



पाकरागड

EXPERIENCE THE SHATAM JEEVA LIFE

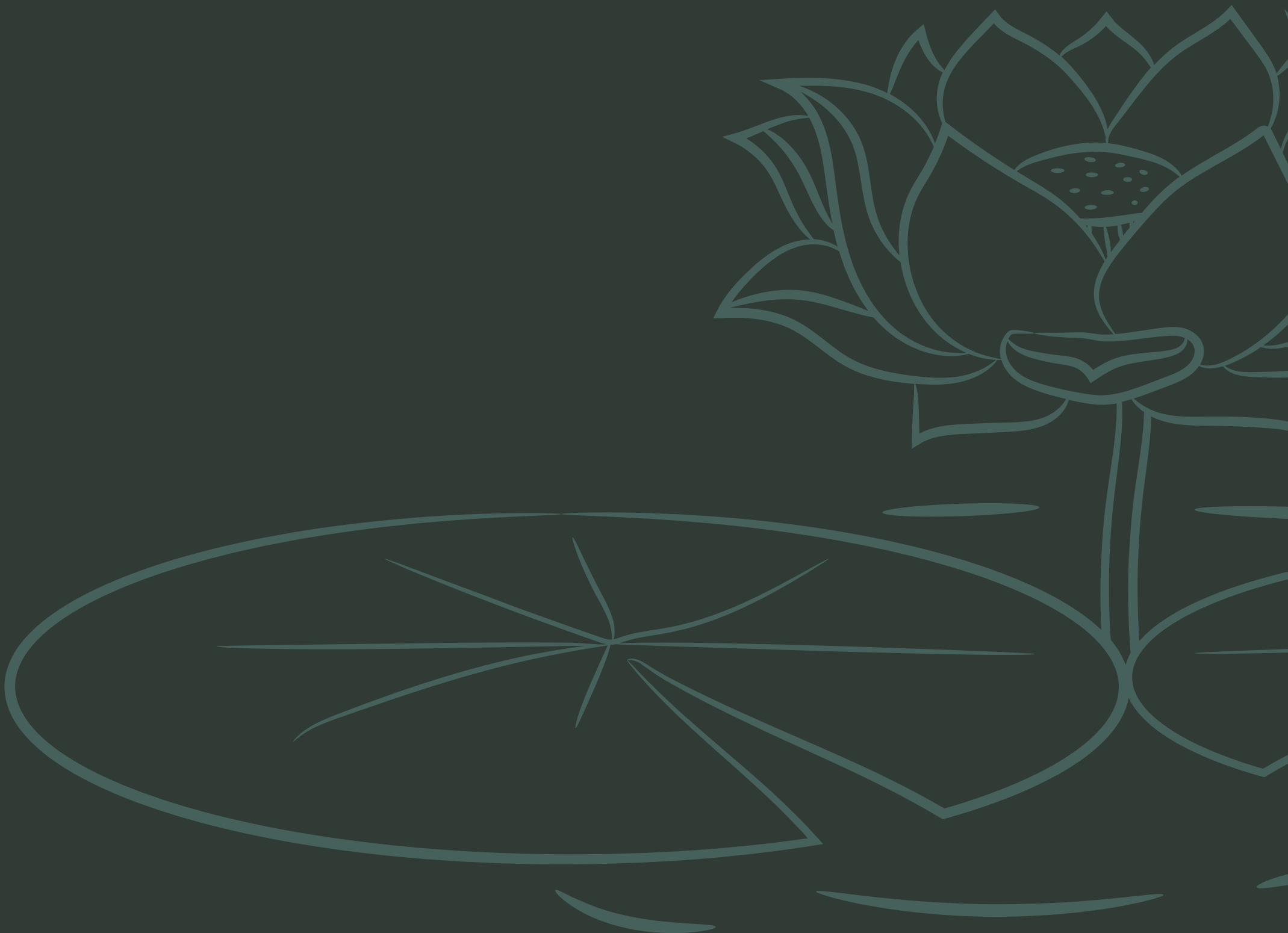
in a 100-acre man-made forest

@ShatamJeeva



शतम जेवा
By Baidyanath

*To promote the health of the healthy
and cure the 'disease' of ailing individuals,
Shatam Jeeva is an Ayurveda wellness retreat
in a 100-acre man-made forest in Jhansi, UP.*





