



DestinMe™

Stay | Discover | Repeat

CURATED BY DESTINME
in partnership with Haritha Wellness

THE WEEKEND PROGRAMME

The 48-Hour Deep Rest

*Two nights at an AYUSH-grade retreat
eighty kilometres from Hyderabad.*



A small cohort. A celebrated host. A clinical doctor.

Forty-two hours designed slowly enough that you actually feel them.

EVERY FRIDAY TO SUNDAY · YEAR-ROUND

Haritha Wellness, Amrathi Kalan · Sangareddy district · Telangana

Deep. Rest. Serious.

THE PROPERTY



Haritha Wellness

An AYUSH-grade naturopathy and Ayurveda retreat set across green grounds in Amrathi Kalan, eighty kilometres from Hyderabad — and the home of the Deep Rest Network's flagship weekend programme.

A NOTE ON THIS PROGRAMME

The 48-Hour Deep Rest is curated by **DestinMe — Deep Rest Network**, in partnership with **Haritha Wellness**. The property and clinical team are Haritha's. The cohort structure, the rituals, the host residency, the take-home protocol — all are ours. The programme is distinct from Haritha's regular menu and bookable only through DestinMe.

80 km

from Hyderabad

AYUSH

recognised retreat

Sattvik

kitchen & farm

28

cohort seats

THE WEEKEND, HOUR BY HOUR

Forty-two hours, designed end to end

We have curated the weekend hour by hour so you can stop deciding things. What follows is the schedule for Friday evening and the slow Saturday in between.

YOUR HOST

Rotating Wellness Voice

A celebrated wellness creator in residence for the full weekend; confirmed at booking.

CLINICAL AUTHORITY

Dr. B. Masthan Yadav

Naturopathy & pain-management specialist. Nadi Pariksha + 30-day protocol.

FRIDAY

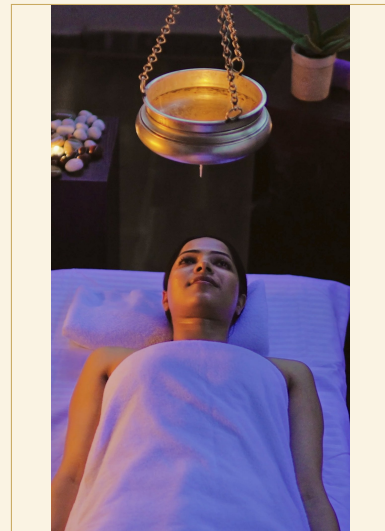
Land softly

4:30 PM	Hyderabad pickup	Transfers from three pickup points. Warm kashayam in copper flasks.
5:30-7:00	Arrival	Foot-wash · oil tilak · phone deposit (optional). Room handover.
7:15 PM	Opening circle	Sound bowl bath. Cohort introductions. Leaf-intention written.
7:45 PM	Welcome dinner	Five-course Sattvik tasting menu. Ten-minute opening silence.
9:00 PM	Optional drift	Moonlight infinity walk · fire circle · or sleep.

