

INTEGRATIVE MEDICINE HEALING JOURNEY

Healing Concept:

Aligning the SELF through the FIVE PILLERS OF HEALTH.	Cleansing & aligning the five sheaths of YOUR BEING/CONSCIOUSNESS.
<ol style="list-style-type: none"> 1. PROPER EXERCISE 2. PROPER BREATHING 3. PROPER RELAXATION 4. PROPER DIET 5. POSITIVE THINKING & MEDITATION 	<ol style="list-style-type: none"> 1. Body – ANNAMAYA KOSHA 2. Breath – PRANA MAYA KOSHA 3. Mind – MANOMAYA KOSHA 4. Memory – intelligence – VINJANAMAYA KOSHA 5. Spirit - Soul – ANANDAMAYA KOSHA

What one gains:

1	TRANSFORMATION – HEALTH & APPROACH TO LIFE, SOCIETY & WORLD.
2	CLEANSING & DETOX
3	HEALING – AILMENTS, DEEP SEATED ISSUES AND TRAUMA
4	REVITALISE – FASCIA OR OJUS RESET - ENERGISING
5	REGENERATION – ANTIAGEING & REVERSAL
6	PREVENTION

HOLISTIC HEALING PROGRAMMES

1. HOLISTIC HEALING RETREATS – 8 DAYS/11 DAYS/15 DAYS/22 DAYS – INDIVIDUAL/COUPLE

<ol style="list-style-type: none"> a. MOUNTAIN HOTEL - HIMALAYAS b. DESSERT HOTEL c. TROPICS – BEACH OR FOREST 	<ol style="list-style-type: none"> A. HOME STAY IN KERALA
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2. SPIRITUAL HIKES & YOGA ON HIMALAYAS: RETREAT ON THE MOVE – TOUR OF 3 DAYS/7 DAYS/10 DAYS/15 DAYS – GROUP RETREAT

<ol style="list-style-type: none"> a. INDIAN HIMALAYAS – GADWAL b. INDIAN HIMALAYAS – HIMACHAL c. INDIAN TIBETIAN HIMALAYAS – LE – LADDAK d. NEPAL – TO MOUNT EVEREST BASE CAMP
5 TO 10 PEOPLE IN A GROUP
STAY IN MOUNTAIN HOTEL (2 NIGHTS IN EACH HOTEL)

Each program includes the following:

1	HEALING - HOLISTIC
2	UNIQUE – PERSONALISED – YOUR DOCTOR IS YOUR LEAD THERAPIST
3	AUTHENTIC TREATMENTS – AYURVEDA & MARMA THERAPIES, NATURAL AND PHYSICAL THERAPIES BASED ON FIVE ELEMENTS (EARTH, WATER, FIRE, AIR & ETHER, ACUPUNCTURE, COUNSELING & PSYCHOTHERAPY
4	DIET <ul style="list-style-type: none"> • Anti-inflammatory Organic Breakfast, Lunch, and Dinner <ul style="list-style-type: none"> • Healing food preparation classes
5	HERBAL MEDICATION/DECOTIONS Optional – if required only
6	FITNESS (Gymnasium/Nature walks/Daily Hikes)
7	YOGA – TWICE DAILY <ul style="list-style-type: none"> • Morning (stretching) & Afternoon (restorative) practice. (Movement, breathing exercise, meditation)
8	HIKES - TREKKING
9	LEARNING <ul style="list-style-type: none"> • YOU – Your own understanding <ul style="list-style-type: none"> • Health & Wellness Topics • Philosophy & Spirituality – Yoga & Indian Systems and culture, Indian approach to life

Consultations with Dr Vinod Balakrishnan – Holistic Wellness Doctor - Pre-Arrival & On arrival (online/telephonic/onsite), Pre arrival preparation advice, ongoing progress checks, debrief prior to departure and post healing/stay follow up consultation.

The inclusions shown in this document are indicative only and may be modified by Dr Vinod Balakrishnan after an on-site and day to day assessment.

Standard Inclusions

For All Wellness Programmes

- A. Pre-arrival wellness questionnaire to be filled and submitted online by the guest (mandatory for confirmation of wellness programme)
- B. Pre-arrival lifestyle and diet guidelines (recommended to be followed for 7 days for optimal results)
- C. Doctors Consultations (online telephonic/onsite,), Pre arrival, Post Arrival and Pre Departure.
 - Ongoing progress checks, debrief prior to departure, and post stay follow up advice.
- D. Morning Wake Up signature tea and fresh fruit bowl provided every day.
- E. Two Cleansing/Wellness Cuisine meals (brunch & early dinner), per night per person – Gluten free.

