

Let there be spaces in
your togetherness
and let the winds of
heaven dance
between you...



Marriage
is considered one of
the most important
rites of passage
across cultures.



SHIBANA
ONE WELLNESS

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In the **indian tradition**, marriage is considered a sacrament and not a contract. To celebrate this joyous occasion, festivities and rituals start almost a fortnight before the nuptial day .

There are many rituals performed to prepare the bride and the groom for the wedding, including **ayurveda** treatments to calm and relax the mind and body, ensuring that the bride and groom are **radiant** and glowing on their special day.

In keeping with this concept from the country steeped in culture and tradition, which is also the country of my birth, the country of my childhood, and the country where I experienced and went through many beautiful traditions and rituals through every stage of life...

I am offering **ayurveda** and wellness retreats for **bride& groom**.



These retreat will be offered in a beautiful space in **इन्टा डि**, or the space and location of your choice, keeping in mind the cost of any travel.



पार्वण

one = two days
a glimpse within

- two yoga sessions
- one body treatment.
- one face treatment.
- ayurveda balanced juices all day
- a special ritual which will involve prayers, visualization, and exchange of flower garlands

चार दिन

balance your doshas, center your life

- two yoga sessions daily
- one body treatment per person daily
- one all natural ayurveda face treatment per person daily
- meditation and mantra to bring harmony, love and balance into the new life daily
- food, teas and herbs to balance and cleanse
- a puja (special prayer ceremony) to bless the couple on their new journey on the final day

द्वारण = fourteen days

*shape your body,
stretch your spirit, find your center*

- one individual workout session daily
- two yoga sessions daily
- one body treatment daily
- one face treatment daily
- special food plan after determining your needs
- one day of ayurveda juices
- a puja involving mantras and meditation.

all packages can be offered for bride and groom together or seperately