

GROUP GETAWAYS

*Feeling too much? Get away from it all at our Ayurveda
Wellness Retreat in a 100-acre man-made forest in Jhansi*



shatam jeeva
By Baidyanath





LIFE IN BALANCE

Perhaps now more than ever, we need room to find balance, mindfulness, and peace. We need opportunities to discover or rediscover the path to a more rewarding, more fulfilling life. And we need to find new ways to reconnect in our changed world.

Shatam Jeeva, amid **100 expansive acres in Jhansi**, UP, is an Ayurveda Wellness Retreat where guests can achieve all of those things with those who matter most. Here, our inclusive packages and programming harness the energy of the seasons, with amenities, and wellness activities and Ayurveda therapies.

It is designed to create a life of harmony and balance through a holistic approach of **Ayurveda, Yoga, and Sattvic living** and it's the ideal setting for your escape.

100+ YEARS AYURVEDA EXPERTISE

With organic & locally produced herbs and ingredients, tailor-made programs, healing workshops farm to table cuisine and expertise in Ayurveda, Shatam Jeeva enables longevity, rejuvenation, and vitality.



Ayurveda, Yoga & Sattvic Living

FOCUS ON THE COMPANY. WE'LL PROVIDE THE CALM.

Busy lives often keep us from making time to truly connect with the ones we love, so Shatam Jeeva was designed to put your focus on your personal tribe. Whether you bring family or friends, our wellness programs are curated by elite Ayurveda specialists who develop tailored itineraries that lead to mindful journeys.

Progress toward self-discovery and forge stronger bonds with those closest to you.

From innovative Ayurveda treatments that renew the body to shared wellness activities and programs that renew the soul, each memorable Shatam Jeeva experience helps nourish connection.

Our culinary program pleases your palate with health-conscious cuisine, and intimate spaces along with wide-open expanses provide a wealth of opportunities for private gatherings.

@ShatamJeeva



Celebrate. Reunite. Unwind.

FOR YOUR CONFIDENCE, CONVENIENCE, AND COMFORT

Our top priority for welcoming guests and colleagues/family or friends to our retreat in Jhansi is doing so with your wellbeing in mind.

That's why we have elevated our cleaning and sanitation standards, introduced enhanced safety measures, and implemented a Commitment to Cleanliness that goes above and beyond Industry's already-rigorous protocols.

A genuinely holistic approach to wellness is applied that promotes health and enhance healing. Designs that engage all our guest's senses and connect with them physically, emotionally, spiritually, and intellectually.

To learn more about what you can expect from your Shatam Jeeva Life, please visit shatamjeeva.life or connect with our Experience Planner at +91 70070 77351.





Ayurveda = Ayu(Life) + Veda(Science) = Science of Life

INNOVATION, BLENDED WITH TRADITION

To enable longevity, rejuvenation, and vitality, Shatam Jeeva's operating philosophy is Prevent & promote the health of the healthy and cure the 'disease' of the ailing individual. which is derived from a shloka “**swasthasya swasthya rakshanam aturasya vikara prashamanam dha**”.

Shatam Jeeva boasts of 100+ years legacy of **Baidyanath** of a 5,000 year old ancient holistic indian system of medicine.

Overlooking the lush green forest and a beautiful wishing well, there are four treatment rooms, each curated to stimulate a sense of calm. Our experienced staff is trained to perform all our treatment rituals with the utmost concern for your well-being.

On arrival, the lifestyle & wellness consultation is conducted by our in-house Ayurvedic Doctors. Once the body constitution is determined, the package is tailor-made combining Body Dosha(Vata, Pitta, Kapha) and our guest's intentions.

@ShatamJeeva

A man with a beard, wearing a light blue patterned shirt over a white t-shirt and blue jeans, is riding a white mountain bike on a dirt path. The path is covered with fallen leaves and is surrounded by dense green trees. The scene is bright and sunny, with dappled light on the ground.

Celebrate. Reunite. Unwind.

WELLNESS ACTIVITIES

Shatam Jeeva programming is designed to mirror the seasons and harness their transformational energy. Themes include nurture and restore in the winter, rejuvenate and renew in the spring, connect and create in the summer, and reflect and reset in the fall.

Take part in a vast array of group activities that promote mindfulness, such as morning and evening meditations, cycling, journaling, pottery, and interactive culinary demonstrations — all of which provide powerful tools to keep you and your companions engaged in the present moment.

Replenish the body and soul concurrently with yoga and a wealth of other fitness options, including cycling in the forest. There's even a Mindful Forest Bathing experience to let the nature enter through all your senses.

To truly expand your notion of what's possible, our one-of-a-kind hill hiking experience for those of all abilities. You will gain new perspective, draw upon your problem-solving skills, build trust, and marvel at the scenery from high above the forest floor.

The charms of the Shatam Jeeva are infused throughout our curated activities and experiences, and the region's rivers, forts, Raja Ram and other temples, Phool Bag(and other delights are just minutes away as well.