Specially curated menus are tailor-made to everyone incorporating seasonal variations in cuisine as well as recommended styles of cooking. The six fundamental food categories of sweet, sour, salty, pungent, bitter, and astringent are combined with three macronutrients of protein, fat and carbohydrates, all of which provide certain nutritional factors key to good health.

Cuisine comprises fresh natural foods low in fat and calories with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the avoidance of added or artificial salts, colours, flavours, or preservatives.

- F. Fitness facilities if any & optional: Steam, Sauna, Jacuzzi, Usage of Gymnasium, Usage of swimming Pool if available
- G. Scheduled Spa Lifestyle and Wellness activities: (group sessions)
 - ❖ Yoga – daily
 - ❖ Pranayama, Meditation and Mantra Chanting - daily
 - ❖ Wellness Lectures - Health & Motivational lectures/interaction
 - ❖ Cooking class/demonstrations – Once in four days
 - ❖ Hikes – Daily
- H. Programme Inclusions
 - ❖ Inclusions shown for each programme are indicative only and may be modified after on-site assessment. The lead Doctor may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the programme.
 - ❖ All personal yoga, fitness and meditation sessions in case of double and single occupancy will be provided as group/combined sessions unless otherwise advised by the doctor.

Who can do an INTEGRATIVE MEDICINE HEALING JOURNEY:

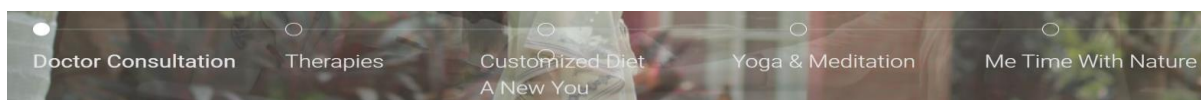
1	People who want to Prevent diseases which they are otherwise prone to because of their lifestyle, job nature and family history.
2	<p>People who are suffering from Chronic ailments such as</p> <p>Gastro-intestinal: Gastritis and Acidity, Constipation, Irritable Bowel Syndrome, Crohn’s Disease and Ulcerative Colitis, Indigestion.</p> <p>Musculoskeletal: Pain Management, Osteoarthritis of the joints, Plantar Fasciitis, Tennis Elbow, Lumbago, Frozen Shoulder, Trapezitis, Rheumatoid arthritis, Ankylosing Spondylitis, Cervical and Lumbar Spondylosis, Fibromyalgia, RSI.</p> <p>Inflammatory and auto immune: Psoriasis, Inflammatory Arthritis, Rheumatoid Arthritis, Acne Vulgaris, Ankylosing Spondylitis, Fibromyalgia.</p> <p>Respiratory: Bronchial asthma, Bronchitis, Nasal Polyps, Sleep Apnoea, Rhinitis and Sinusitis.</p> <p>Psychological: Tension headaches, Anxiety disorders, Depression, PTSD, Psychosis supportive care, Insomnia, Stress Management.</p> <p>Neurological: Stroke and Paresis, Migraine Headaches, Bell’s Palsy, Trigeminal Neuralgia, Early Parkinson’s, Neuropathy, PVID, Sciatica, Carpel Tunnel Syndrome, Tinnitus, Vertigo, Post Herpetic Neuralgia.</p> <p>Reproductive and Endocrinal systems: Hypothyroidism, PCOS, Menstrual Irregularities, Male and Female Infertility, Dysmenorrhea, Diabetes Mellitus and its complication.</p> <p>Paediatric and Developmental disorders : Down Syndrome Management; Epilepsy Management, Cerebral Palsy, Developmental delays- Supportive Tx</p>
3	People who are addicted to drugs of any kind and obsessions.
4	People who want to add a discipline and purpose to their life
	People who are looking for a CLEANSE & RESET.
5	People who are looking for Transformation and Spiritual Experiences in Life.
5	People who are exploring SELF: Purpose - Happiness - Contentment

Terms & Conditions

Holistic healing programmes are goal-oriented programmes which include mandatory consultation with doctor and customized diet & treatments prescribed by the lead doctor.

