



Wellness & Longevity Retreat

Amrit
OCEAN RESORT
Wellness For Life



R E T R E A T I T I N E R A R Y

WELLNESS & LONGEVITY RETREAT

We are excited to host you for a transformative 3-day journey where modern science meets ancient healing. This exclusive retreat blends integrative therapies, mindful movement, and personalized wellness practices – all set against the serene backdrop of the Atlantic Ocean. Reconnect with your vitality, restore inner balance, and awaken your potential for long-lasting wellbeing.

NOTE:

We encourage you to participate in as much of the program as possible, though attendance at each session is entirely up to your discretion. Please honor your body's needs—if you need to rest or take care of yourself, do so. Should you require any modifications—whether related to movement, meals, or other accommodations—please let the wellness team know.

To support your full rejuvenation, we kindly ask that you refrain from using digital devices during sessions. This retreat is an opportunity to step away from screens and immerse yourself in presence, connection, and calm. Consider using this time as a gentle digital detox—a chance to recharge your mind and nervous system as deeply as your body and spirit.



R E T R E A T I T I N E R A R Y

DAY-1

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|---------------|---|
| 3:00 - 4:00pm | Check in at the Front Desk - Main Lobby
Settle into your accommodations |
| 4:00 -5:30pm | Registration & Orientation - Spa Lobby, L3
You will complete retreat paperwork, receive
a guided tour and get oriented to the program |
| 6:00 - 7:30pm | Dinner in TULA with Nutritional Talk
by Jessica Weissman |
| 7:30 - 8:30p | Somatic Movement Workshop -
Movement Studio, L2
Led by Katie Mackey |



RETREAT ITINERARY

DAY-2

7:30 - 8:00am	Meditation & Intention Setting - Yoga Studio, L2 Led by Gail Bowers
8:00 - 9:00am	Breakfast in TULA (on your own)
9:00 - 10:00am	Functional Movement - Fitness Studio, L2 Led by Miguel Munoz
10:00 - 11:00am	Yoga -Yoga Studio, L2 Led by Gail Bowers
11:00 - 12:00pm	Tai Chi - Terrace, L2 Led by Dr. Keith Cini
12pm - 1:30pm	Lunch in TULA with Nutritional Talk by Dr. Keith Cini
2:00 - 5:00pm	Spa Break Enjoy your treatment or the spa amenities
5:00 - 6:00pm	Sound Bath - Movement Room, L2 Led by Linnea
6:30 - 8:00pm	Dinner in TULA (on your own)



R E T R E A T I T I N E R A R Y

DAY-3

7:30 - 8:00am	Self-guided Beach Walk
8:00 - 9:00am	Breakfast in TULA (on your own)
10:00 - 11:00am	Yoga - Yoga Studio, L2 Led by Shadi Razavian
12pm - 1:30pm	Lunch in TULA (on your own)
2:00 - 5:00pm	Spa Break Enjoy your treatment or the spa amenities
6:00 - 7:30pm	Dinner in TULA (on your own)
8:00 - 9:00pm	Mindful Living & Yoga Nidra Led by Gail Bowers



RETREAT ITINERARY

DAY-4

7:00 - 8:00am	Sunrise Yoga - Beach Led by Shadi Razavian
8:00 - 9:00am	Breakfast in TULA (on your own)
9:00 - 10:00am	Pilates- Yoga Studio, L2 Led by Natalie Sussman
10:00 - 11:00am	Yoga - Yoga Studio, L2 Led by Shadi Razavian
11:00am	Check-out of Accommodations



R E T R E A T I T I N E R A R Y

WHAT TO WEAR/BRING

Please bring comfortable clothes, or fitness attire, and bring a water bottle. There will be access to restrooms, showers, and locker rooms during your visit. If you want to visit the beach, don't forget your beach sandals and sunnies!

Remember to pack swim wear as you will have access to all features of the Aayush Hydrothermal Spa.

