

"Life (ayu) is the combination of body, senses, mind and soul. Ayurveda is the most sacred science of life, beneficials to both humans in this world and the world beyond."

Charaka – Charaka Samhita, 200 BCE



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THE NAAD MEANING & LOCATION

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NAAD WELLNESS

India's first Wellness Centre to be certified by AYUSH and NABH, Naad Wellness is located in the historic land of the Bhagavad Gita, part of a region which is known as the "Food Bowl" of India and arguably produces the fittest women athletes in the world.

This spiritual land, which is also the centre of Ayurveda, Naturopathy, Yoga, Meditation and Sattvic Ahara(healthy food), draws wellness travellers from across the globe to Naad Wellness on an annual voyage.

Naad stands for the primordial sound that echoes through the universe, the vibration that is believed to have originated with its creation and has been reverberating through our very being ever since. Aligned with this age-old philosophy, we at Naad Wellness believe that our bodies are like musical instruments which, when tuned, regularly produces beautiful melodies.

Naad Wellness aims to soothe the spirit, rejuvenate the body and enrich the mind through a complete mind journey comprised of diverse relaxation activities – Yoga, Meditation, holistic medicinal treatments based on Ayurveda and Naturopathy, and a personalised food diet based on each guest's nutritional needs.

Located in Kundli, Naad Wellness is connected with all the major cities in the country, and the rest of the world via the Indira Gandhi International Airport, which is just a couple of hours away.

























DEVELOP THE SKILLS NEEDED TO FIND BALANCE AND HAPPINESS, CHANGE YOUR OUTLOOK IN LIFE AND LEARN TO LIVE IN THE NOW

Naad's eco-luxury, sustainable, wellness centre is genuinely life changing. We have designed a powerful transformational method based on Ayurveda, Naturopathy, Yoga, Meditation, and wellness cuisines that offers customised health and wellness programmes to teach us how to achieve awareness and compassion, and eventually, rewire our neural patterns for sustainable joy. Our comprehensive programmes are built around this method and tailored to the specific needs of each individual from medicinal treatment to therapies, menus to movement classes, and in-room sleep rituals. This is a truly bespoke, exclusive experience, and we guarantee every single one of our guests will leave feeling brighter, happier and transformed.

A MEANINGFUL BRAND PROPOSITION

We work around the idea that our bodies are like musical instruments which when tuned regularly produces beautiful melodies.

A LIFE CHANGING EXPERIENCE

Distinct from spas, Naad, certified by AYUSH and NABH, aims to take a more reflective, longer-term approach to your well-being, combing both the mental and physical aspects.

A CONSISTENT OBJECTIVE

Our mission is to educate our guests to learn to embrace change and gain control of their emotions. Our programmes are tailor-made and designed to guide you to develop Life's Most Important Skill: mindness and ultimately mind transformation

A COMMITMENT TO SUSTAINABLE DEVELOPMENT

We are committed to make today's and tomorrow's world more sustainable by being 100% plastic-free and contributing to local development.

