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the

## ananda spa

The Spa focuses on India's ancient sciences of Yoga, Ayurveda and Vedanta and integrates the best of International Wellness Treatments.

21 Luxurious Therapy Rooms

2 Relaxation Rooms

4 Consultation Rooms

5 Yoga Venues

Ayurvedic Therapy Rooms

Oriental Therapy Rooms

Hydrotherapy Areas

International Therapy Rooms

Fitness Centre with a 16 Station

Life-fitness Gym for Cardio, Strength  
Training and Aerobics

Kama Suite for Couples Therapy

Heated Lap Pool

## viceregal palace

The Palace of the former Maharaja of Tehri-Garhwal covers a large area, to which









[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]



# visiting master sessions

Ananda offers special private sessions and workshops with our visiting specialists.

These teachers, therapists, healers, ayurvedic doctors and guides come to us from around the world. They share their talent and

