



Kalari Kovilakom, the palace of the ancient Vengunad Kingdom in Kerala now converted into a palace for Ayurveda, offers Ayurveda in its most authentic and substantive form as the Rajas of Vengunad would have had it.

Adhering to the strict tenets of Ayurveda as an universal healing art rather than a medical system,

the treatment offered is a combination of the physical, psychological and spiritual therapies in our approach to health that is as relevant to the modern world as it was to the ancient world. Nothing has been re-invented, nothing diluted. The Ayurveda treatments are complimented and supported by yoga and meditation practices.

Therapy Packages in €			Accommodation Type			
			Kovilakom Suites		Vengunad Suites	
Therapy Type	Duration	Validity	Single	Double	Single	Double
Anti -Ageing (Rasayana Chikilsa)	28 nights	Uptil 31st December 06	7000	11200	9800	14000
	21 nights	Uptil 31st December 06	5775	8925	7875	11025
Panchakarma (Rejuvenation)	28 nights	Uptil 31st December 06	7000	11200	9800	14000
	21 nights	Uptil 31st December 06	5775	8925	7875	11025
Slimming Program(Sthanlyakina Chikilsa)	21 nights	Uptil 31st December 06	5775	8925	7875	11025
	28 nights	Uptil 31st December 06	7000	11200	9800	14000
Stress Management Program	14 nights	Uptil 31st December 06	4200	6300	5600	7700

COST INCLUDES

1. Consultation and Counselling which may begin long before one arrives at the Kalari.
2. Life Time Membership to the Kalari Ayurvedic Centre. Members may contact our Centre for any assistance or advice at any time and also seek follow-up assistance, order medicated oils, creams etc. or even come back at any time and enjoy special privileges as a member.
3. Accommodation in the Palace, All Ayurvedic diet meals, All Treatments and
4. Therapies that may be prescribed by the "Vaidyan", Ayurveda Life Programmes which include Yoga, Meditation, Talks, Cultural Programmes and any other events on offer at the time of stay.
5. All guests are encouraged to wear Kalari Clothes specially designed for you. By tradition, all visitors and residents at the Kalari did not wear leather footwear as a sign of respect. At the time of the Maharajas, every one would be barefoot inside the palace. We hope to continue this ancient tradition. We encourage you to be barefoot within the palace. (We have non-leather footwear for your use).

"We're looking forward to helping you see the World differently."

