

TIGRIS
VALLEY
WELLNESS RETREAT

Markaz Knowledge City, Calicut, Kerala, India
Mob: +91 9856 040 040 | reservation@tigrisvalley.com
www.tigrisvalley.com

Corporate Wellness Retreat at Tigris Valley

Elevate Your Team's Well-Being in the Lap of Nature

Tigris Valley presents the ultimate **Corporate Wellness Retreat**, a transformative experience designed to inspire, rejuvenate, and connect your team. Set in a luxurious mountain sanctuary near Wayanad, this retreat combines the serenity of nature with world-class wellness programs, offering your team a perfect blend of relaxation, adventure, and growth.

Why Choose Tigris Valley?

- **Luxury Meets Nature:** Nestled in the tranquil mountains, Tigris Valley offers unparalleled access to pristine forests, waterfalls, and breathtaking landscapes.
 - **Comprehensive Wellness Approach:** A seamless integration of Ayurveda, Unani, functional medicine, and nature-based therapies tailored for corporate rejuvenation. □
 - **Bespoke Experiences:** Every program is customized to meet your team's unique goals, blending luxury with meaningful wellness practices.
 - **Exquisite Amenities:** Enjoy luxurious accommodations, gourmet organic cuisine, and spa facilities designed to pamper and inspire.
 - **Adventure-Infused Wellness:** Engage in curated offsite adventures, including mountain treks, waterfall excursions, and forest safaris.
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Program Overview

Our Corporate Wellness Retreat offers a diverse array of experiences aimed at fostering wellbeing, team cohesion, and personal growth.

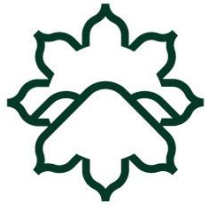
Wellness & Relaxation:

- Group yoga and meditation sessions to enhance mindfulness and emotional balance.
- Aromatherapy, steam baths, and signature spa treatments for ultimate relaxation.
- Personalized massages such as Deep Tissue, Tigris Touch, and Aroma Therapy.

Adventure & Connection:

- Guided mountain treks with scenic vistas to energize the team.
- Waterfall visits and picnics for relaxation and bonding.
- Forest safaris offering an immersive connection with nature's tranquillity.





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Luxury & Comfort:

- Relax in our spa-inspired accommodations with views of the mountains.
- Access to an infinity pool, sauna, and Jacuzzi for rejuvenation.
- Organic, gourmet meals prepared with locally sourced ingredients, including Ayurvedic and Unani-inspired delicacies.

Team Development & Workshops:

- Leadership and emotional intelligence workshops tailored for corporate professionals.
- Stress management and work-life balance seminars.
- Communication and collaboration activities to strengthen team dynamics.

What Are the Benefits?

For Employees:

- A revitalized mind and body, reducing stress and burnout.
- Enhanced creativity, productivity, and focus.
- Deeper connections with colleagues and a renewed sense of purpose.

For Organizations:

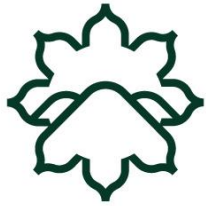
- Improved team cohesion and communication.
- Higher employee satisfaction and retention.
- A more engaged and resilient workforce.

Offsite Adventures to Enrich the Experience

Tigris Valley offers unique opportunities to explore the natural beauty and cultural richness of Wayanad:

- **Mountain Treks:** Guided hikes through lush trails, perfect for physical rejuvenation and team bonding.
- **Waterfall Excursions:** Visit picturesque waterfalls, enjoy serene picnics, and recharge amidst nature.
- **Forest Safari:** Explore the diverse flora and fauna of the Tigris forests, connecting deeply with nature.
- **Cultural Tours:** Discover Wayanad's spice plantations and local traditions for a memorable offsite experience.





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Flexible Duration Options

We offer retreat packages designed to suit your organization's schedule:

- **3 Days:** A quick reset packed with rejuvenation and bonding.
- **5 Days:** A more immersive experience balancing wellness and adventure. □
- **7 Days:** A comprehensive program for long-term team transformation.

Tigris Valley – Your Luxurious Escape

Our retreat isn't just a program; it's a complete experience designed to redefine corporate wellness with:

- Luxurious villas and suites with mountain views.
- Infinity pool and spa facilities for relaxation.
- Gourmet meals inspired by holistic wellness.

Take the First Step towards a Healthier, Happier Team

Let Tigris Valley be the backdrop for your team's transformation. Elevate their well-being, deepen their connections, and inspire a future of unparalleled productivity and harmony.