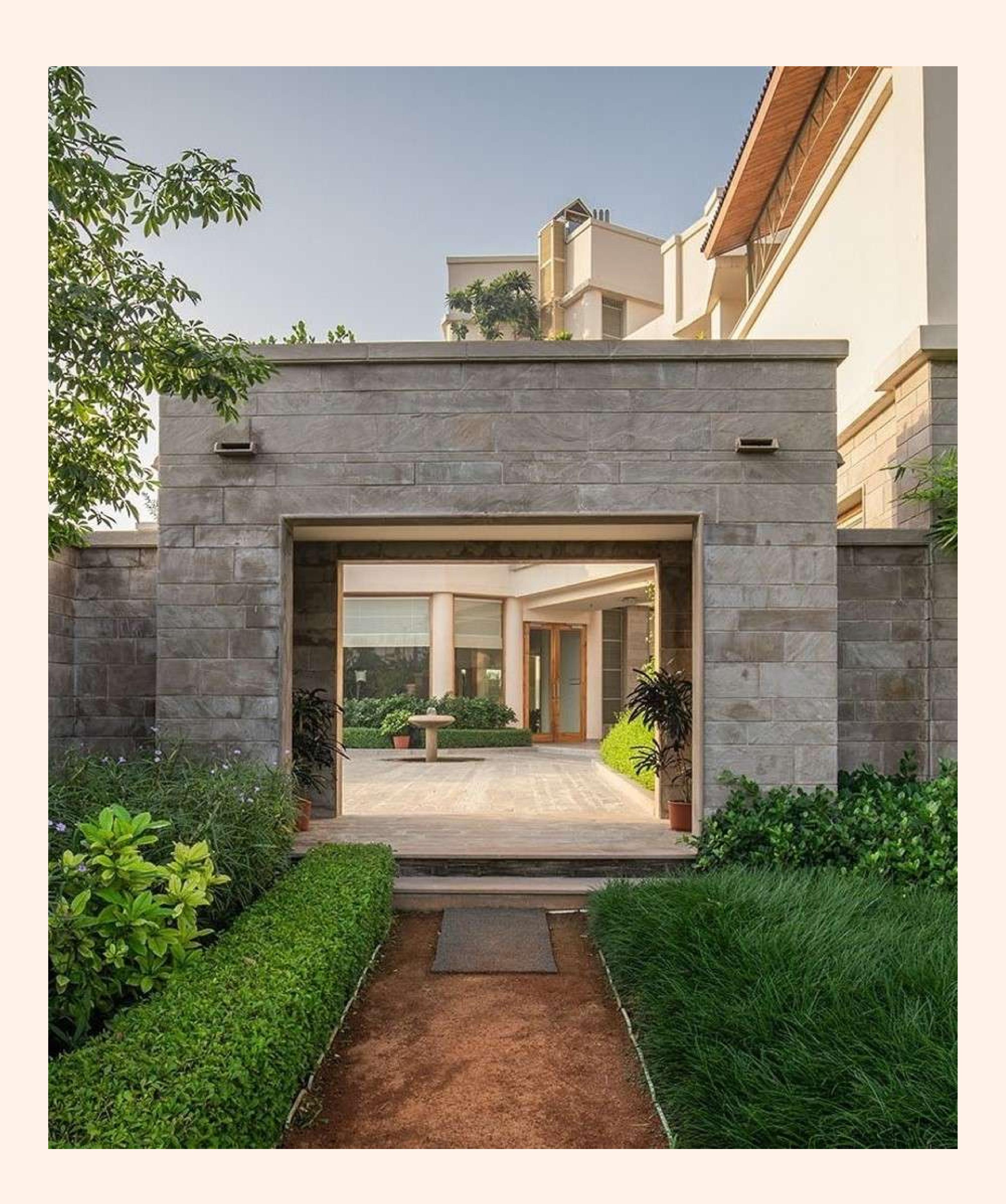
OUR EXPERTS

Our experts aim to offer expertise guidance, exercises and cuisines to help our guests cultivate the components of well-being – which include engagement, good relationships, accomplishments and purpose. Meet some of our experts:

- Dr. Hrishikesh Ashok, BAMS, MS (Ayurveda)
- Dr. Sreelakshmi K., BAMS, MD (Ayurveda)
- Dr. Prasanna Sahoo, BNYS Yoga & Naturopathy
- 'Millet Chef' Sekh Sahajan Executive Chef

Naad always aims to bring mindfulness practices into each guest's lives. Each detail, activity and programme have been thought through in order to illuminate how we see, hear, smell, touch, taste, maintain balance, feel, and shape our perception about the world aesthetically, artistically and musically.

MINDFUL IMMERSIONS



POSANA – YOGA – AHARA – NIDRA

WHAT IS NAAD JOURNEY?



POSANA (NOURISHMENT)

different therapies for detox, de-stress, well as a hair-dresser salon.

Naad brings together masterful skin-care treatment, to nurture the body techniques and highly advanced and achieve overall well-being and ayurvedic and naturopathy treatments balance. Our centre is a quiet haven, for common ailments like diabetes, comprising of state-of-the-art treatment arthritis, hypertension, PCOS, weight rooms, a temperature-controlled plunge management, spine care, sports injury pool, a Himalayan salt cave, management and more than 15 Reflexology path, Turkish Hammam, as



