

# IN THE LAP OF NATURE

Perched in the valley of the Sahyadri Mountain ranges and flanking Lake Mulshi, the retreat has a rich natural ambience

## ATMANTAN IS THE PLACE TO BE, FOR A RECONNECTION WITH MOTHER NATURE, YOGA AND KRIYA PRACTICES, ORGANIC CUISINE, DETOX MASSAGES, AYURVEDIC MAGIC OR INNOVATIVE THERAPIES

Welcome to an alternative reality. Few would imagine just hours away from Mumbai, is an oasis set in a crystalline valley, adjacent to possibly one of the most serene and enigmatic waterbodies in the state – the Mulshi lake. A silent, elegant sentinel to Maharashtra's own ancient ecology, the Atmantan retreat reminds you that the stoic Sahyadri Mountains may not be what your school history books talked about, but they are,

therapies like traditional Ayurveda, oriental acupressure, aromatherapy massages, Chi Nei Tsang, purifying body polishes, cocooning wraps, *Pranic chakra* cleansing, and more. (Yours truly tried the hot-poultice massage, as prescribed by my Ayurvedic doctor, Dr Ajay, and a fabulous aromatherapy massage executed by a winsome masseuse called Sajita. Later, I also tried one of the hydrotherapy anti-inflammatory aromatherapy experiences set up in my own private bathroom. All the experiences were soothing and restorative.)

Meal times give your gut a healthy reboot too, with breakfast offering fresh fruit smoothies, mostly blended in kafir yoghurt. There are caffeine-free tea infusions, fruit platters, oats or muesli-based porridges, and dairy and gluten-free preparations, including *dosas*. Each meal offers multi-course choices, and what one appreciates is how rich and flavourful such supremely healthy, farm-to-table preparations can be. We all know foods that are wholesome and chemical-free can heal the body, not just nourish it. At Atmantan, food is a major part of your prescription, and your personal health specialist will inform the Chef which 'shots' you need to drink before your meal! "The tiny glasses of strong but concentrated shots helps

in fact, said to be older than the Himalayas! We never ask a lady her age, so we simply admire the feminine charms of the Mulshi lake, as she soundlessly meanders through the views at the retreat.

True to its name, *Atma* (soul) *Mana* (mind) and *Tan* (body), the resort is dedicated to providing you with a rejuvenating experience that touches upon all aspects of your being. With Ayurvedic doctors on call, BMI machines that break down your fat-muscle-water constitution, yoga and aqua-jam classes, dance classes, and Ayurvedic *kriyas* – there is a lot to explore. When you want to work your way back to wholeness through the route of wellness therapies, their much-awarded spa holds out an impressive menu of wellness



The dining area overlooking the valley

get an instant health-boost. These provide for nutrient rich goodness, that helps cure cold, flu, digestive problems, energy-deficiency and promote natural healing," explains Head Chef Ishika Konar.

While there are buggies that help you navigate its hilly landscaping, you are encouraged to live in tracks and sneakers and do as much walking as you can manage. The resort offers an expanse of 6,525 square feet of fitness facilities. If going in warmer months, please remember to wear your sunglasses – in large cities, our eyes are usually sheltered from the intense mid-day sun, and if photo-sensitivity is an issue, be careful. You don't want a nasty migraine, and the resort is not too keen to pass on allopathic painkillers! Also, don't count on the buggies to always be on call. If in a hurry... be always prepared to trek!

The monsoon is an ideal season to practice pranayams outdoors



The new infinity pool

## HEALING BY TOUCH PAUL EMERY

ASIA'S ONLY PRACTITIONER OF 'QEPR' (QUANTUM EMOTIONAL AND PHYSICAL RELEASE), TALKS ABOUT HOW HE HAS HELPED CELEBRITIES FROM KATE MOSS TO A HOST OF INDIAN STARS LET GO OF AGE-OLD EMOTIONAL BLOCKS STORED IN THEIR BODIES AND MINDS, IN MERE MINUTES. HE HAS A POWER CHAT WITH HELLO! AT ATMANTAN

**How did you find yourself drawn to 'QEPR' as a modality?**

"I created QEPR 10 years ago after training with some of the greatest minds in psychology and pain relief from the past 40 years. I took the best parts of what I learnt from them and successfully combined it together."

**Can you narrate stories of instant release for clients?**

"A lady who met me four years previously, had been suffering after a terrible car accident. She damaged her back and was hospitalised for months. The surgeon helped repair her body; however she left hospital with severe back pain. I worked with her for only a minute when she cried, 'It's gone – the pain has completely gone!' I followed up with her months later and the pain hadn't returned. There was another lady who was angry with her ex-husband for cheating on her years earlier. I got her to think about her husband and applied my techniques. Minutes later she reported that the anger wasn't there!"

**Kate Moss has openly talked about you as her therapist... how did this modality help her release old trauma?**

"I was able to help her with some physical pain and joint problems. We also worked on reducing the emotional impact of a former relationship that was preventing her from fully enjoying her current life."

**Which cities around Asia have you worked in, and which city do you most want to work in, here in India... and why?**

"I have worked in health resorts in Rishikesh, Pune, Hua Hin and Phuket in Thailand, Hong Kong, Singapore and Vietnam. In India, I would like to work out of Mumbai and Delhi, because I would love to reach and teach through workshops as many people as I can, on how to quickly overcome a negative emotion or pain."

**You say you have helped some Bollywood stars – perhaps without revealing names; how did this therapy help them?**



Paul treats a client at Atmantan, The Wellness Center

"One very well-known actress had difficulty shaking off a previous demanding role. She became so involved with the character that it started to affect her own daily life. With my therapy she was able to put that character aside and let go of the negative traits she had to adopt for the role."

**Do you feel daily tapping of the body on specific points can prevent us from holding on to unwanted emotional baggage?**

"Yes indeed! Daily 'tapping' on specific meridian points will free up unwanted emotional baggage and, therefore, enable your energy to flow better and more freely, giving you greater emotional and physical health."

**Do many illnesses come from being stuck in energy?**

"Many physical problems, which could lead to illness, are frequently caused by unresolved emotion, especially anger. It is neither healthy to express or suppress anger, but to rather let it go. Anger expressed, releases toxins that remain in your blood for six hours!"

**Tell us about the two books you have worked on, and what made the writing of them so special?**

"I was invited to co-author with two major authors, alongside other leading experts. The first was, *The Winning Way* with Brian Tracy, the other *The Soul of Success* with Jack Canfield, who wrote the world's bestselling book, *Chicken Soup for the Soul*. It was so special to co-author with them because they were mentors of mine for many years. Also, it was a great opportunity to teach a little about my work."

**What are the latest breakthroughs in your area of work?**

"The latest breakthrough in my area of work is undoubtedly 'Havening Techniques.' In my vast experience, Havening blows all other techniques out the water for its quick and effective treatment in eradicating any emotional concern as well as many physical problems. It a real game changer in the field of psychology!"

**In India, what ancient healing systems fascinate you? (i.e, they say pranayams or breathing exercises are also very effective to remove emotional toxins.)**

"I'm fascinated by Ayurvedic nutrition – whether you are *Vata*, *Pitta*, *Kapha* or *Dosha* – and the effects it has on your health. I'm also fascinated by breathing exercises. In fact, I sometimes incorporate them into my treatment with the aid of computer bio-feedback software. I can see the effects it has on the mind and the body, in real time. Completing one breath every 10 seconds has a positive effect on mind and body. It raises the anti-aging hormone DHEA, improves sleep, helps us become less reactive, improves our autonomic nervous system, and brings our heart into coherence, which is very important for mental and physical health."

Pranayams at the retreat



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