HOURS OF OPERATION

TULA

Open Daily
Breakfast: 7:00am – 11:00am
Sun Brunch: 7:00am – 2:30pm
Lunch: Mon-Sun – 11:30am-2:30pm
Dinner: Sun - Thurs 5:00pm – 10:00pm
Dinner: Fri & Sat 5:00pm – 11:00pm

LALA

Open Daily - 12:00pm – 11:00pm

TAAZA ON THE BEACH

Open Daily
Beachside - 11:00am – 5:00pm
Fri, Sat, and Sun 11:00am to 6:00pm

JEEVI COFFEE BAR

Mon - Thurs 6:30am – 11:00am
Fri & Sun 6:30am – 2:00pm

IN ROOM DINING

Breakfast Everyday
7:00am – 11:00am
All Day Menu
Sun - Thurs 11:00am – 10:00pm
All Day Menu
Fri & Sat 11:00am – 11:00pm

AMRIT WELLES & SPA

Open Daily: 9:00am - 7:00pm

HAIR HEALTH & BEAUTY SALON

Mon - Sat 10:00am – 6:00pm
Sun Closed

POOL

Open Daily: 9:00am-6:00pm

LEVEL THREE LOBBY

1 MAIN LOBBY & LOUNGE

An inviting atmosphere featuring LALA Lounge and Jeevi Coffee Bar.

2 OCEANFRONT RESTAURANT

TULA, the resort's main dining facility, is open for breakfast, lunch and dinner. .

3 WELLNESS & SPA ENTRANCE AND RECEPTION

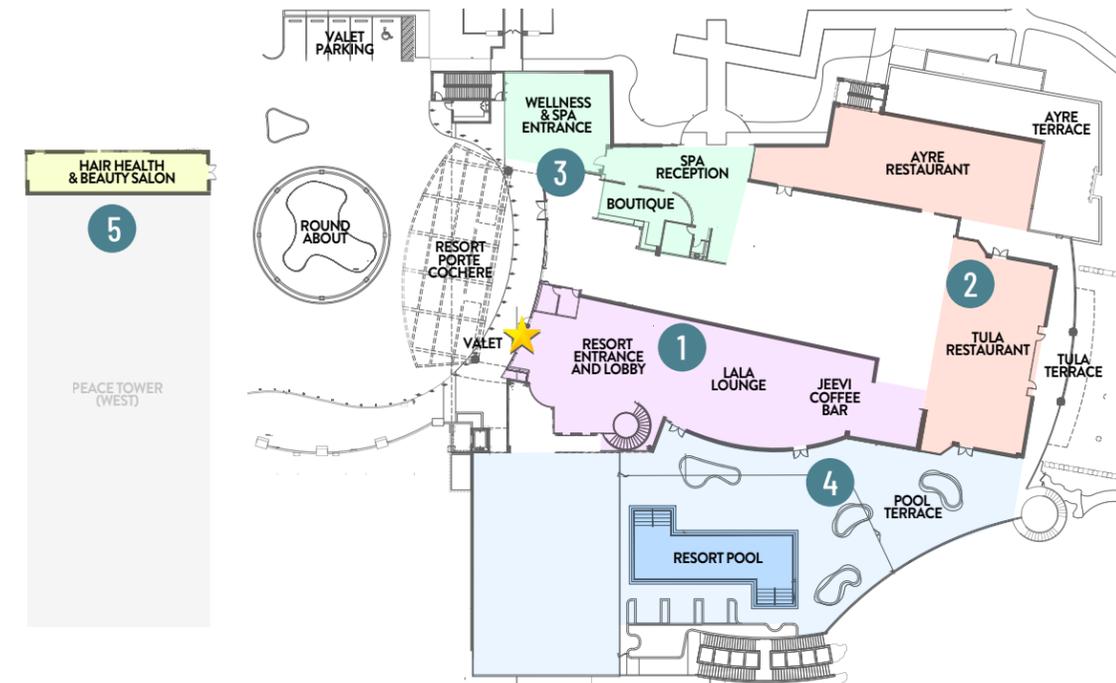
A warm, welcoming entrance to your wellness journey with a curated retail boutique.

4 RESORT POOL & TERRACE

Relax and unwind at the oceanfront pool or terrace seating overlooking the water.

5 HAIR HEALTH & BEAUTY SALON

Across the way at the Peace Tower is the resort's full-service salon featuring manicures, pedicures, haircuts, hair coloring, trichology consultations, and other beauty and hair health services.



SCAN TO BOOK YOUR SPA RESERVATION



SCAN TO RESERVE YOUR TABLE AT TULA



SCAN TO BOOK YOUR SALON RESERVATION

LEVEL ONE

1 MEETING SPACE

Over 12,000 square-feet of indoor and outdoor meeting and event space.

