

Journeys at tulåh



Executive Recharge

About this journey:

Executive Recharge at tulåh is designed for leaders and high performers, seeking clear thinking, steady energy and inner equilibrium. It recognises how pace, pressure and constant connectivity can fragment focus, deplete vitality and dull creativity. This journey helps you step out of overdrive, restoring your natural rhythm of energy, presence and calm. Through a precise, yet nurturing approach, we align your sleep, movement, nutrition and nervous system with the life you actually live. Each day unfolds with practices that renew clarity and resilience, helping you feel rested, focused and deeply recharged, ready to lead with balance and intention.

Approach

Rhythm & Recovery Assessment: A personalised evaluation of circadian rhythm, sleep quality, cognitive load and stress patterns reveals how pace and pressure shape your wellbeing and performance.

Ayurvedic & Eastern Therapies: Soothing Ayurvedic treatments and acupuncture-based meridian therapies ease muscular and mental tension, regulate Qi and counter the effects of overwork. Ku Nye, Shiatsu, Watsu and Reflexology restore energetic balance and release fatigue accumulated from travel and sustained stress.

Movement & Resilience Training: Restorative Iyengar postures, mindful mobility and focused strength sessions cultivate body awareness and endurance, designed to integrate seamlessly into demanding schedules.

Breathwork & Biofeedback: HRV-guided breathing, pranayama and relaxation techniques regulate the autonomic nervous system, calming stress while enhancing focus, recovery, and sleep depth.

Psychology & Vedanta: Guided sessions draw on applied psychology and Vedanta's philosophy of awareness to help leaders reset mental patterns, strengthen boundaries and reconnect with clarity of thought and purpose. The process cultivates composed focus, emotional steadiness and a renewed sense of direction.

Circadian Reset & Lifestyle Design: Targeted light exposure, structured rest and nutrition alignment recalibrate the body's natural rhythm, sustaining energy, cognitive sharpness and long-term productivity.

Outcome

Stress eases, sleep stabilises and focus sharpens. The body feels lighter, energy steadier and the mind clearer. You leave tulāh rested and rebalanced — equipped with practical rituals and lifestyle tools to sustain calm, clarity and peak performance, both at home and on the move.

This journey serves those who:

- travel constantly, time zone shifts, or persistent jet lag
- experience chronic stress, burnout symptoms, or decision fatigue
- are affected by irregular sleep cycles, reliance on caffeine or alcohol to cope
- experience brain fog, low focus, or afternoon energy dips
- feel tension, anxiety, or restlessness that lingers after work
- seek a simple, sustainable routine that protects performance and wellbeing

Inclusions	Wellness		
	7 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		
Expert Consultations (30-45min each)	7x	9x	11x
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	3x	4x	5x
Clinical Nutritionist	2x	3x	4x
Clinical Psychologist**	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x
Individual Treatments/Sessions	14x	28x	42x
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	7x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	3x	7x	10x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	2x	3x	5x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	2x	4x	6x

*- Diagnostic Package details on page 14 - 16

**- Initial consultation as part of the assessment, further consultations part of the daily sessions

***- Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On