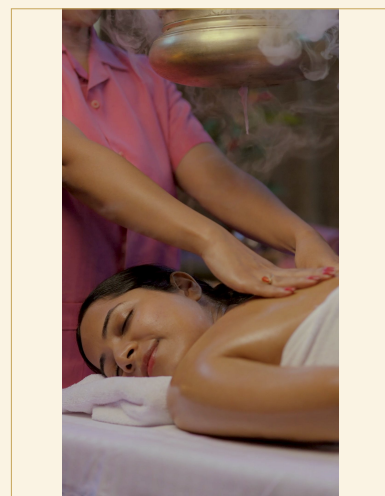
SATURDAY

The slow day

6:30 AM	Silent sunrise sit	By the pond. Tea set out. (Optional.)
7:00 AM	Hatha yoga + pranayama	60 minutes. All levels. Outdoors.
8:00 AM	Prakriti breakfast	Plated to your dosha — Vata, Pitta, Kapha.
9:00-10:00	Group Mud Therapy	Whole-body mud on the lawn. Wash off in contrast pool.
10:15-12:30	Two-track morning	Nadi Pariksha & signature therapy; or infinity walk · sand · aqua.
12:30-2:00	Long lunch	Two hours. Phones still away. Slow.
2:00-3:00	Quiet hour	Hammocks, library, or rooms. Protected.
3:00-5:00	Choose your afternoon	Nakshatra Tree Meditation · Farm Work · booked session.
5:00-6:00	Spa block	Pick two: mani · pedi · head · facial · hair oil.
6:00-6:30	Cold plunge ritual	Wim Hof breath, then 2-3 min in the plunge pool.
6:45 PM	Golden-hour aarti	Twenty minutes. Lamps, gratitude, no liturgy.
7:45 PM	Annadana dinner	Long-table dinner. Ten-minute opening silence.
9:00-10:45	Bhajan + Sound Healing	Bhajan ensemble candlelit. Bowls and gong.
10:45 PM	Star-gazing nightcap	Spiced milk. Bolsters. Sky.



Shirodhara — the signature treatment



Abhyanga — warm oil, two therapists

CARRY IT HOME

Sunday — & what you take with you

The morning is given to integration. Dr. Masthan walks you through your personalised 30-day plan, your host reads the cohort's closing affirmations, and each guest leaves with a printed Affirmation Card to carry into the week.

SUNDAY

Carry it home

7:00 AM	Yin / restorative yoga	Slow, floor-based, no flow. Long-hold poses.
8:30 AM	Slow brunch	Two hours. Coffee returns.
10:00-11:00	Take-home protocol	25 minutes with Dr. Masthan. Your personalised 30-day plan.
11:00 AM	Closing affirmations	Your host reads the cohort's closing affirmations. Each guest receives a printed Affirmation Card to carry into the week.
12:00 PM	Farewell lunch	Take-home kit at every seat.
1:30 PM	Departure transfers	Two waves: 1:30 PM and 2:30 PM.

THE RITUALS, IN MOMENTS



Sunrise yoga



Quiet sit, golden hour



Slow walks, no destination

WHERE YOU REST

Your rooms

Three categories. All are quiet, generously sized, and built around the cohort principle — privacy when you need it, community when you choose it.



VISISHTA

Visishta

Twin sharing

Compact and warm, with timber floors and an art-piece accent wall. Built for two; comfortable for one. The most-booked room across the cohort.

From ₹ 26,000 / guest



KUTEERA

Kuteera

A larger room with leather seating and a study corner. Available in two configurations — pick the one that matches how you travel.

- ▶ **Twin sharing** **₹ 31,500 / guest**
- ▶ **Single occupancy** **₹ 40,000**



VIPRA SUITE

Vipra Suite

Couple · Premium

Marble-topped dining island, premium seating, dedicated lounge. Reserved for couples and premium bookings. The signature room of the property.

From ₹ 45,000

WHAT'S INCLUDED

Curated rituals · personal choices

Everything below is included in the price of your seat.

STAY & FOOD

- Two nights at Haritha in your chosen room
- All meals — Prakriti-customised, Sattvik vegetarian
- Welcome kashayam · herbal teas throughout

CURATED PROGRAMMING

- Friday opening circle
- Sunday closing affirmations & Affirmation Card
- Saturday Bhajan + Sound Healing evening
- Daily Hatha, restorative yoga, pranayama
- Group Mud Therapy (separate cohorts)
- **Cold Plunge ritual** (Saturday 6 PM)
- Annadana silent-first-ten dinners
- Golden-hour aarti

TRANSFERS & TAKEAWAY

- Round-trip transfers from Hyderabad
- Take-home wellness kit
- Printed Affirmation Card
- 21-day post-retreat WhatsApp community

CLINICAL CARE

- Nadi Pariksha consultation with Dr. Masthan
- Your Signature Therapy — choose one of five
- Personalised 30-day take-home protocol

PERSONAL CHOICES

- Free-Time Booking — choose one of seven (*1 of your 5*)
- Two spa-block treatments (*each counts as 1 of your 5*)
- Nakshatra Tree Meditation OR Organic Farm Work (*uncapped*)

WHAT YOU LEAVE WITH

- A 30-day protocol you can actually follow
- Cohort WhatsApp with host and doctor
- Six to eight hours of repaid sleep debt
- An Affirmation Card to carry into the week

SATURDAY MORNING · INCLUDED

Your Signature Therapy

Choose one of five. Counts as 1 of your 5 pre-bookable sessions.