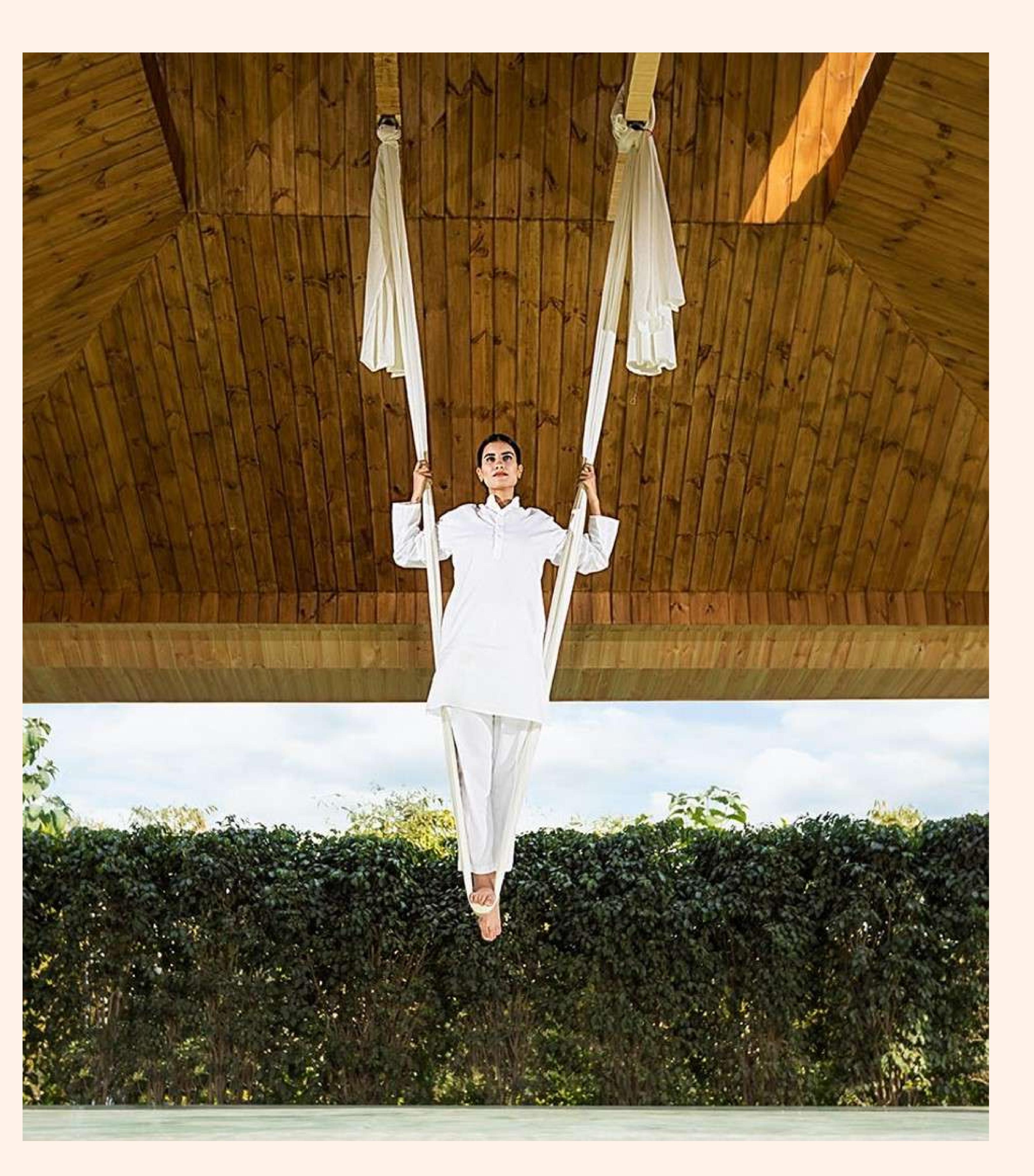
Naad's movement programmes encompasses a large indoor room for yoga, an outdoor yoga mandap, a well-equipped gym, a temperature-controlled pool for acqua workout, a landscaped park for outdoor exercises, and most importantly a team of yoga instructors to assist you with any

