



Nestled amidst the serene beauty of the western shore of the beautiful Tollensesee in Mecklenburg-Western Pomerania, Retreat Park am See Nattika Ayurveda provides a holistic approach to health and well-being, rooted in the ancient wisdom of Ayurveda, right in the heart of Germany.

With a focus on personalized treatments, rejuvenation therapies, and wellness programs, our goal is to impart balance, healing, and harmony for individuals seeking natural alternatives to improve their overall wellbeing.



PARK AM SEE

NATTIKA AYURVEDA

THE PARK

Only 130 km from Berlin, Retreat Park Am See Nattika Ayurveda in Alt Rehse can be reached quickly from the capital city. We are located in the natural paradise of the Tollensesee basin with a landscape conservation area of more than 10,000 hectares.

Situated within 64 Hectares, our Ayurveda Retreat promises an idyllic setting for you to embark on a journey of rejuvenation and self-discovery. The retreat's architecture seamlessly blends modern design with traditional elements, creating an ambiance that evokes tranquillity and serenity. The breath-taking views of the natural landscape further enhance the healing experience, allowing yourself to immerse in the beauty of nature while embracing the therapeutic benefits of Ayurveda.

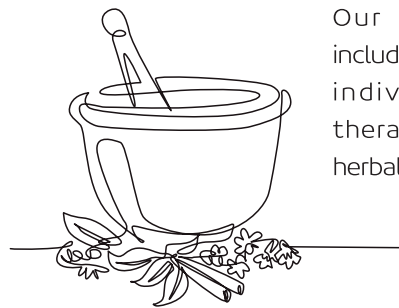


NATTIKA AYURVEDA AT PARK AM SEE

We offer a comprehensive range of Ayurvedic therapies and treatments tailored to meet your individual needs and goals. Our team of highly skilled Ayurvedic doctors and therapists from Kerala, India are dedicated to providing personalized consultations and creating customized treatment plans that address your specific health concerns.

We offer a diverse selection of more than 30 traditional treatments, including rejuvenation therapies, detoxification programs, stress management techniques, and lifestyle counselling.

With an emphasis on holistic healing, our therapies aim to restore balance and vitality to the body, mind, and spirit. Whether you seek relief from chronic ailments or simply wish to enhance your overall well-being, our Retreat offers a multitude of options to meet your unique requirements.



Our treatment program includes daily two hours of individualised ayurveda therapies with traditional herbal oils imported from India.



CURATIVE CUISINE

We place a strong emphasis on Authentic Ayurveda Cuisine, offering meals that are not only nourishing but are also aligned with Ayurvedic principles. The culinary experience is designed to support the healing and balancing processes of your body. All meals are prepared by our expert Ayurveda cook from Kerala, India and the recommended diet is customizable to accommodate allergies and personal preferences.

Each of our guests undergo a detailed diet consultation upon arrival and information on specific diet plans are provided upon departure.

Dive deeper into Ayurveda with Cooking Classes, Informative Lectures and access to Ayurveda CookBooks from our Master Chef's.



YOGA & MEDITATION

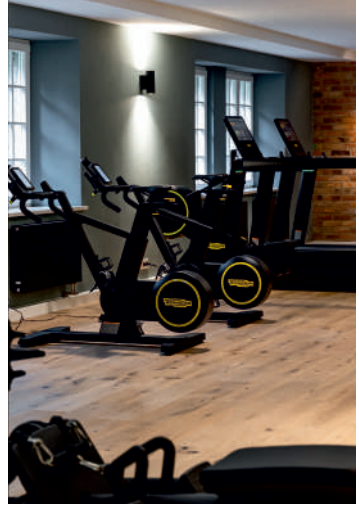
Immerse yourself in multiple yoga classes ranging from beginner to advanced levels, complemented by daily meditation sessions led by our experienced Yoga Masters. The thatched yoga hall blends seamlessly into the half-timbered architecture of Alt Rehse. The 400 square meter hall, which is up to 6 square meters high, radiates a pleasant warmth thanks to the real wood parquet flooring and modern underfloor heating. Our Yoga Hall, flooded with natural light, is the ideal environment for yoga and meditation.

