

Anubhuthi – Wellness Retreat



Welcome to Anugraha Wellness Retreat

A peaceful space away from where you feel stressed, disconnected, and tired can get away, slow down and learn to reconnect to yourself again.

It is for those who are interested in wellness, self-discovery and love nature - an all-inclusive vegetarian retreat with wellness activities; offering holistic healing, learning, and natural living practices. Our philosophy is to provide a holistic balanced approach to health, fitness and wellness.

We believe that to improve our wellbeing, we must strive for living a balanced lifestyle of values through good nutrition, proper exercise, disciplined behaviour, personal responsibility and a general feeling of wellness and personal success.

Through supportive guidance, understanding and compassion we will provide tools, information, inspiration and motivation you will need to discover a new you in you.

With us you will discover new sources of awareness, energy and vitality that will help you to create and adopt lasting healthy lifestyle changes. We will show you how to have more health, fitness, wellness and relaxation in your life in a peaceful, supportive and caring environment.

Whether you are looking to escape to yourself for a total health and fitness overhaul, a short break, a spiritual weekend getaway, a healing and recovery retreat or just to enjoy some well-deserved pampering, we are the people to help you clear the mind, nourish the soul and invigorate the body.