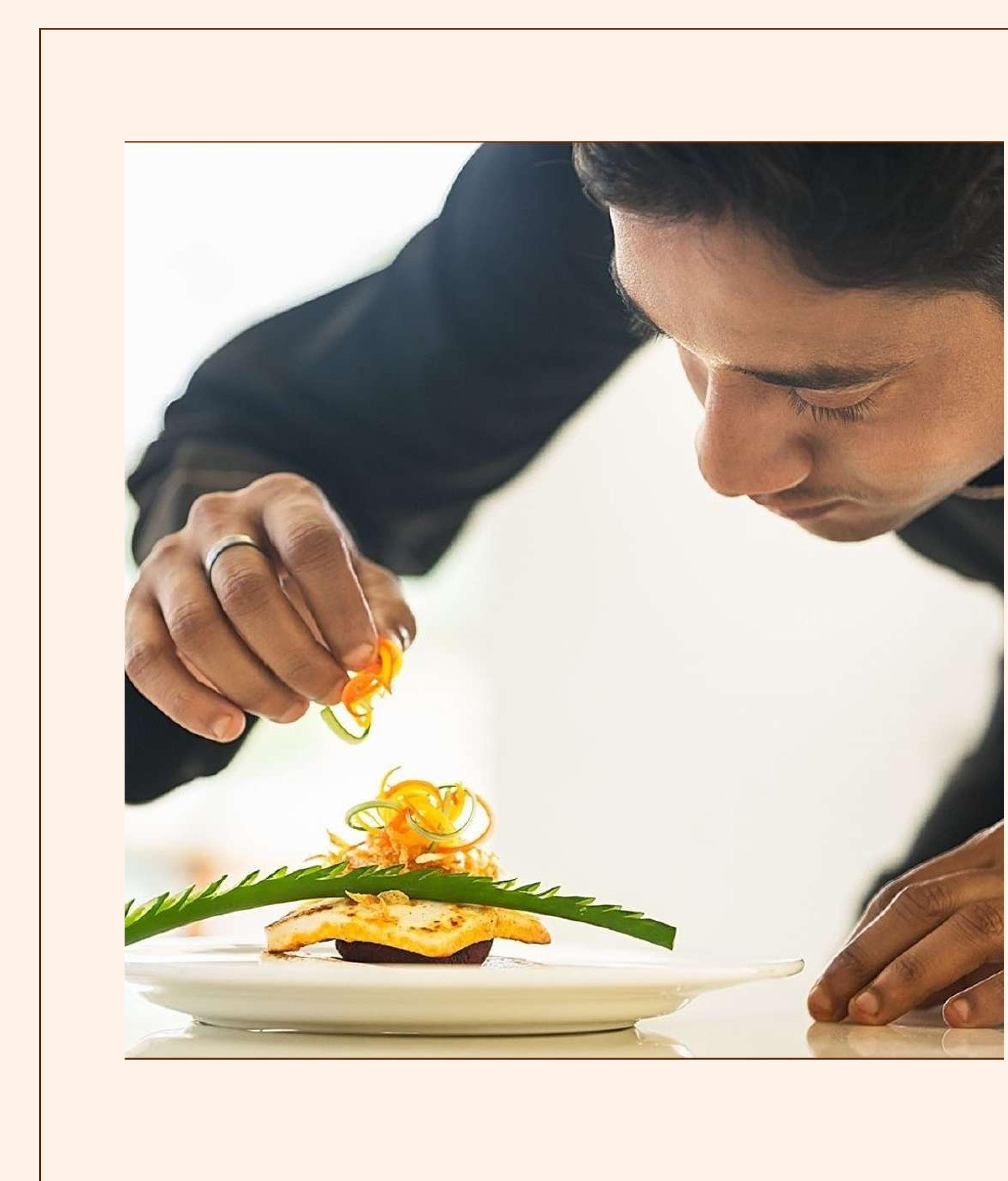




YOGA

goals you may have mind set on. We believe lifestyle changes require support, perseverance, and a balanced and receptive body. Naad's yoga programme blends numerous techniques and therapeutic practices with both private and group classes to cultivate physical, mental and emotional well-being.