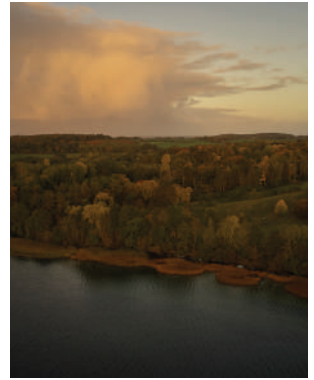


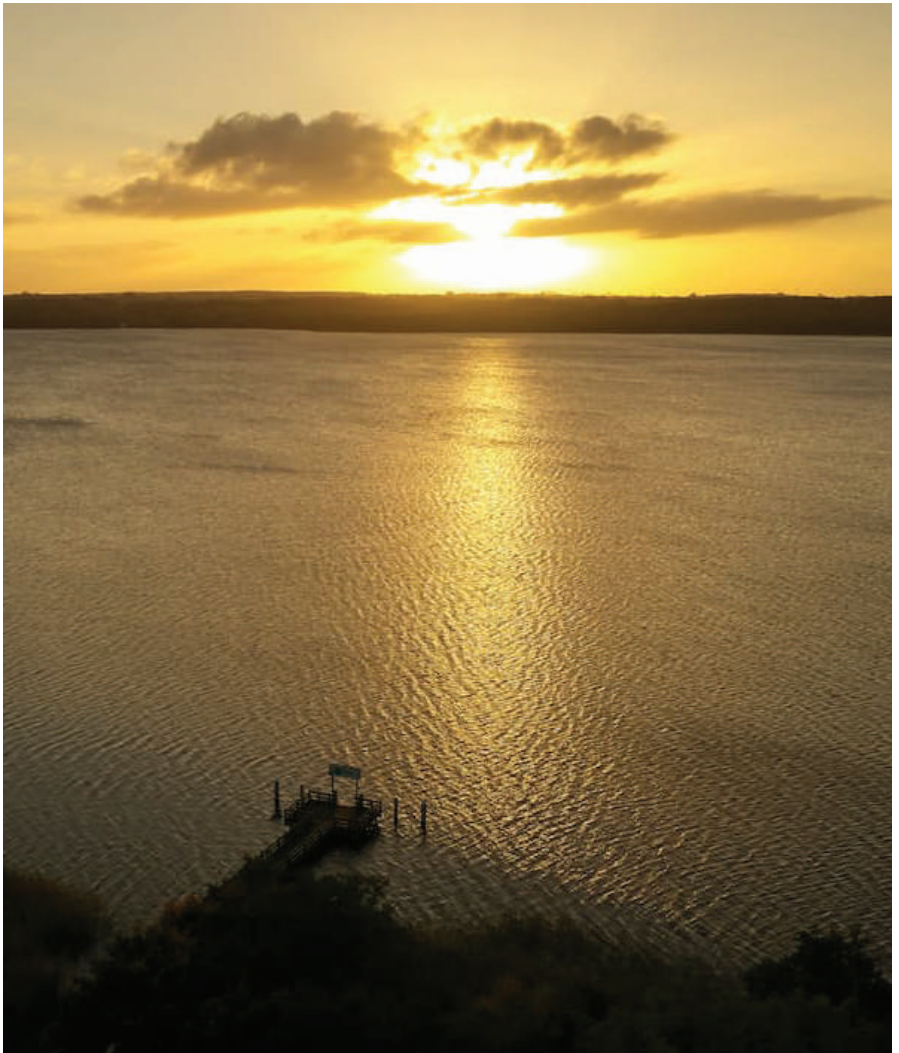
SERENITY BY THE LAKE

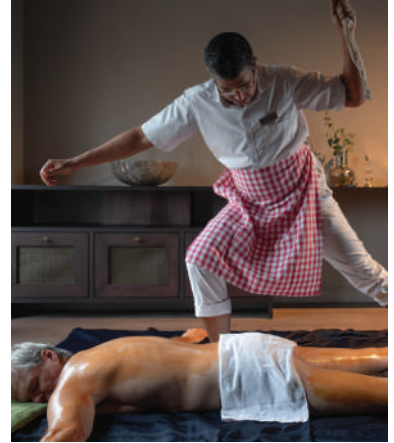
Experience the tranquillity of Lake Tollensesee and explore a wide range of activities to rejuvenate your mind and body. Engage in our services such as state of the art gym, sauna rooms near the lake for relaxation, walking and cycling trails along the lakeside, and adventurous options like kayaking, stand up paddling and boating. Embrace the peaceful ambiance and immerse yourself in a holistic wellness experience surrounded by the natural splendour of our retreat.












ANADI
AYURVEDA RESTAURANT





JEEVANAM REJUVENATION - RASAYANA PACKAGE



BENEFITS OF RASAYANA

Rasayana proves highly effective in degenerative diseases, psychological imbalances, and rehabilitation. It endows the body with antioxidants and anti-ageing elements, upholding overall health and vigor. Its impact on joint issues, sleep disturbances, fatigue, debilitation, memory lapses, and various health conditions is notably profound. Rasayana can be administered to enhance desired aspects such as longevity, intelligence, or tailored to address specific ailments. Incorporating Rasayana into daily routines augments its benefits, serving as a vital component of everyday wellness practices.

