

Das Programm  
auf Deutsch  
finden Sie  
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## Ayurveda basic programme

*The basic programme is the **basis of all of the following Ayurveda cures** – from Ayurveda Detox to the great Giardino panchakarma cure. It forms a foundation that is supplemented by specific treatments, depending on the cure.*

*The Ayurveda basic programme comprises the following elements:*

*Ayurvedic  
full board*

*Medical history and pulse diagnosis  
with Ayurvedic nutrition and  
lifestyle consultation*

*Daily yoga, pranayama (breathing exercises)  
and meditation*

*Entry to the sauna/pool and fitness area*

*Participation in the weekly programme*

*Workshop*

*Information session  
on health-related topics*

*Final consultation*

*Ayurveda guests enjoy a **20% discount on the price of a room**, at the Giardino Ascona, Giardino Mountain and Atlantis by Giardino (high season and public holidays depending on availability).*

*Room prices are calculated separately and are not included in the cure price indicated.*

*More information about the Giardino hotels and room prices can be found on page 39.*

*If you have any questions about the options available or a reservation query, please contact Giardino at any time on +41 (0)800 333 313 or at [ayurveda@giardino.ch](mailto:ayurveda@giardino.ch).*

*We recommend that, in order to achieve the best possible results, guests avoid alcohol, coffee and other stimulants during the course of their cure.*