Must adhere to:

- ❖ Pre-arrival wellness questionnaire is to be completed and submitted online for prior review and in order to prepare the wellness programme itinerary. This is a confidential questionnaire received directly by our wellness team.
- ❖ Lifestyle and diet guidelines will be sent along with programme itinerary which is recommended to be followed for at least 7 days prior to arrival for optimal results.
- ❖ Mandatory wellness consultation with a Wellness Expert on arrival to assess your health and to personalise a plan to achieve your wellness goals. (Consultation will be done by Ayurvedic Physician or Yoga consultant, or Physiotherapist).
- ❖ Ayurvedic and/or international wellness therapies, personal yoga, meditation and/or fitness sessions are included in each programme based on the wellness goals to be achieved. Post initial consultation and based on the assessment by the holistic healing expert, some modifications may be made as required.
- ❖ Any additional orders from the a-la-carte cuisine or healing menu will be charged additionally.



Doctor Consultation

Our experienced Ayurvedic doctor conducts a complete analysis of your health and existing living environment, including your routine and mental state. It's a one-on-one physical and mental examination.

Therapies

After fully realizing your physical and mental requirements tailored therapies will be recommended based on Ayurvedic laws and yoga postures that have worked miracles for 100+ years.

Customized Diet

Your diet is extremely responsible for your physical and mental well-being. Based on personalised analysis, our doctors will recommend diet exclusively for your Kafa, Pitta and Vata.

Yoga & Meditation

Yoga postures recommended based on your physical and mental requirements will strengthen your muscles and open physical knots. Meditation will help you breathe easy and unclog mental blocks.

ME Time with Nature

Relax with some quiet time in the lush green tropical nature away from the maddening hubbub of your city life. No traffic jams, no snarls, no deadlines to chase and no tense moments to wreck your nerves.

PANCHAKARMA – AYURVEDA & YOGA INSPIRED DETOX AND HOLISTING HEALING RETREAT

PROGRAM GOALS	RECOMMENDED FOR	YOU WILL BE WORKING WITH
<ul style="list-style-type: none"> ❖ Revitalized, Rejuvenated, Radiant ❖ Will help to enhance energy levels and boost metabolism. ❖ Provides a boost to the immune system while promoting clearer, more radiant skin. ❖ Aids in shedding pounds as a side effect of a light protein diet during the program. ❖ Learn take-home wellness practices. ❖ Improves mental clarity and promotes the formation of new healthy habits and routines - Deeply relax body and mind - Uplifted with a new positive mindset & can-do attitude. ❖ Experience the essence of Indian healing. 	<ul style="list-style-type: none"> ❖ Relieving muscle tension ❖ Restoring calm to the mind ❖ Alleviating the stresses of modern life ❖ Lowering inflammation ❖ Investment in long term health ❖ Improving immune function ❖ Reversing heart diseases ❖ Cancer – palliative care ❖ Disease Prevention 	<ul style="list-style-type: none"> ❖ Ayurveda/ Holistic Wellness Doctor ❖ Our Healers/Therapists ❖ Yoga Instructor & Personal Trainer

What's included.

Although each retreat is unique, they all include some core elements.

- Accommodation
- Individual health and wellness consultation – (prior to arrival & Onsite)
- Pre and post evaluation by the wellness expert
- TWO wellness cuisine meals per night, beginning with dinner (Anti-inflammatory menu for optimal fat burning) – (as suggested by the Wellness Expert based on the individual health evaluation/assessment).
- Fitness Sessions – Hiking, Gym (optional – if available)

- Swimming pool Usage (optional – if available).
- Unlimited use of the Water Therapy Areas (steam, sauna and Jacuzzi)-(optional – if available).
- Post-stay wellness follow-up (optional)
- Customized healing Itinerary
- Complimentary Wi-Fi

Complimentary activities during your stay:

- Guided hike for building stamina and strength.
- Yoga - Morning & Afternoon practice (movement, meditation or yoga).

*Kindly note that the complimentary activities are available according to the schedule on your personalized itinerary.

	8 NIGHTS	11 NIGHTS	15 NIGHTS	22 NIGHTS
	5 SESSIONS/TREATMENTS INCLUDING YOGA	9 SESSIONS/TREATMENTS INCLUDING YOGA & BREATHING	22 SESSIONS/TREATMENTS INCLUDING YOGA & BREATHING	28 SESSIONS/TREATMENTS INCLUDING YOGA & BREATHING
PRE-ARRIVAL - consultation	ONE <input checked="" type="checkbox"/>	ONE <input checked="" type="checkbox"/>	ONE <input checked="" type="checkbox"/>	ONE <input checked="" type="checkbox"/>
Individual health and wellness consultation - Onsite	ONE <input checked="" type="checkbox"/>	ONE <input checked="" type="checkbox"/>	ONE <input checked="" type="checkbox"/>	ONE <input checked="" type="checkbox"/>
Fitness Assessment				
Daily Expert Review (onsite/telephonic)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Post-stay wellness follow-up (optional)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Morning Yoga	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>



