

# AYURVEDA PANCHKARMA RETREAT

FOR DETOXIFICATION & REJUVENATION



Experience the unique, authentic and customized therapies of Ayurveda in a wonderful and picturesque location in South of India.

## 2 weeks / 3 weeks program

**Dates:** 18<sup>th</sup> Jan 2027 onwards till 7<sup>th</sup> Feb 2027

**Venue:** Sreedhareeyam Ayurvedic Eye Hospital & Research Center, Kerala, India.

The location is situated in a serene environment, equipped with state-of-the-art facilities, to create an atmosphere of health. All types of ayurvedic treatments are offered at the hospital, including Full Body Massage, Pizhichil, Dhara, Njavarakizhi, Steam kizhi, etc which are administrated scientifically, taking into account the finest details of precision. Kochi International Airport is the nearest airport to the Venue.

## Cost ( Euros ) per person:

### 1) Villa accommodation

Villa		
Duration	Single occupancy	Double occupancy
2 weeks	3310	2685
3 weeks	4965	4025

#### Highlights of Villa:

- ❖ Air-conditioned
- ❖ One king size bedroom with a double bed or twin beds, equipped with modern facilities and amenities.
- ❖ One living room with the modern furniture
- ❖ Fully furnished modern kitchen
- ❖ Attached treatment room in each villa which is exclusively used by the guests staying in that Villa.
- ❖ Verandah / Balcony
- ❖ Common facilities like swimming pool, lawn, health club, billiards' room, Cafeteria.

### 2) Guest House Room accommodation

#### Highlights of Guest House Room

- ❖ Contains 2 floors with 2 Rooms on each floor

- ❖ Each floor of the Guest house has a common Kitchen, dining room, Small living room and a Balcony
- ❖ Each room is air-conditioned and is equipped with Double bed (or twin beds), TV, attached bathroom and toilet.
- ❖ Treatment room in the Guest house exclusively for the guests staying in the Guest house
- ❖ Minimum one floor needs to be booked.

Guest House		
Duration	Single occupancy	Double occupancy
2 weeks	3058	2620
3 weeks	4587	3930

### 3) Executive Suit Room Accommodation

#### Highlights of Executive Suit Room accommodation :

- ❖ Available with luxurious furnishings.
- ❖ Air-conditioned
- ❖ One bedroom with a double bed or twin beds, equipped with TV, Refrigerator, attached bathroom and toilet. A small living room and a wide balcony.
- ❖ Other amenities include an exclusive dining area, a central courtyard, Gym and provides an excellent view of the nature in the surrounding village.
- ❖ Treatment room adjacent to the Suit room and semi-private

Executive Suite Room		
Duration	Single occupancy	Double occupancy
2 weeks	3185	2435
3 weeks	4775	3650

### 4) Suite Room accommodation

#### Highlights of Suite Room:

- ❖ Air-conditioned
- ❖ One bedroom with a double bed or twin beds, equipped with TV, Refrigerator, attached bathroom and toilet.

- ❖ One additional sitting area , equipped with a sofa bed and chairs.
- ❖ Balcony with a beautiful view of paddy fields .
- ❖ Treatment room near to the suite room and on the same floor.

## 5) AC Deluxe Room accommodation

### Highlights of AC Deluxe Room :

- ❖ Air-conditioned
- ❖ One bedroom with a double bed or twin beds, equipped with TV, Refrigerator, attached bathroom and toilet.
- ❖ Treatment room on the same floor.
- ❖ Balcony with a beautiful view.

Suite Room		
Duration	Single occupancy	Double occupancy
2 weeks	2620	2185
3 weeks	3930	3275

AC Deluxe		
Duration	Single Occupancy	Double occupancy
2 weeks	2345	2056
3 weeks	3515	3084

For queries/ cancellation policy, please write at :  
[consultantayurvedic@gmail.com](mailto:consultantayurvedic@gmail.com)

### **Cost Includes:**

- ❖ Accommodation for 2 weeks / 3 weeks as mentioned above
- ❖ Warm meals X 3. In addition to this, herbal teas suitable for the treatment would be served. Alcohol and non-vegetarian food is not recommended.
- ❖ Comprehensive Consultation by an Ayurvedic doctor at the beginning of the treatment schedule.
- ❖ Relevant investigations
- ❖ Daily :
  - 2 to 3 therapies according to the consultation
  - 45 minutes to One hour Yoga class
  - Follow up by Ayurvedic doctor
  - Support from the Nurses
- ❖ Ayurvedic supplements during the stay
- ❖ Talks on interesting health topics by Expert Ayurvedic doctor: 1 session per week of around 60 minutes
- ❖ Pick up and drop from /to Kochi International airport

