



ARE YOU READY **FOR A GREAT** EXPERIENCE?

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.

For Reservations/Bookings contact:



vinay@ayurvedagram.com



+91 88677 66373

www.ayurvedagram.com

OUR DAY TOUR PACKAGE HAS 2 OPTIONS

Option A:

- In Ayurvedagram your day will start at 7:30 a.m. with our group Yoga session in the historic yoga hall (once the dance hall of the famous Kuroor family where Gandhi ji 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.
- You will attend a Pranayama session and then a vegetarian 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 evening tea 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.
- 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 11:00 a.m. to a greeting in the restaurant with a healthy 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.
- You will attend a Pranayama session and then a vegetarian 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 or maybe sit in the library.
- After an early (6:30 p.m.) vegetarian dinner return home, hopefully with belief in our Ayurvedic philosophy, that balance between body, mind and spirit, leads to harmony in life.

The Day Tour (either option) costs ₹ 5,300 per person.

But we have special rate of ₹ 4,500 per person offered until November 2021.

The above mentioned cost is all-inclusive taxes.

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