



## GIFT YOURSELF A DAY AT AYURVEDAGRAM

Kerala cottages of the 18th and 19th century, the Queen's Palace of the Royal Aranmula Family (now our Reception Block), a serene lotus pond where a fountain plays.... and amid this setting, authentic Ayurveda delivered with belief and passion.

Our Day Tour has 2 options:

### Option A:

Start at 7.30am with our group yoga session in the historic yoga hall (once the dance hall of the famous Kuroor family where Gandhiji attended a performance).

Then enjoy a buffet Breakfast with South Indian delicacies.

After a doctor- consultation, experience the Abhyangam, a full body synchronized massage with special medicated oil and a steam bath.

Pranayama follows and then a vegetarian Sathvik (6 color) buffet lunch.

After relaxing in the library or by the lotus pond go on the historic tour to understand why we are a HERITAGE wellness center.

Then, attend the meditation session.

After herbal tea and a healthy snack we bid you au revoir, hoping you now believe in our Ayurvedic philosophy, that balance between body, mind and spirit, leads to harmony in life.

### Option B:

Come by 11am to a greeting in the restaurant with a healthy cold drink.

Move on for a consultation with one of our doctors and then proceed for the Abhyangam, a full body synchronized massage with special medicated oil and a steam bath.

Pranayama follows and then a vegetarian Sathvik (6 color) buffet lunch.

Then, go on the historic tour to understand why we are a HERITAGE wellness center.

Now, attend the meditation session and then a yoga session in our historic yoga hall (once the dance hall of the famous Kuroor family where Gandhiji attended a performance).

Have some free time to walk around alone, maybe sit in the library or visit our organic farm from where we get our vegetables.

After an early (6.30pm) vegetarian Sathvik dinner return home, hopefully with belief in our Ayurvedic philosophy, that balance between body, mind and spirit, leads to harmony in life.

### COSTS:

The Day Tour (either option) costs Rs.5000 + 6% service charge.

### SPECIAL OFFER:

Along with the Day Tour programme, you will also get an additional therapy Bliss At Your Feet Therapy (Pedicure) **OR** Mukha Lepam Therapy (Face Pack). This special offer is valid till 15th July 2018.

