

The Monsoon Panchakarma: An Essential Ritual

The core Ayurveda mantra of harmony and balance lies at the heart of the 14 day annual cleansing and rejuvenation ritual of the body and the mind called Panchakarma. In Kerala, considered to be the cradle of traditional Ayurveda, as practiced today, this annual sprucing up of the physical and mental Self is mostly done during the period of the south-West Monsoons (between June and August).

At Ayurvedagram, which is located in Whitefield, Bangalore, we share the average Keralite's passionate belief in this annual routine. However, the monsoons in Bangalore, a city located 920 m above mean sea level (more elevated than the hill station of Dehra Dun) are never as heavy and overwhelming as on the western seaboard. They are more equated to pleasant summer showers – short and scattered.

The Monsoon season (August-September) is the right time to systematically restore, cleanse and protect the body, mind and spirit, without invasive or physically intense procedures, cleaning our body of accumulated impurities and preparing our body for the year ahead. There are several reasons for this:

The active and hectic pace at which we oblige to our daily commitments at home and work, leaves our body burdened with an excess of toxins – both ingested and inhaled – which leads to improper physiological functions such as metabolism, lowering

the alertness of the immune system, thereby making our body vulnerable to conditions conducive to a state of illness from within and without.

Not to speak of the stressful situations that we have to deal in real time putting pressure on our mental faculties. Consequences are varying from sleeplessness, amnesia, indigestion to skin diseases, auto-immune disorders, joint diseases and even malignancy.

Removal of the accumulated toxins would help the body to be more alert to the demands of the environment it happens to be in and carry out its physiological functions more efficiently. The new rains brings freshness to the air and the surroundings, and creates an environment charged with an energy highly suitable for de-stressing and rejuvenation.

Exposing oneself to traditional Panchakarma treatments in such a setting will lead to long lasting wellness and optimal utilization of the inherent bodily and mental resources. Doing so in the pleasant and salubrious climate of Bangalore makes it all the more effective. This is why the well-known Kerala vaidyan (Ayurvedic physician) family who started Ayurvedagram decided to deliver authentic Kerala Ayurveda, in Bangalore.

THE MONSOON PANCHAKARMA

We believe you owe it to yourself to set aside 14 days between 1st August and 30th September, with us at Ayurvedagram, to undergo the full cleansing cycle of the Panchakarma. There are 3 strict modules of cleansing:

During the initial preparatory phase of the Panchakarma treatments, herbal and medicated ghees, oils and Kashayams are prescribed to help act on the digestive system to expel the toxins easily. Treatments like medicated steam baths, the abhyangam (synchronized massage), pizichil (herbal oil bath) or Kizhi's (herbal poultice rubs) begin restoring and relaxing depleted body tissues.



The Panchakarma itself is a set of 5 procedures from which your doctor will choose the most appropriate ones for your body constitution and pathology, if any. The rejuvenation phase of Panchakarma treatments entails providing the body and mind with nourishing and stabilizing therapies and medicines that prepares you to handle the rigors of the routines that is waiting for you in the familiar habitat that you are headed to.



WE WALK THE TALK

We passionately believe everyone should do this annual cleansing ritual. Going beyond mere words. We offer you unbelievably low prices here at our beautiful Ayurvedagram if you come to us between 1st August and 30th September for the full 14 day Monsoon Panchakarma:

| Room Type | Single Occupancy (1 Pax) | | Double Occupancy (2 Pax) | |
|------------|--------------------------|--------------|--------------------------|--------------|
| | OFFER RATE | Regular Rate | OFFER RATE | Regular Rate |
| Classic | ₹ 145,000 | ₹ 178,080 | ₹ 245,000 | ₹ 296,800 |
| Heritage | ₹ 165,000 | ₹ 200,340 | ₹ 265,000 | ₹ 319,060 |
| Travancore | ₹ 195,000 | ₹ 237,440 | ₹ 295,000 | ₹ 356,160 |

The above costs are all-inclusive and include the cost of doctors' consults, one consult with the yoga acharya on check in, one major and one minor treatment every day (unless otherwise prescribed by your doctor), 3 group sessions of yoga, meditation and pranayama daily, bed tea / coffee, all 3 meals in the restaurant (diet individualized where necessary), low band width Wi-Fi, accommodation and all taxes.

Since you are coming for 14 nights, the pick-up from and drop to Bengaluru International airport or any point in Bengaluru city will be FREE of cost.

The only other costs you will look at will be for laundry and any optional extras (e.g. one on one yoga sessions, extra treatments, personal hot spot, laboratory, discharge medicines, etc.) you may choose to avail of.

We have shown our commitment to being The Heart of Healing, through this offer.

Now it's up to you...

Make a commitment of your time for your health

Come to

AyurvedaGram™
The Heart of Healing

And gift yourself

THE MONSOON PANCHAKARMA



AYURVEDAGRAM HERITAGE WELLNESS CENTRE PVT. LTD.,

Hemmandanahalli, Samethanahalli Post, Whitefield, Bengaluru - 560 067, India.

info@ayurvedagram.com / vinay@ayurvedagram.com

+91 88677 66373

+91 98450 71990

www.ayurvedagram.com

