

Journeys at tulåh



Movement & Mobility Reset

About this journey:

This journey restores ease, confidence and freedom of movement for those limited by stiffness, injury, or chronic discomfort from inflammation, postural imbalance, circulatory stagnation, recovering from illness or surgery. When these patterns persist, they compromise mobility, impair mitochondrial efficiency and accelerate fatigue & joint degeneration. Movement & Mobility Reset brings the body back into flow, restoring alignment, strength and flexibility through intelligent movement, therapeutic recovery and mindful awareness.

Approach

Diagnostics: A detailed musculoskeletal evaluation analyzes posture, gait and joint mobility to uncover restrictions, muscle imbalances and compensatory patterns, forming the blueprint for personalized restoration.

Personalised Nutrition: Anti-inflammatory nutrition, rich in omega-3s, magnesium and collagen precursors supports connective-tissue integrity, joint repair and inflammation control.

Ayurvedic Restoration: Therapies such as Snehana and Svedana ease Vata-related stiffness, reduce Ama (metabolic residue) and enhance Rasa and Rakta dhatu flow, improving circulation, lubrication and tissue nourishment.

Traditional Chinese Medicine: Acupuncture and cupping release stagnation, regulate Qi and improve blood flow across joints and fascia—restoring ease, flexibility and energetic harmony.

Clinical Yoga: Iyengar-inspired movement and breath regulation enhance alignment, proprioception, and parasympathetic balance, improving flexibility, joint stability and systemic calm.

Functional Conditioning: Targeted resistance and mobility training rebuild neuromuscular coordination, strength and mitochondrial efficiency.

Mind–Body Integration: Guided awareness and conscious breathwork release tension stored in the body, improving oxygen flow and postural alignment. Through mindful observation and introspection, guests reconnect with the natural rhythm of movement, with confidence and ease.

Outcome

Strength and stability return. Movement becomes fluid and effortless. Inflammation subsides, posture realigns and energy circulates freely. You leave reconnected to your body's natural rhythm, grounded, resilient and renewed in motion.

This journey serves those who:

- experience back, neck, shoulder, hip or knee pain; stiffness and restricted range of motion
- have suffered injury or are recovering from surgery, and are seeking healing guidance
- are afflicted with osteoarthritis or early joint wear; and are seeking comfort, stability, and strength
- are experiencing balance issues, gait changes, or recurrent strains/tendinopathies
- experience tightness and require deconditioning from long hours at a desk or frequent travel
- are fitness enthusiasts and athletes

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
Expert Consultations (60 min initial, 30 min follow-up)	9x	11x	≥12x	≥15x
Doctor Consultations (Modern Medicine, Ayurveda Doctor Traditional Chinese Medicine Doctor and/or Functional Medicine Doctor)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			as required**	as required**
Individual Treatments/Sessions	42x	63x	42x	63x
Hands-On Treatments (Ayurvedic, Tibetan Healing, Traditional Chinese Medicine or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Sound-Healing, Breathwork, Meditation, Reiki)	10x	15x	10x	15x
Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	6x	8x	6x	8x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	12x	19x	12x	19x

*- 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