

AYURVEDA & WELLNESS PROGRAMS

AN INITIATIVE BY RAZDAN HOLIDAYS & CGH EARTH

RH Razdan Holidays
Rely on us...we rely on experience


KALARI KOVILAKOM





KALARI KOVILAKOM

The Ayurveda Palace



Razdan Holidays, in association with CGH Earth, presents a program that brings mindfulness, awareness, a therapeutic engagement of the senses and an inward integration of the body, mind and spirit. All these and more aspects of the Ayurvedic healing process are what one gains at Kalari Kovilakom. In an ethos where the best of tradition spills over to all aspects of living and an ambience where history and culture are a throbbing, living presence. Ayurveda in Kalari Kovilakom, .accredited by the NABH (National Accreditation Board for Hospitals & Healthcare Providers), is an experiential definition of the traditional standards and values of this system of healing.

- *Manasanthi - Anti-Stress Treatment - (14 Days)*
- *Panchakarma - General Rejuvenation Treatment - (21 & 28 Days)*
- *Sthoulyagna Chikitsa - Slimming Treatment - (21 & 28 Days)*
- *Rasayana Chikitsa - Anti-aging treatment - (28 Days)*

CONTACT FOR MORE DETAILS

SANJAY RAZDAN

Email: sr@razdanholidays.com

Web: www.razdanholidays.com