### **Does not include :**

- ❖ Flight Ticket
- ❖ Products to be purchased at the end of the stay
- ❖ Any Extra Therapy / services needed apart from the program as mentioned above

### **Additional Activities**

- ❖ **Educational Courses :**
  - Ayurvedic Nutrition and Cooking Course : (4 sessions x 2.5 hours ) – Details at the end of the document
  - Women’s Health Care through Ayurveda ( 10 days x 2.5 hours daily) – Details at the end of the document
  - Child Health Care through Ayurveda ( 10 days x 2.5 hours daily) – Details at the end of the document
- ❖ Astrological consultation can be organized at an extra cost
- ❖ Support for organizing Site seeing before or after Panchkarma as desired

## **Educational Courses**

### **Ayurvedic Nutrition & Cooking Course**

Ayurveda places utmost importance on Food to maintain health and to prevent diseases . According to Ayurveda, not only the selection of food ingredients is important , but also , the way it needs to be processed such as boiling , cooking , roasting , frying , etc . Also , an important aspect is which food ingredients go together well and which food combinations are incompatible.

Here is the Ayurvedic Cooking course covering the important topics as follows :

- 1) Importance of Food as an important tool to prevent diseases
- 2) Rules of eating according to Ayurveda
- 3) Water : When and how much to drink ?
- 4) Food : How much and how frequently to eat ?
- 5) Importance of Spices in Ayurveda
- 6) How the food ingredients change their properties depending on the type of processing it undergoes
- 7) Doshas / Different constitutions and Food
- 8) Incompatible Food ingredients
- 9) Spices and their benefits
- 10) Overview of grains, pulses , lentils, beans : Ayurvedic perspective
- 11) Sprouts : Good or Bad ?
- 12) Smoothies ? Ayurvedic view
- 13) Raw Juices/ Raw food : Ayurvedic View
- 14) Fermented Food ? Good or Bad
- 15) Salt and Sugar : Different types and their benefits according to Ayurveda
- 16) Food Ingredients which can be consumed on the regular basis and which should not be consumed on regular basis
- 17) Healthy Fat.
- 18) Demonstration of 10 to 12 recipes with notes

Duration : 4 sessions of 2.5 hours each

Price : 160 Euro per person

Note : The course will be conducted for a minimum 6 participants

## **Introductory Course on Child Health Care through Ayurveda**

Details of the Course:

Duration : 2.5 hours daily x 10 days

Topics:

- Introduction to Paediatrics in Ayurveda
- Regimen for Newborn Baby
- Childhood Sanskar ( Rituals in childhood )
- Nutritional aspects including neonatal feedings
- Ayurvedic view of Breast feeding in infant care
- Baby Massage : Ayurvedic View
- Teething in child and its management through Ayurveda
- Immunization in children : Ayurvedic view
- Tonics for children for proper growth and immunity
- Ayurvedic view on ADHD ( Attention Deficit Hyperactivity Disorders) in children
- Common skin disorders in Children like Neurodermatitis
- Ayurvedic Home remedies for Digestive issues in children
- Ayurvedic safe and suitable products / Home remedies for common respiratory issues like cold, running nose , cough in children

Course fees : 495 Euros ( Doesn't include the accommodation and food charges)

Note : The course will be conducted for a minimum 6 participants

## **Introductory Course on Women's Health Care through Ayurveda**

Details of the Course :

Duration : 2.5 hours daily x 10 days

Topics :

- Different stages of women and Ayurveda
- Menstruation : Ayurvedic view
- Ayurvedic Menstrual regimen to prevent menstrual disorders
- Menstrual disorders : Overview from Ayurvedic perspective
- Diet and nutrition for women's health
- Creating Hormonal balance during different phases of women
- Breast Cancer : Prevention through Ayurveda
- Common women's disorders :
  - Fibroids
  - Endometriosis
  - Polycystic ovarian disorders
  - Infertility
  - Vaginal white discharge ( Leucorrhea)
  - Osteoporosis
- Smooth transition through Menopause / Post menopause with Ayurveda
- Key Local therapies for Vaginal care
- Key herbs / formulations for women health

Course fees : 495 Euros ( Doesn't include the accommodation and food charges)

Note : The course will be conducted for a minimum 6 participants