2 AAYUSH HYDROTHERMAL RITUAL

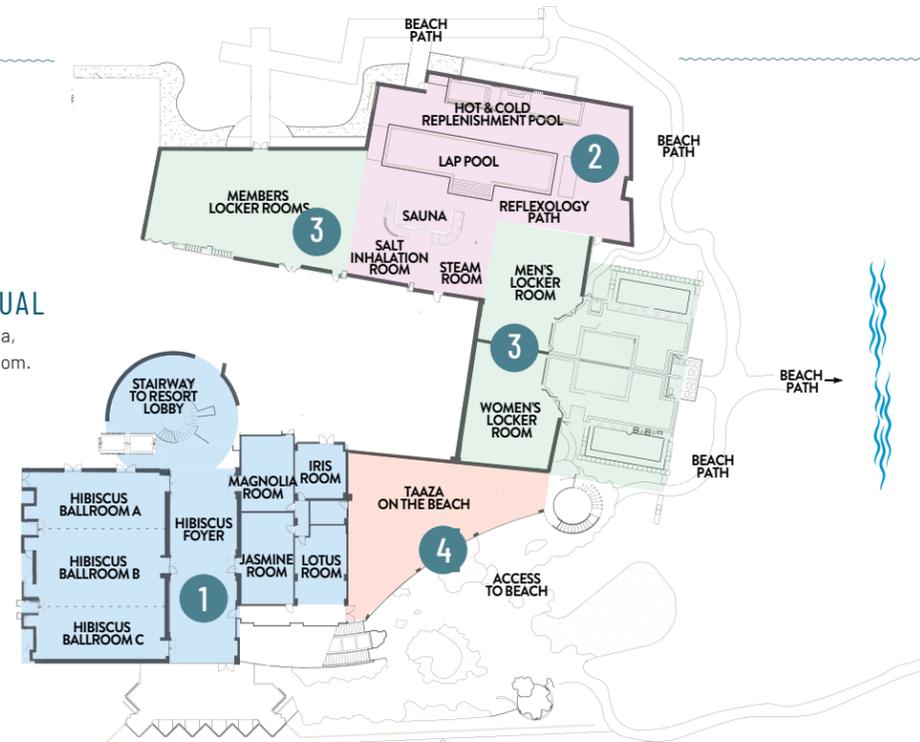
A self-guided hydrothermal circuit with a sauna, steam room, cold plunge and salt inhalation room.

3 SPA LOCKER ROOMS

A peaceful retreat with private lockers and gender-specific steam room, sauna and vitality pool.

4 TAAZA ON THE BEACH

Open-air restaurant that serves a fresh take on beachside fare. Access to beach.



LEVEL TWO

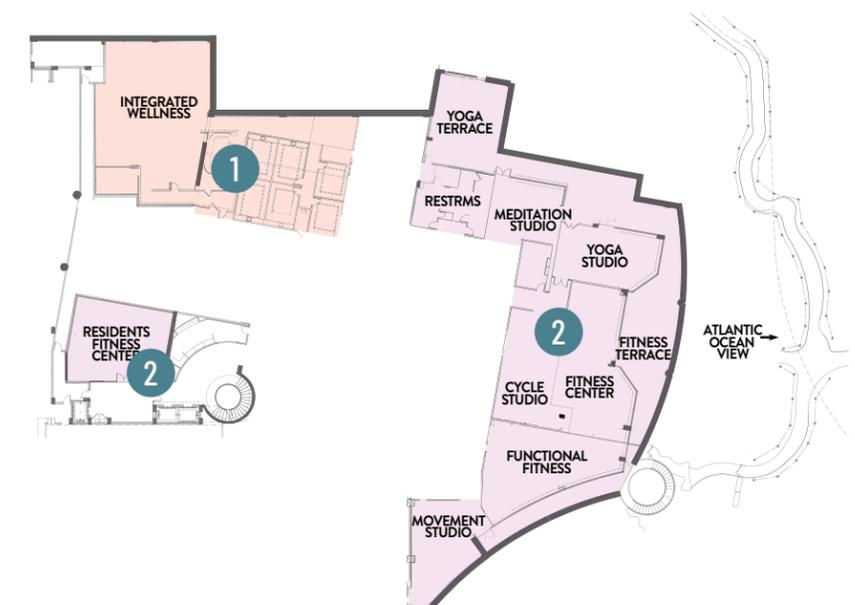
1 INTEGRATED WELLNESS

Touchless biohacking services include:

- Hyperbaric Oxygen Chamber
- LED Red Light Therapy
- PEMF Mat & Dry Floatation Bed
- IV Lounge & Peak Living
- Ammortal Chamber

2 FITNESS CENTER

Oceanfront fitness facility with Matrix equipment, a yoga studio, functional training room, spin room, movement studio, and meditation area.





YOUR HOSTS

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