

## **Kerala Ayurveda Manashanthy Package – KAP-MS01**

**14 Nights / 15 Days Kerala Ayurveda Manashanthy Package at Kalarikovilakom Resort, Palghat (Palakkad )**

Day 01

Arrival at Cochin  
Transfer to Palakkad (travel time -04 hrs)  
Check into Kalari Kovilakom Resort  
Rest & Relaxation  
Consultation with the Ayurveda Doctor  
Overnight stay at the Palace

Day 02

Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 03

Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 04

Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 05

Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 06

Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 07

Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 08

Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 09  
Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 10  
Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 11  
Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 12  
Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 13  
Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 14  
Ayurveda Programme  
Day at leisure  
Overnight stay at the Palace

Day 15  
12.00hrs -Checkout of the resort  
Transfer to Cochin (travel time-04 hrs)  
Departure

The cost for the above package is as given under :

**Price** : Rs. 4,70,360 / EUR 7264 for TWO Persons in Kovilakom Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 3,15,670 / EUR 4875 for ONE Person in Kovilakom Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 5,80,850 / EUR 8970 for TWO Persons in Vengunad Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 4,29,300 / EUR 6630 for ONE Person in Vengunad Suite - For Travel dates till 31 Dec 2011

The package cost is inclusive of the following :

Accommodation in the Palace,

All Ayurvedic diet meals,

All Treatments and Therapies that may be prescribed by the "Vaidyan",

Ayurveda Life Programmes which include Yoga, Meditation, Talks, Cultural Programmes

Any other events on offer at the time of stay  
Arrival & departure transfer in an A/c Car  
All applicable taxes .

The package rates includes the cost of all consultations, treatments, massages, oils, herbs, accommodation, Yoga, meditation, food and the clothes we provide for you on arrival.  
The only extras you would be paying would be those medicines that you may carry with you to further continue your medication (as recommended by our Ayurveda doctors) after leaving Kalari Kovilakom .

The pick-up & drop shall be at Cochin/Coimbatore.

NB: Treatments will be fixed only after the consultation with the doctor on arrival.  
25 % of the total package cost has to be deposited as advance payment, on confirmation of the package, and the balance payment, while in kerala. Payment can be made by Cash/ Cheque / Demand Draft

**Mobile Helpline nos:**

[ 09:30 Hrs - 18:00 Hrs IST / 08:00 Hrs - 13:00 Hrs GMT ] – **Week days only**

+91 - 999 583 08 32, 999 583 08 33, 999 583 08 34, 999 583 08 35, 944 707 9178, 944 778 36 96

[ 09:30 Hrs - 22:00 Hrs IST / 08:00 Hrs - 18:30 Hrs GMT ] – **All days**

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