Rasayana is an elixir and will bring out the younger self in an individual through its numerous miraculous properties.



7 DAYS REJUVENATION PLAN INCLUSIONS

Detailed consultation with our Ayurveda Doctor for a duration of 60 minutes. It includes a detailed analysis of imbalance (Vikruthi) through case taking and examinations, analysis of body nature (Prakruthi), a brief introduction to Ayurveda and recommendations on possible Ayurveda solution for managing the health condition.



Dietary recommendations based on the imbalance



Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 10 minutes, to discuss the progress of treatment and the health condition.



A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long lasting effect of the treatments undergone.



1 x Welcome relaxing Ayurveda massage - 45 minutes duration



4 x Ayurveda treatments - 60 minutes duration



2 x Synchronized Ayurveda Massages/Therapies - 60 minutes duration



6 x Customized Partial Body Ayurveda Treatments - 45 minutes duration



7 x Daily 2 group yoga sessions



1 x Herbal Steam Bath Session - 15 minutes



1 x Herbal Face Pack - 15 minutes



Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.



Nattika Essence services - Nattika Essence, a finely curated Essential oils blends based the Aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

*The treatment program is planned according to the health condition of the patient.
The individual final plan will be tailored after the initial consultation.



PANCHAKARMA DETOXIFICATION PACKAGE



BENEFITS OF PANCHAKARMA

Panchakarma treatments helps to bring the balance in doshas if done in proper time.

These procedures will help to clear the body and mind channels along with enhancing the absorption of nutrients. It increases physical and mental efficiency as well as vigour and stamina in an individual.

Panchakarma helps in balancing the tridosha - vata, pitha and kapha, thereby improving the functions of immune system, improving skin complexion, stimulating metabolism, shedding of extra weight, pacifying joint related issues and increasing flexibility of joints are few of the numerous benefits of panchakarma.

It has inexplicable effects in managing mental disorders, anxiety and mood swings.

The Panchakarma plan is offered for a minimum duration of 14 nights.



14 DAYS PANCHAKARMA PLAN

Comprehensive consultation with our Ayurveda Doctor spans 60 minutes, delving into an in-depth analysis. This session encompasses a meticulous assessment of imbalances (Vikruthi) through detailed case studies and examinations. Additionally, it involves an evaluation of your body's inherent nature (Prakruthi), providing a nuanced understanding. You'll receive a concise yet informative introduction to Ayurveda, accompanied by tailored recommendations for potential Ayurvedic solutions aimed at managing your specific health concerns.

✦
Dietary recommendations based on the imbalance

✦
Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 10 minutes, to discuss the progress of treatment and the health condition.

✦
A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long lasting effect of the treatments undergone.

✦
An optional additional consultation with our Ayurveda Doctor to discuss any concerns or queries regarding treatments, diet or health condition for a duration of approx. 30 minutes

✦
1 x Welcome relaxing Ayurveda massage - 45 minutes duration

✦
9 x Ayurveda treatments - 60 minutes duration

✦
4 x Synchronized Ayurveda Massages/Therapies - 60 minutes duration

✦
13 x Customized Partial Body Ayurveda Treatments - 45 minutes duration

✦
Vasthi (Cleaning Intestinal treatments) *

✦
Snehapanam (Medicated Ghee Administration) *

✦
Virechanam (Purgation Therapy) *

✦
14 x Daily 2 group yoga sessions

✦
1 x Herbal Steam Bath Session - 15 minutes

✦
1 x Herbal Face Pack - 15 minutes

✦
Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.

✦
Nattika Essence services - Nattika Essence, a finely curated Essential oils blends based the Aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

*These therapies will be administered based on your health condition under the discretion of our Ayurveda specialist
The treatment program is planned according to the health condition of the patient. The individual final plan will be tailored after the initial consultation.

We invite you to embark on a journey of rejuvenation and self-discovery at Retreat Park am See Nattika Ayurveda.



PARK AM SEE

NATTIKA AYURVEDA

Schlosspark 1, 17217 Penzlin, Germany.
Retreat Contact: +49 3962221220
Central Reservations: +91 8943884444

reservation@nattikaayurveda.com
www.parkamseenattika.com

Our Retreats in Kerala



THE NATTIKA BEACH
AYURVEDA RESORT

www.thenattikabeach.com



ROCKHOLM
AT THE LIGHTHOUSE BEACH

www.rockholm.com