PACKAGES

Packages at Shatam Jeeva are curated by experienced planners, Ayurveda doctors & and wellness experts. Our packages include several life-enriching experiences ranging from yoga, activities, therapies, and personalized detoxifying diet recommendations to chakra balancing and guided meditations to enable longevity, rejuvenation, and vitality.

GOOD OL' HEALING TAKES GOOD OL' TIME

Minimum nights have been assigned to each package with the intent to yield the best results by inculcating the discipline for a healthier lifestyle.

"You may lose only 3-4 pounds per week during your weight management package but your goal is to lose 20, the habit you form during your stay will stay forever with you.

PACKAGES	MINIMUM NIGHTS
De-Stress Package	5 Nights
Rejuvenation Package	7 Nights
Yoga Retreat	7 Nights
Detox Package	7 Nights
Panchakarma Package	14 Nights
Weight Management	14 Nights

Prices are exclusive of tax, excluding airfare and ground transportation.





5 Nights

DE-STRESS

Package



Benefits

Our de-stress package helps relieve physical and mental fatigue through Ayurvedic treatments and well-being activities such as yoga, pranayama, etc. The program is curated to improve concentration, and decision-making, aid digestion, and enhance positivity.

Inclusions

- ✓ 5 Nights Stay
- ✓ Wellness Consultation
- ✓ 8 Wellbeing Activities
- ✓ 9 Therapies
- ✓ All Meals

[Book Now](#)

Tailored Itineraries



Well-being Activities

An array of signature indoor & outdoor adventures to feed your soul ...



Ayurveda Therapies

Curated experiences based on wellness consultation & our guests' goals...



Veg & Sattvic Menu

Best seasonal ingredients grown in-house and sourced locally...

[Email](#)

[+91 70070 77351](#)

[ShatamJeeva.life](#)

[Whatsapp](#)



7 Nights

REJUVENATION

Package



Benefits

Our rejuvenation program combines initial purifying therapies, Ayurvedic rejuvenation therapies, Yoga, pranayama, etc. The program enhances the body's functions and promotes youthfulness, lightness, better digestion, and higher energy levels.

Inclusions

- ✓ 7 Nights Stay
- ✓ Wellness Consultation
- ✓ 12 Wellbeing Activities
- ✓ 13 Therapies
- ✓ All Meals

[Book Now](#)

Tailored Itineraries



Well-being Activities

An array of signature indoor & outdoor adventures to feed your soul ...



Ayurveda Therapies

Curated experiences based on wellness consultation & our guests' goals...



Veg & Sattvic Menu

Best seasonal ingredients grown in-house and sourced locally...

[Email](#)

[+91 70070 77351](#)

[ShatamJeeva.life](#)

[Whatsapp](#)



7 Nights

YOGA RETREAT

Package



Benefits

Rejuvenate and replenish your body and mind with our Yoga package. Our highly experienced instructors work in tandem with our doctors to give you a holistic yoga experience.

- **Yoga Consultation**
- **Daily One On One Meditation and Pranayama Session (60 Minutes)**
- **Daily One on One Yoga Session (45 Minutes)**

Inclusions

- ✓ 7 Nights Stay
- ✓ Wellness Consultation
- ✓ 12 Wellbeing Activities
- ✓ 7 Therapies
- ✓ All Meals

[Book Now](#)

Tailored Itineraries



Well-being Activities

An array of signature indoor & outdoor adventures to feed your soul ...



Ayurveda Therapies

Curated experiences based on wellness consultation & our guests' goals...