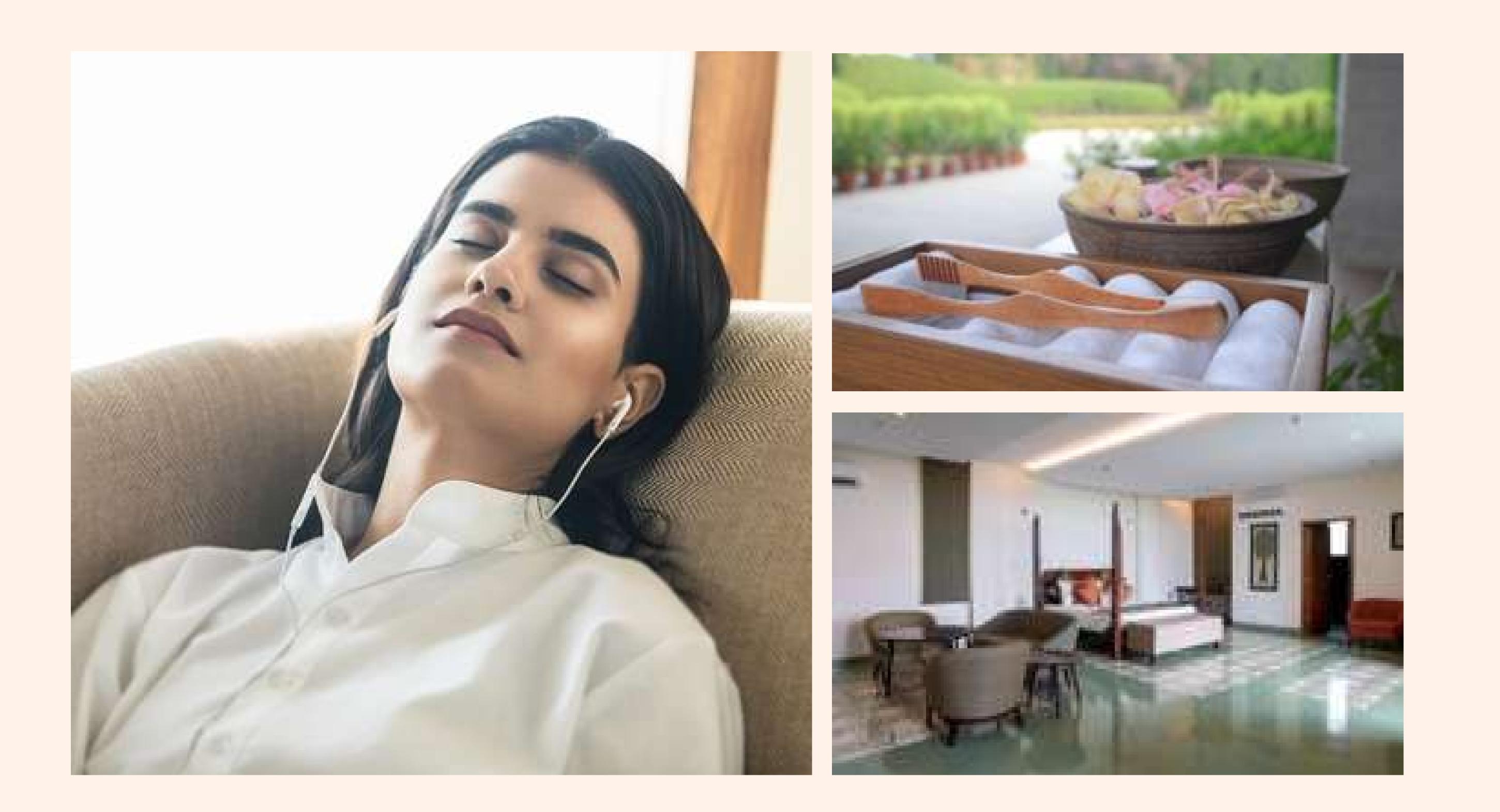




AHARA (FOOD)

In Ayurveda, food is one of the key pillars of life, which plays a major role in both prevention and cure. All meals at Naad are prepared in accordance with the tridoshastyle of cooking and are administered to guests to help possible with a mission to sharpen balance out their doshas or bio- and delight taste buds while energies. Meal plans are customised continuously supporting health.

for each guest keeping in perspective their individual body types, medical history and health objective. Our belief is to serve food as close to its natural state as

