



ANAYATA

WELLBEING

WHO WE ARE

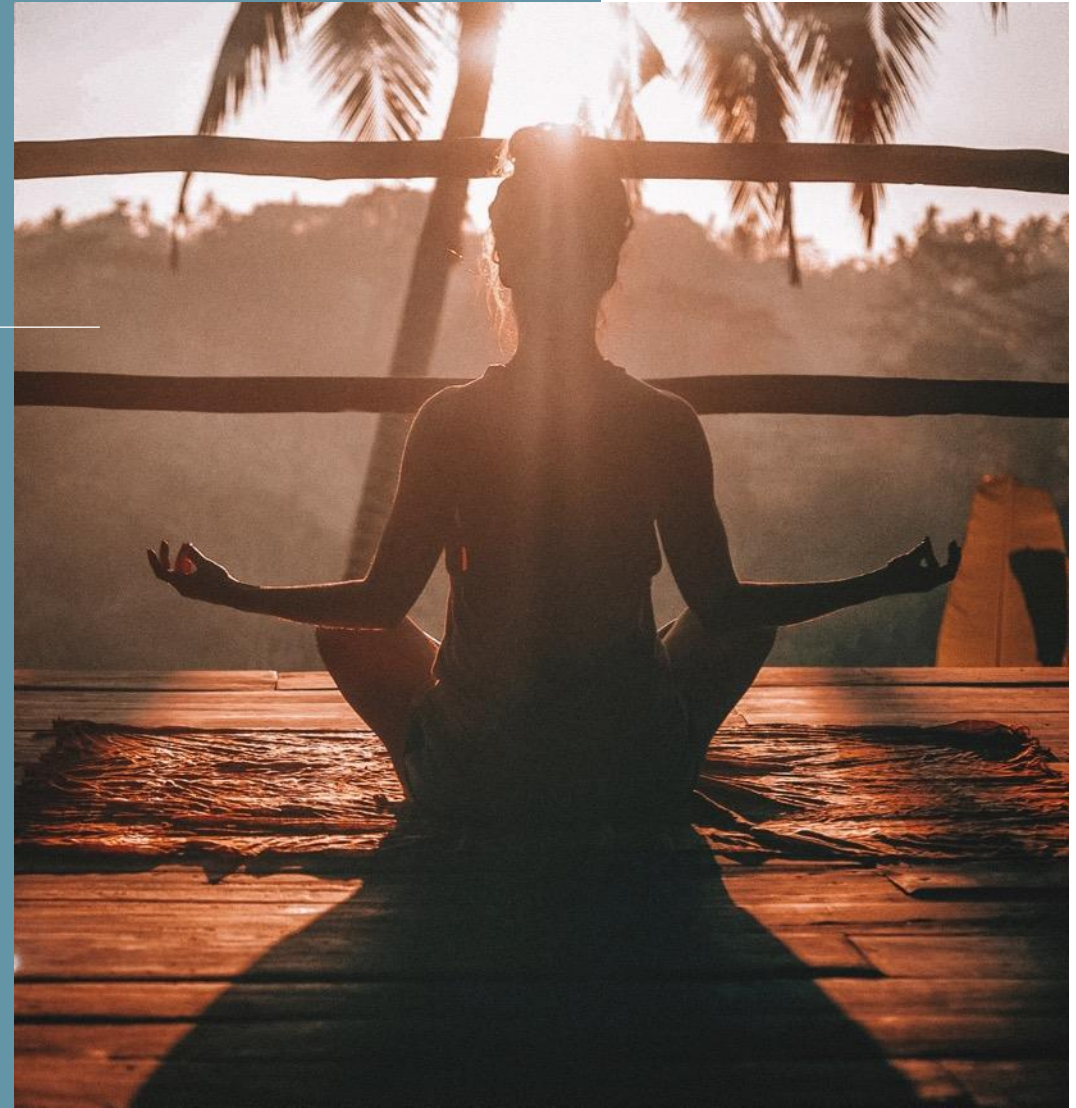
## ABOUT ANAYATA WELLBEING

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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 in clear, blue water. The scene is brightly lit, with sunlight filtering through the water, creating a shimmering effect on the coral and fish. The overall color palette is dominated by blues and greens.

