

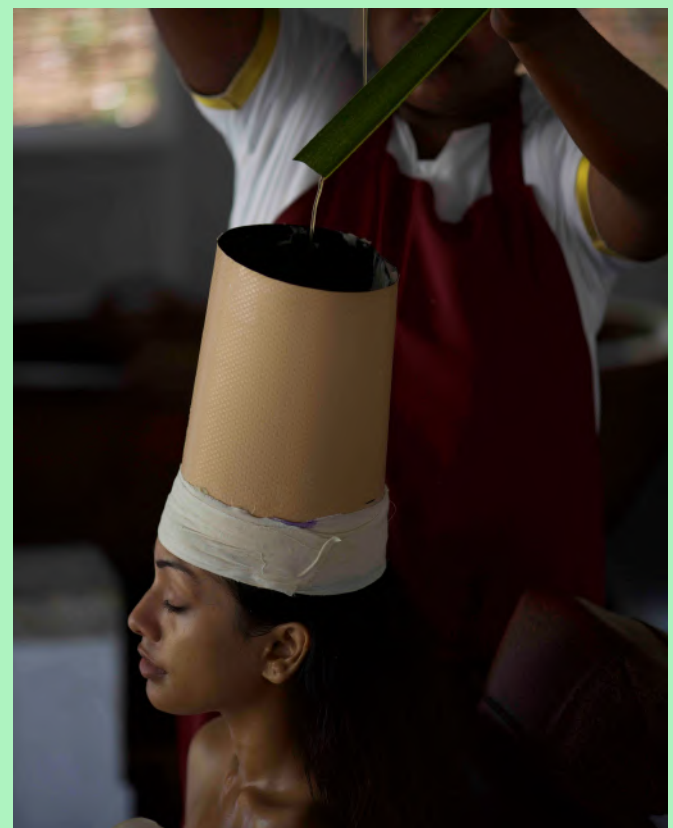
AYURVEDA & WELLNESS PROGRAMS

AN INITIATIVE BY RAZDAN HOLIDAYS & CGH EARTH



KALARI RASAYANA
VENAD

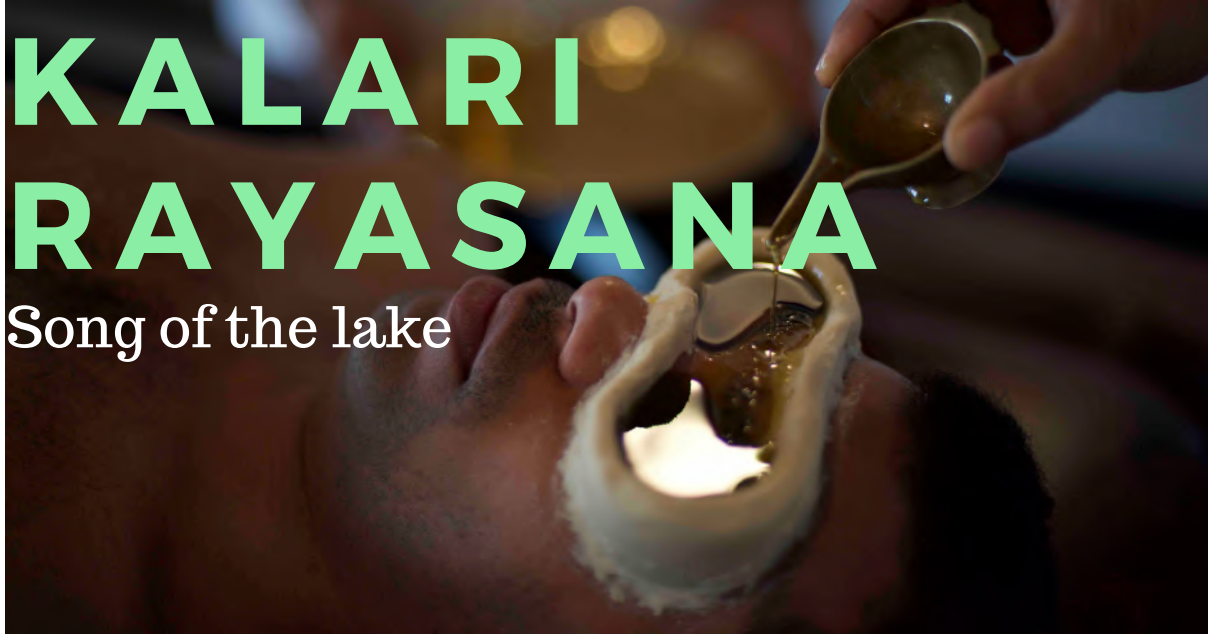
The essence of ayurveda
| a cgh earth experience |





KALARI RAYASANA

Song of the lake



Razdan Holidays, in association with CGH Earth, brings you the program which rejuvenates your body, mind and soul. An expansive feeling of oneness with the environment, an all pervading sense of openness that envelopes your body and spirit, a gentle throwback to a quieter pace of life where Nature is an ever tangible presence. At Kalari Rasayana, the journey to healing is filled with many discoveries. Located in the lap of the Paravur backwaters and surrounded by thick coconut groves and floating mini-islands, Kalari Rasayana or the 'Song Of the Lake' is a place that heals by its very tranquility and beauty.

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

CONTACT FOR MORE DETAILS

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