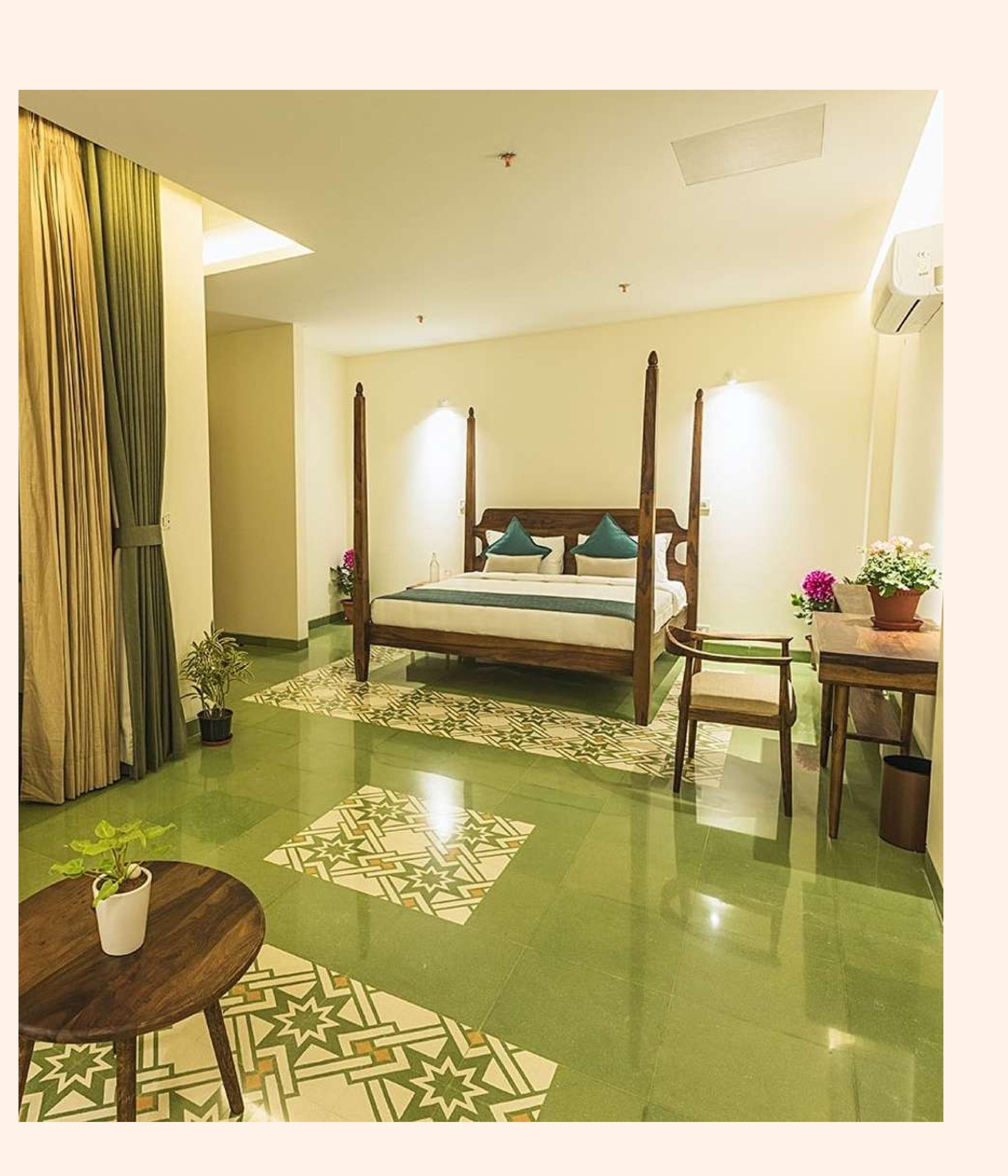


Eyes are the windows to the soul! At Naad, we take sleep very seriously and that's why it's one of the key foundations of your stay. From sleep butlers and food conducive to sleepto in-room sleep amenities and therapy treatments, we leave no stone unturned when it comes to ensuring our guests find the best night's sleep possible - after all, sleep is the gateway to wellness.

NIDRA (SLEEP)

The serene surroundings and healing greenery will not only energise the body, but will also reduce tension and improve overall mental health. We offer you four options for a better sleep routine:

- The Naad Presidential Suite
- Royal Suite
- Luxury Room
- Premium Room



RECREATION SPACE





a sound mind, which makes facilities for: physical exercise just as important as mental fitness.

