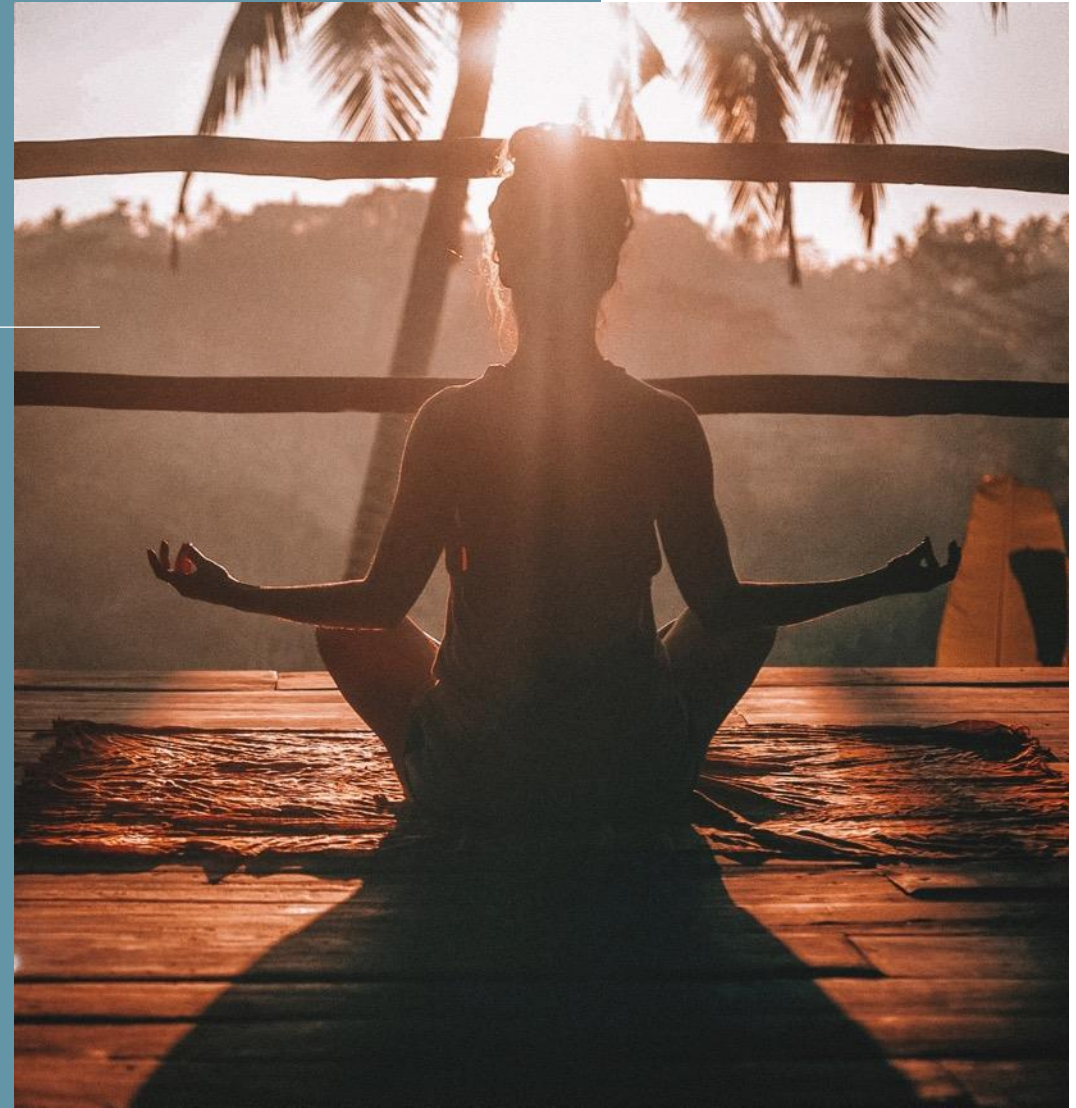
WHO WE ARE

ABOUT ANAYATA WELLBEING

Anayata Wellbeing Retreats offer the perfect location and environment in which to attain Physical, Mental, Emotional & Spiritual health and balance. Our wellness programs have been created to help you detox, heal, reboot and rejuvenate.

Having successfully offered Detox, Yoga and Fitness retreats in Thailand for several years, we realized a need to open up our offer to other destinations. This journey begins on the shores of the Red Sea in the mystical land of Jordan where we offer traditional cleansing and wellness retreats within an opulent middle-eastern setting.

Our retreat is located within stunning and peaceful settings which along with our international team of experienced coaches, healers and trainers, provide just the setting in which to take this journey to excellent health, joy and longevity!



An underwater photograph of a coral reef, showing various types of coral and fish swimming in clear blue water. The scene is brightly lit, with sunlight filtering through the water, creating a shimmering effect on the coral and fish.

ABOUT
OUR PROGRAMS

ABOUT OUR PROGRAMS

Our founders, have through their own experiences and healing journeys created the perfect detox, yoga, fitness and healing retreat programs that will bring you that balance.



Anayata offers you a special gut cleansing drink which helps the body flush the toxins and eliminate the harmful bacteria creating an unobstructed path for essential nutrients to filter into your body and reduce food cravings. This special drink applies to all programs.



Our special blend of organic all natural supplements offer an extra-strength formula to stimulate colon cleansing and facilitate the ability of the elimination system to function on its own.

Helps to flush toxins out of the intestinal tract, while supporting colon health and changing the bacteria memory of cravings and addictions into healthier ones in addition to its appetite suppressants advantages.



