



Shathayu Ayurveda Yoga Retreat

Panchkarma treatment – 7N

Ayurveda recommends Panchakarma as a seasonal treatment for maintaining mental and physical health. Panchakarma Ayurvedic treatment is a five-fold therapy; it is highly individualised based on the needs of the individual depending on the Ayurvedic constitutional type, imbalance in doshas, age, digestive strength, immune status, and many other factors.

The scope of Ayurvedic Panchakarma treatments is well known for its preventive, curative, and rejuvenation action. Ayurveda classics have mentioned multidimensional steps like removing toxins from the body, helping to treat disease conditions, improving metabolism, and nourishing the body. If taken regularly in a proper way, it helps to increase the lifespan of an individual.

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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Single – Euro 828

Double – Euro 1242

Panchkarma treatment – 14N

Single – Euro 1657

Double – Euro 2485

The package includes :

- ✦ Air-conditioned accommodation on Single occupancy or Double occupancy
- ✦ All sattvic vegetarian meals (Breakfast, lunch, evening snacks and Dinner)
- ✦ Doctor consultation
- ✦ Group Yoga - 60 minutes
- ✦ Meditation - 30 minutes
- ✦ 2 Ayurvedic/Naturopathy therapies - Daily 90 minutes Major therapy and 30 minutes Minor therapy
- ✦ Activities (Hiking/ Village walk)

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