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ABOUT  
OUR PROGRAMS

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# 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

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## 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)  
• 3 Weight Loss supplements - (only with weight loss program)



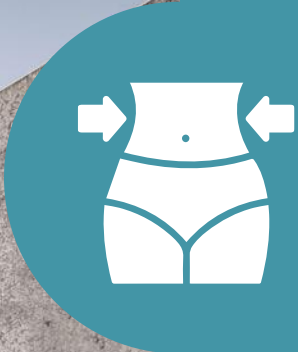
## AFTERNOON SCHEDULE

- 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
- 3:30 PM** • 3 Weight Loss supplements – (only with weight loss program)



## 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)



## WEIGHT LOSS DETOX PROGRAM

A personal schedule of yoga, personal training, spa & holistic treatments together with a healthy vegan and juice menu bringing the mind, body and spirit back to balance.

**“An opportunity to support your transition back to a healthier new lifestyle!”**

During an initial pre-cleanse, the body is charged with freshly prepared fruit and vegetable juices, along with vitamin, enzyme and mineral-rich raw food, ensuring that it is well-nourished in preparation for the fasting process.

This is followed by our juice fasting program, thoroughly cleansing the digestive tract, all the vital organs, and the bloodstream and supported with powerful herbs and supplements to maximize the potential of weight loss.

Before leaving, an opportunity to enjoy a delicious raw food post-cleanse menu to support your transition back to a healthier new lifestyle!

Weight Loss Detox Programs Inclusions	7 Days	14 Days	21 Days	1 Extra Day
Accommodation	6 Nights	13 Nights	20 Nights	-
Wellness Consultation	2	2	2	-
A Full program of organic natural food supplements, intestinal cleanser & pro-biotic healthy bacteria replacement	Daily	Daily	Daily	Daily
Body Composition Analysis	2	2	2	-
Detox Juices	3 Daily	3 Daily	3 Daily	3 Daily
Juice Of Choice	3 Daily	3 Daily	3 Daily	3 Daily
Detox Soup	1 Daily	1 Daily	1 Daily	1 Daily
Healthy Salads	2	2	2	-
End of Fast Fruits	1	1	1	-
Yoga & Meditation Class	2 Daily	2 Daily	2 Daily	2
Breathing	1 Daily	1 Daily	1 Daily	1
Group talks	1 Daily	1 Daily	1 Daily	1
Massage Therapy	2	3	4	-
Personal Training Sessions	3	6	9	-
Reiki Healing	1	2	3	0
Steam Room/Stay Fit Gym Access	Daily	Daily	Daily	Daily
Dance Therapy or Pilates	1 Optional	1 Optional	1 Optional	-
Optional Enema Guide	Daily	Daily	Daily	Daily
Take Home Guidelines	1	1	1	1
Price	\$3,500	\$7,000	\$10,500	\$500
Price for 2 people sharing a double room	\$5,250	\$10,500	\$15,750	\$750



An aerial photograph of a beach. Two surfers are standing on the sand, each with a surfboard. The surfboard on the left is white with a purple stripe, and the one on the right is yellow. Their shadows are cast long and dark on the sand. The ocean is to the right, with a white wave washing onto the shore. The water is a deep teal color. Two thin white horizontal lines are positioned above and below the text.

# ABOUT OUR SERVICES





## Holistic Therapies

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

## Spa Therapies

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Back neck and Shoulders Massage 50\$  
Detox Algae Wrap 70\$  
Bio-Rhythm Body Wrap 70\$  
Intense Regenerating Facial 105\$  
Detoxifying Body Scrub 70\$  
Healing Head Massage 70\$  
Aquatic Body Scrub 120\$  
Heart Chakra Massage 125\$  
Pink Sand Scrub 120\$  
Turkish Bathing Ceremony 140\$  
Full Body Massage 100\$

## Personal Classes

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

## Extra Activities

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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

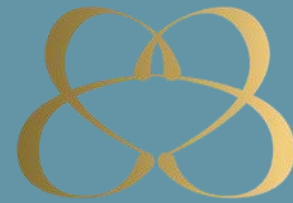




## SILVER

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



## GOLD

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



## DIAMOND

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



ARE YOU READY TO START  
WITH US?