

Kerala Ayurveda Stanlyakina Chikitsa (weight reduction)Package – KAP- SC01

21 Nights / 22 Days Stanlyakina Chikitsa (weight reduction) at Kalari Kovilakom Resort Palghat (Palakkad) as under:

Day 01

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

Day 02

Morning Yoga session
Stanlyakina Chikitsa (weight reduction) treatment
Overnight stay at the resort

Day 03

Morning Yoga session
Stanlyakina Chikitsa (weight reduction) treatment
Overnight stay at the resort

Day 04

Morning Yoga session
Stanlyakina Chikitsa (weight reduction) treatment
Overnight stay at the resort

Day 05

Morning Yoga session
Stanlyakina Chikitsa (weight reduction) treatment
Overnight stay at the resort

Day 06

Morning Yoga session
Stanlyakina Chikitsa (weight reduction) treatment
Overnight stay at the resort

Day 07

Morning Yoga session
Stanlyakina Chikitsa (weight reduction) treatment
Overnight stay at the resort

Day 08

Morning Yoga session
Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 09

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 10

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 11

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 12

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 13

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 14

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 15

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 16

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 17

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 18

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 19

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 20

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 21

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

Overnight stay at the resort

Day 22

Morning Yoga session

Stanlyakina Chikitsa (weight reduction) treatment

12:00 hrs- checkout of the resort

Proceed to Cochin (travel time -140 mins)

Drop at Railway station / Airport

Departure

The cost of the above tour package is as follows :

Price : Rs.6,64,300 / EURO 10286 for TWO Persons in Kovilakom Suite - For Travel dates till 31 Dec 2011

Price : Rs. 4,34,450 / EURO 6727 for ONE Person in Kovilakom Suite - For Travel dates till 31 Dec 2011

Price : Rs. 8,31,200 / EURO 12870 for TWO Persons in Vengunad Suite - For Travel dates till 31 Dec 2011

Price : Rs. 6,04,500 / EURO 9360 for ONE Person in Vengunad Suite - For Travel dates till 31 Dec 2011

The package cost is inclusive of the following :

Accommodation

Ayurvedic treatment (subject to body texture)

Daily 01 hr yoga session

Ayurvedic Vegetarian food (breakfast, Lunch, Dinner)

Consultation with Ayurvedic Doctor

Airport / Railway station - hotel transfers in a chauffeur driven A/c Indica car

All applicable taxes.

NB- Above therapy generally includes Snehapanam ,Udwardhanam, Vasthy, Abhyangam, Swedanam etc. The herbal medicines taken internally and the external therapies combined with the prescribed vegetarian diet and sessions of yoga & meditation collectively acts on the body to

reduce the weight

Snehapanam- Medicated herbal oils or ghee preparations are given orally as a therapeutic procedure / preparatory process

Vasthy- Therapeutic procedure in which certain herbal oils and herbal decoctions are applied through the rectum

Udwardhanam- A special massage with herbal powders

Abhyangam - Full body Massage (stimulating the vital points) with a combination of specially prepared Ayurvedic herbal oils

Swedanam - Steam generated from aromatic and medicinal herbs is applied to the whole body

Everyday the client has to take Ayurvedic herbal medicines and should follow the special diet plan prescribed by the Physician. It is not always possible to book the time slot in advance. Hence the time will only be announced at time of consultation on the first day.

The treatment type and schedule shall be changed as per the health condition of the client and as directed by the Physician. Any other treatment prescribed by the Doctor will be charged extra which must be settled direct at time of check-out. It is advisable to show one's medical history to the doctor during consultation to help plan for best results, taking into consideration any specific problems.

The pick-up & drop shall be at Cochin for the above package. If the travel is by train you have to alight at Ernakulam railway station.

Please note this is just an offer, no reservation made yet, therefore you are kindly requested to advise your acceptance in order to proceed with reservation according to availability.

Classification of hotels/resorts and category of rooms for the above program is as under:
Kalari Kovilakom resort, Palghat - Deluxe resort - Kovilakom Suite

For reservations please forward us the exact arrival date. 25 % of the total package cost has to be deposited as advance payment, on confirmation of the package, and the balance payment, to the closer days of Arrival. Payment can be made by Fund Transfer/ Credit or Debit Card Online/Offline. Optionals are NOT part of the package cost. The check-in time of the resort is at 1400 hrs and check out time of the resort is at 12 noon.

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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