Veg & Sattvic Menu

Best seasonal ingredients grown in-house and sourced locally...

[Email](#)

[+91 70070 77351](#)

[ShatamJeeva.life](#)

[Whatsapp](#)



7 Nights

DETOX

Package



Benefits

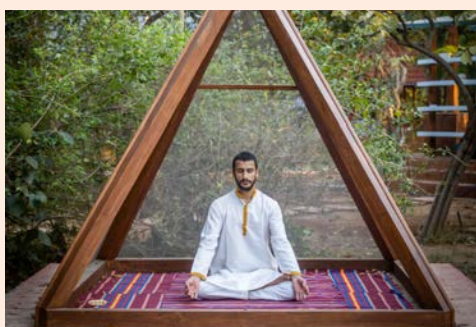
It focuses on the cellular level through induced sweating, cleansing the gastrointestinal tract with Ayurvedic herbal medications. Hence relieving the stress & stimulating the liver by enhancing the natural detoxing function of the body. Detox treatment helps retrieve calmness of mind, balances the whole body along with better digestion, relieves lethargy and fatigue.

Inclusions

- ✓ 7 Nights Stay
- ✓ Wellness Consultation
- ✓ 12 Wellbeing Activities
- ✓ 13 Therapies
- ✓ All Meals

[Book Now](#)

Tailored Itineraries



Well-being Activities

An array of signature indoor & outdoor adventures to feed your soul ...



Ayurveda Therapies

Curated experiences based on wellness consultation & our guests' goals...



Veg & Sattvic Menu

Best seasonal ingredients grown in-house and sourced locally...

[Email](#)

[+91 70070 77351](#)

[ShatamJeeva.life](#)

[Whatsapp](#)



14 Nights

PANCHAKARMA

Package



Benefits

Panchakarma is the ultimate Ayurvedic detoxification of body and mind. It also strengthens the immune system to restore health and well-being. It is a compendium of highly individualized therapies based on the Ayurvedic constitution type (Prakruty), imbalances, digestive fire, age, immune status, health conditions & many other factors. Depending on an individual's needs all or part of five therapies are utilized.

Inclusions

- ✓ 14 Nights Stay
- ✓ Wellness Consultation
- ✓ 26 Wellbeing Activities
- ✓ 27 Therapies
- ✓ All Meals

[Book Now](#)

Tailored Itineraries



Well-being Activities

An array of signature indoor & outdoor adventures to feed your soul ...



Ayurveda Therapies

Curated experiences based on wellness consultation & our guests' goals...



Veg & Sattvic Menu

Best seasonal ingredients grown in-house and sourced locally...

[Email](#)

[+91 70070 77351](#)

[ShatamJeeva.life](#)

[Whatsapp](#)



14 Nights

WEIGHT MANAGEMENT

Package



Benefits

We address the physical and emotional challenges associated with weight management. Our package is a safe and effective way to promote healthy weight loss/gain and inculcate the discipline for a healthy lifestyle. It also helps with improved metabolic rate, mobility, strength, and flexibility.

Inclusions

- ✓ 14 Nights Stay
- ✓ Wellness Consultation
- ✓ 26 Wellbeing Activities
- ✓ 27 Therapies
- ✓ All Meals

[Book Now](#)

Tailored Itineraries



Well-being Activities

An array of signature indoor & outdoor adventures to feed your soul ...



Ayurveda Therapies

Curated experiences based on wellness consultation & our guests' goals...



Veg & Sattvic Menu

Best seasonal ingredients grown in-house and sourced locally...

[Email](#)

[+91 70070 77351](#)

[ShatamJeeva.life](#)

[Whatsapp](#)

Begin creating your

WELLNESS EXPERIENCES

TO MAKE A RESERVATION

Please visit our website www.shatamjeeva.life

Mail us at reservations@shatamjeeva.life

Call us on +91 70070 77353

SCAN TO VISIT OUR WEBSITE



shatam jeeva
By Baidyanath

@ShatamJeeva