

Journeys at tulåh



Soul Realignment

About this journey:

Soul Realignment at tulåh is a guided return to clarity and purpose after periods of change, loss or emotional exhaustion. It steadies the nervous system, softens accumulated stress, and restores a sense of inner coherence. For those moving through grief, transition, or a chapter of disconnection, this journey offers a path back to the center, where calm, meaning, and presence can be felt again. Through breath, stillness and reflection, you reconnect with what truly matters. Each day unfolds with gentle rhythm, helping you slow down, release tension and realign body, mind, and soul with deeper intention.

Approach

Restorative Therapies: A composition of Ayurvedic treatments, Ku Nye (Tibetan massage), Shiatsu and acupuncture-based energy-balancing practices such as Reflexology and Watsu calm the nervous system and ease emotional tension, guiding the body into deep rest and renewal.

Breath & Stillness Practices: Breathwork, meditation, yoga nidra and restorative Iyengar postures activate the parasympathetic state, reducing stress hormones and nurturing inner stillness.

Sound & Nature Immersion: Sound journeys and time in nature help release stored emotion and expand awareness, creating space for grounding and clarity.

Clinical Psychology: Evidence-based therapeutic sessions offer space to process emotion, release mental tension and clarify thought patterns. Compassion-centered dialogue reconnects mind and meaning, cultivating calm and emotional balance.

Vedanta & Reflection: Rooted in Vedanta's philosophy of awareness and self-inquiry, reflective dialogues invite exploration of purpose, identity and conscious living, transforming insight into sustainable inner alignment.

Personalised Rituals: Simple home rituals (grounding breath sequences, daily reflections, and mindful routines) support continued balance and connection beyond your stay.

Outcome

The mind quiets, the heart steadies, and awareness deepens. You leave tulāh lighter, clearer, and more connected — not only to yourself, but to life itself. Supported by tools for emotional balance and meaningful living, you carry home a renewed sense of alignment and calm direction.

This journey serves those who:

- seek a deeper meaning or a renewed sense of purpose
- wish to embark on a spiritual path, seeking inner alignment and a deeper connection to purpose and balance
- are experiencing profound grief, loss, or a difficult life chapter
- feel emotionally fatigued, or detached from self
- live with anxiety, rumination, or a restless mind
- seek calm practices and a gentle framework for inner stillness

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	11x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	1x	2x	3x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	3x	5x	7x

*- 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