DAILY PROGRAM SCHEDULE



MORNING SCHEDULE

- 8:00 AM** • Detox Drink
• 2 Super Green supplements
• Breathing (live session)
- 8:30 AM** • Yoga (live session)
- 9:30 AM** • Meditation (live session)
- 10:00 AM** • Juice Of Choice
• 2 Intestinal Cleanse supplements
- 10:30 AM** • 2 Super Green Supplements
- 11:00 AM** • Detox Drink
• Optional Therapy session (depending on your program)



AFTERNOON SCHEDULE

- 12:00 PM** • Tea of Choice
• Group Talks
- 1:00 PM** • Juice Of Choice
• 2 Super Green supplements
• 2 Intestinal Cleanse supplements
- 3:00 PM** • Juice Of Choice
• 2 Super Green supplements



EVENING SCHEDULE

- 6:00 PM** • Yoga (live session)
• 2 Super Green supplements
- 6:30 PM** • Meditation (live session)
• 2 Intestinal Cleanse supplements
- 7:30 PM** • Guided Walk (optional during the program)
• Detox Soup
- 8:30 PM** • Detox Drink
- 9:30 PM** • Probiotics
- 10:00 PM** • Enema (optional)



JUICE DETOX PROGRAM

Simple but effective juicing protocol will release and flush out the major toxins held within the cells, organs and tissue of the body, restore a healthy PH level and reboot your innate immune system; leaving you feeling energized, and healthier than you have for years!

“Suitable seasoned detoxers or an absolute beginner.”

Freshly prepared fruit and vegetable juices to cleanse and reboot your body and boost immunity. Ideal for your annual deep cleanse or as a short break over a long weekend.

Toxicity and acidity are the underlying causes of all disease; combined with a compromised immune system, most of us in the modern world all too often find ourselves prey to illness and disease. This simple but effective juicing protocol will release and flush out the major toxins held within the cells, organs and tissue of the body, restore a healthy PH level and reboot your innate immune system; leaving you feeling energized, and healthier than you have for years!

The Anayata juice detox is suitable for you whether you are a seasoned detoxer or an absolute beginner.



Juice Detox Programs Inclusions	5 Days	7 Days	14 Days	1 Extra Day
Accommodation	4 Nights	6 Nights	13 Nights	-
Wellness Consultation	2	2	2	0
Body composition Analysis	2	2	2	-
Yoga Session	2 Daily	2 Daily	2 Daily	2
Meditation Session	2 Daily	2 Daily	2 Daily	2
Breathing Class	1 Daily	1 Daily	1 Daily	1
Juice Detox	3 Daily	3 Daily	3 Daily	3 Daily
Fresh Juice	3 Daily	3 Daily	3 Daily	3 Daily
Detox Soup	1 Daily	1 Daily	1 Daily	1 Daily
A full program of organic natural food supplements, intestinal cleanser and pro-biotic healthy bacteria replacement	Daily	Daily	Daily	Daily
Optional Enema	1 Daily	1 Daily	1 Daily	1
Optional Guided walks	1 Daily	1 Daily	1 Daily	1
Massage Therapy	1	2	4	0
Reiki Healing	1	1	2	0
Steam Room/Stay Fit Gym Access	Daily	Daily	Daily	Daily
Dance Therapy or Pilates	1 Optional	1 Optional	1 Optional	0
Price for 1 person	\$2,000	\$3,000	\$6,000	\$500
Price for 2 people sharing a double room	\$3,000	\$4,500	\$9,000	\$750

An aerial photograph of a beach. The left side shows a wide expanse of golden sand. Two surfers are walking away from the water, carrying their boards. Their long shadows are cast on the sand. The right side shows the ocean with gentle waves washing onto the shore. The text 'ABOUT OUR SERVICES' is centered over the image, flanked by two horizontal white lines.

ABOUT
OUR SERVICES



Holistic Therapies

Reiki Healing 100\$
Theta Healing 120\$
Cutting the ties that bind 120\$
Sound healing with Tibetan Bowls 100\$
Hypnosis 150\$
Emotional Code 70\$
Family Constellation 140\$

Spa Therapies

Half Body Massage 50\$
Detox Algae Wrap 55\$
Bio-Rhythm Body Wrap 70\$
Intense Regenerating Facial 105\$
Detoxifying Body Scrub 55\$
Healing Head Massage 55\$
Aquatic Body Scrub 120\$
Heart Chakra Massage 125\$
Pink Sand Scrub 120\$
Turkish Bathing Ceremony 140\$

Personal Classes

Personal Training 70\$
Personal Yoga Class 70\$
Pranayama Breathing Technique 70\$
Dance Therapy 60\$
Pilates 60\$

Extra Activities

Aqua Gym 60\$
Golf Club 50\$
Tennis 50\$
Cycling 50\$

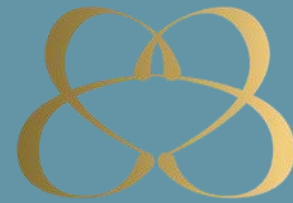
An aerial photograph of a coastline. The ocean is a vibrant turquoise color, with white foam from breaking waves visible. The waves are crashing against a dark, rocky shore. The text "ABOUT OUR LOYALTY PROGRAM" is centered in the middle of the image, flanked by two thin white horizontal lines.

ABOUT OUR
LOYALTY PROGRAM



SILVER

Accumulate a total of 25 days in your purchased balance & receive a 10% discount.



GOLD

Accumulate a total of 50 days in your purchased balance & receive a 15% discount.



DIAMOND

Accumulate a total of 75 days in your purchased balance & receive a 20% discount.



ARE YOU READY TO START
WITH US?