- ▶ **Abhyanga + Shirodhara** · 75 min
Warm-oil massage + warm oil over the brow.
- ▶ **Hydrotherapy Circuit** · 90 min
Colon hydrotherapy + circular-jet warm-up.
- ▶ **Marma Therapy** · 60 min
Ayurvedic pressure-point work for stress.
- ▶ **Acupuncture** · 60 min
For tension, headaches, or sleep issues.
- ▶ **Therapeutic Back Care** · 75 min
Pinda Sweda with Kati Basti.

SATURDAY 3-5 PM · INCLUDED

Your Free-Time Booking

Choose one — counts as 1 of your 5. Or pick farm work / Nakshatra meditation (*uncapped*).

- ▶ **Aqua-Gym Session** · 45 min
Guided pool workout.
- ▶ **Salon** · —
Extra mani · pedi · hair oil · threading.
- ▶ **Extra Spa** · 60 min
Second Abhyanga or Udwarthanam.
- ▶ **Colon Hydrotherapy** · 90 min
Standalone deep cleanse.
- ▶ **Therapeutic Back Care** · 60 min
Pinda Sweda or Kati Basti.
- ▶ **Acupuncture** · 60 min
Standalone session.
- ▶ **Personal Yoga** · 60 min
One-on-one with the yogacharya.

BEYOND THE INCLUDED

ADD-ONS on request, on availability

ADD-ON	DURATION	PRICE (₹)
Kati Basti — back-pain	60 min	2,500
Udwarthanam — herbal powder	60 min	2,800
Netra Tarpana — eye therapy	45 min	2,200
Pinda Sweda — herbal bolus	75 min	3,500
Mud Therapy (private)	60 min	1,800
Spinal Jet / Hip Bath	45 min	2,000
Private consult w/ Dr. Masthan	30 min	3,500
Couple's Joint Abhyanga	75 min	6,500
Private pranayama / yoga	60 min	2,500
Premium hair + scalp	60 min	3,000

INVESTMENT per guest, all-inclusive

ROOM	OCCUPANCY	PRICE
Visishta	Twin sharing	₹ 26,000
Kuteera	Twin sharing	₹ 31,500
	↳ Single occupancy	₹ 40,000
Vipra Suite	Couple / Premium	₹ 45,000

All prices per guest, all-inclusive. 5% GST applicable. Friend-pair discount of 10% on twin-sharing bookings made together. Cohort buyout available — please ask.

TERMS & CONDITIONS

THE FIVE-SESSION RULE

Each guest may pre-book a **maximum of five specialised, one-on-one sessions**. Group sessions stay open to every guest, uncapped — you just turn up.

COUNTS AS 1 OF YOUR 5

★ Signature Therapy ★ Free-Time Booking ★ Each Spa-block treatment (2) ★ Each Add-on (paid)

OPEN TO ALL · UNCAPPED

◆ yoga & pranayama ◆ all meals ◆ group mud therapy ◆ cold plunge ◆ bhajan + sound healing ◆ aarti ◆ opening & closing circles ◆ Nadi Pariksha + take-home protocol ◆ farm work & Nakshatra meditation

The default package uses four of your five. Your fifth slot is a paid add-on of choice — or swap to free up slots for more.

BOOKING & PAYMENT

- **50% deposit** confirms your seat. Balance due 14 days before arrival.
- Substitutions (name changes) permitted up to 7 days before arrival.
- **Cancellation:** full refund 21+ days · 50% refund 14–21 days · no refund within 14 days.
- Pre-bookings are first-come, first-served from confirmation.

BEFORE ARRIVAL & ON PROPERTY

- Pre-arrival vaidya call (15 min) required, scheduled 7–10 days before.
- A short health declaration accompanies the call.
- Sattvik vegetarian meals only. No alcohol, no smoking on property.
- Children under 12 not hosted in the cohort programme.
- Cohort photography is discreet; no faces without consent.

HEALTH, SAFETY & JURISDICTION

- Therapies are conducted under Dr. Masthan & the Haritha clinical team.
- Guests with serious medical conditions must consult their physician beforehand.
- Pool, plunge, & movement sessions are at guest discretion.
- Insurance maintained per AYUSH norms.
- Disputes governed under the jurisdiction of Hyderabad, Telangana.

RESERVE YOUR SEAT

Twenty-eight seats per weekend. A short note about you, then we confirm.

WhatsApp

+91 9505 222 555

official@destinme.ai · destinme.ai