Evening Breathing Exercise	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Full Body Treatment (Massages)				
Accupuncture	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cupping				
Thai Massage				
Lymphatic Drainage				
Acupuncture				
Head Massage				
Foot Massage				
Back Massage				
Face Massage				
Abdominal Massage				
Ayurveda Abhyangam	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ayurveda Shirodhara				
Ayurveda Kizhi	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ayurveda Pichal				
Virechana - Purging	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mud Therapy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Body Scrub	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Enema (optional)				
Body Polish	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Manicure				
Pedicure				
Facial				

7 DAYS - 8 NIGHTS

	7.00AM	MORNING SESSION	AFTERNOON SESSION	6.00PM		
1		CHECK IN	ABHYANGAM	BREATHING EXERCISE		
2	DAY 1	YOGA	HIKE	ABHYANGAM	ACUPUNCTURE	BREATHING EXERCISE
3	DAY 2	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
4	DAY 3	YOGA	HIKE	ABHYANGAM	ACUPUNCTURE	BREATHING EXERCISE

5	DAY 4	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
6	DAY 5	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
7	DAY 6	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
8	DAY 7	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
9		YOGA	HIKE	ABHYANGAM	CHECK OUT	

10 DAYS - 11 NIGHTS						
		7.00AM	MORNING SESSION	AFTERNOON SESSION		6.00PM
1		CHECK IN				BREATHING EXERCISE
2	DAY 1	YOGA	HIKE	ABHYANGAM		BREATHING EXERCISE
3	DAY 2	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
4	DAY 3	YOGA	HIKE	ABHYANGAM	ACUPUNCTURE	BREATHING EXERCISE
5	DAY 4	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
6	DAY 5	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
7	DAY 6	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
8	DAY 7	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
9	DAY 8	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
10	DAY 9	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
11	DAY 10	YOGA	HIKE	(ABHYANGAM or)		BREATHING EXERCISE
12		YOGA	HIKE	ABHYANGAM	CHECK OUT	

14DAYS - 15 NIGHTS						
		7.00AM	MORNING SESSION	AFTERNOON SESSION		6.00PM
1		CHECK IN				BREATHING EXERCISE
2	DAY 1	YOGA	HIKE	ABHYANGAM		BREATHING EXERCISE
3	DAY 2	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
4	DAY 3	YOGA	HIKE	ABHYANGAM	ACUPUNCTURE	BREATHING EXERCISE
5	DAY 4	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
6	DAY 5	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
7	DAY 6	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
8	DAY 7	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
9	DAY 8	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
10	DAY 9	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
11	DAY 10	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
12	Day 11	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
13	Day 12	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
14	DAY 13	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
15	DAY 14	YOGA	HIKE	ABHYANGAM		BREATHING EXERCISE
16		YOGA	HIKE	ABHYANGAM	CHECK OUT	

21 DAYS - 22 NIGHTS						
		7.00AM	MORNING SESSION	AFTERNOON SESSION		6.00PM
1		CHECK IN				BREATHING EXERCISE
2	DAY 1	YOGA	HIKE	ABHYANGAM		BREATHING EXERCISE
3	DAY 2	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
4	DAY 3	YOGA	HIKE	ABHYANGAM	ACUPUNCTURE	BREATHING EXERCISE
5	DAY 4	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
6	DAY 5	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
7	DAY 6	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
8	DAY 7	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
9	DAY 8	YOGA	HIKE			BREATHING EXERCISE
10	DAY 9	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
11	DAY 10	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
12	Day 11	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
13	Day 12	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
14	DAY 13	YOGA	HIKE			BREATHING EXERCISE
15	DAY 14	YOGA	HIKE	ABHYANGAM	ACUPUNCTURE	BREATHING EXERCISE
16	DAY 15	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
17	DAY 16	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
18	DAY 17	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
19	DAY 18	YOGA	HIKE	(ABHYANGAM or)	ACUPUNCTURE	BREATHING EXERCISE
20	DAY 22	YOGA	HIKE	(VIRECHANA - PURGING)	ABHYANGAM	BREATHING EXERCISE
21	DAY 21	YOGA	HIKE	ABHYANGAM		BREATHING EXERCISE
22		YOGA	HIKE	ABHYANGAM	CHECK OUT	