Inclusive amenities

THE 'EXTRAS' AREN'T EXTRA

Discover all the extras included in your group getaway—without the extra cost. There's no need to worry about splitting the check, because your inclusive package comes with a full menu of daily activities and private sessions, Sattvic & vegetarian meals, healthy refreshments, and more. Our packages include:

- 12 Well-appointed accommodations
- Private consultations
- Sattvic, Vegetarian & Farm to table gourmet meals served daily served based on your determined body constitution
- Fresh Milk
- Yagyashala
- A wealth of complimentary wellbeing activities
- A no-tipping environment



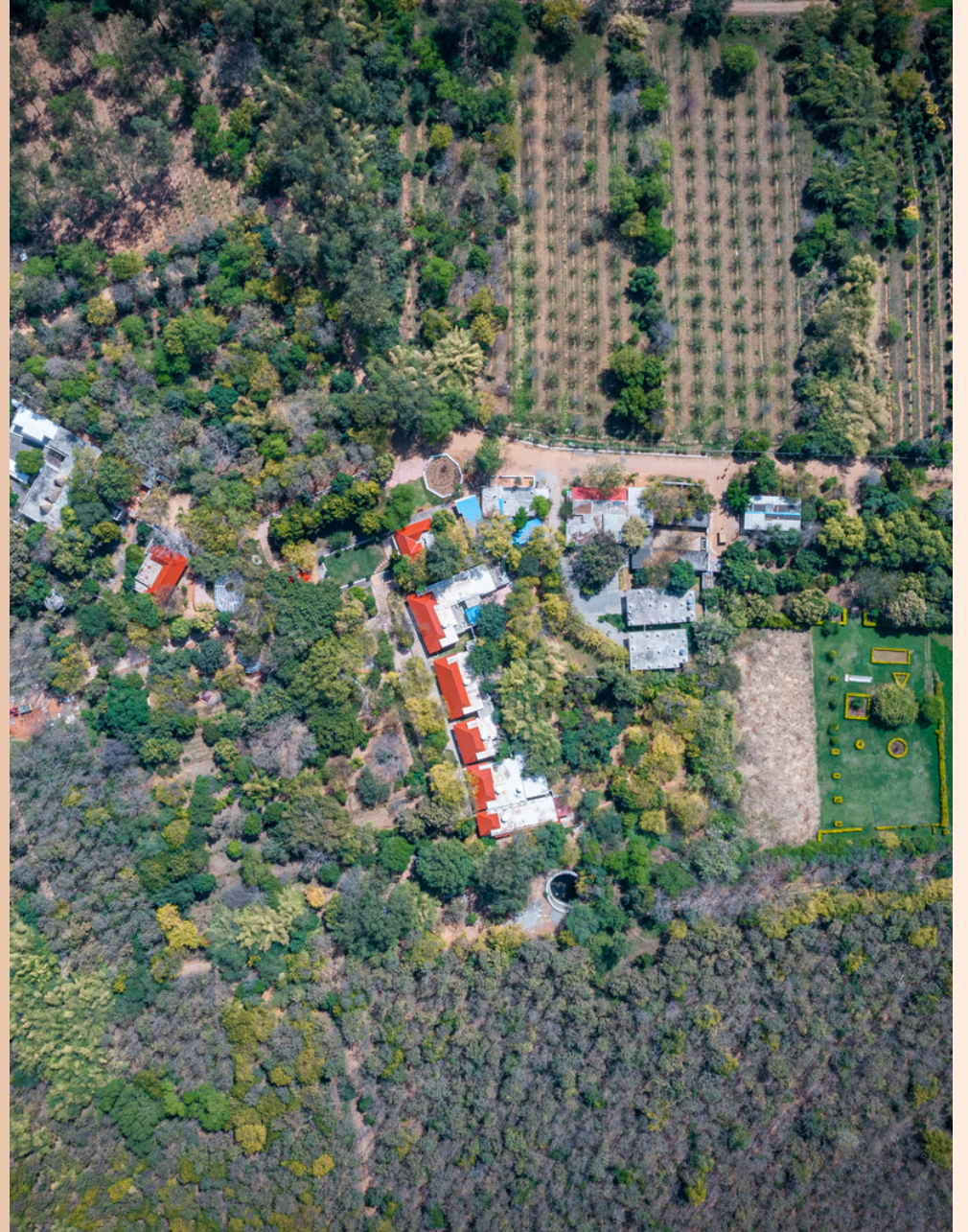
PLAN YOUR MINDFUL GROUP ESCAPE

Bring your group to Shatam Jeeva and take advantage of our special group rate. Connect today to learn more.

Transportation

IT IS QUITE CONVENIENT

We will be happy to assist you with the reservations.



By Airport: Nearest airports are:-

- Delhi 464KM
- Gwalior - 112KM

From Delhi or Gwalior, you can take a train or drive down to Jhansi.

By Train: Different trains connect Jhansi to other cities in India. Jhansi is about 4.5 hours from Delhi via Train and we can arrange the car pick-up from there.

By Car: Jhansi is situated at the junction of three National Highways - NH 27 (Gujarat to Assam), NH 75 (Gwalior to Rewa via Chattarpur) and NH 44 (Jammu to Kanyakumari). The district city of Jhansi is well-connected by road with the cities like Gwalior, New Delhi, Allahabad, Bhopal, Chhatarpur, Kanpur and Orchha. Both east-west and north-south corridors present here allows Jhansi to be well connected to cities like Kanpur and Lucknow.

Not sure of the transportation means?

Kindly reach us on +91 70070 77351 or mail us on reservations@shatamjeeva.life

BEGIN CREATING YOUR EXPERIENCE

GROUP OF 8 OR MORE

Please visit us online at shatamjeeva.life
or call to make a reservation at +91 70070 77353



shatam JEEVA
By Baidyanath

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@ShatamJeeva