FACILITIES

A sound body is the ultimate key to At Naad, we offer recreational

- Tennis
- Badminton
- Mini Golf & Night Golf
- Billiards & Snookers
- Multi-functional Gym
- A temperature-controlled pool



"Listed amongst the seven of the most luxurious wellness retreats in India"

"Featured in the list of India's Top-10 Wellness Addresses"

Travel+Leisure India

"This is a destination where you can drop your baggage, literally" Ms. Rewati Rau, India Today

TESTIMONIALS

Architectural Digest

"Trying to be a better version of myself... And the doctors, the yoga teachers, the chef, the therapists and the staff, really nudge you very softly in the right direction"

Ms. Maria Goretti, Actor

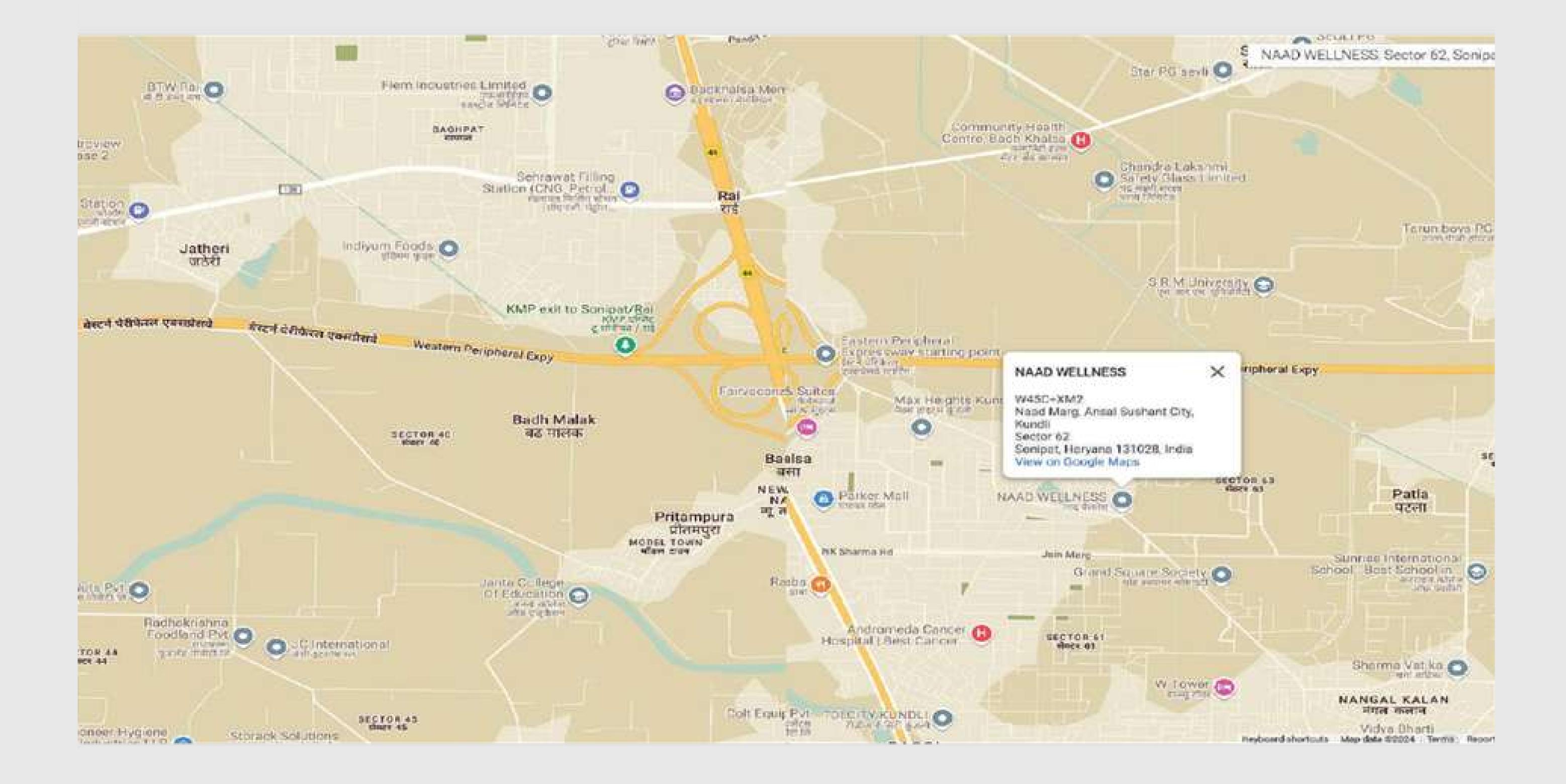
"Naad reminded me how simple corrections in our daily routine can make us feel so much better so quickly"

Ms. Kalyani Prasher, National Geographic Traveller

"Go weekend, health trip, honeymoon, rejuvenation, you'll find it all there"

Ms. Sandhya Mridul, Actor







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