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Ayurvedagram

Panchakarma – 7N

Panchakarma at Ayurvedagram Heritage Wellness Centre is a traditional Ayurvedic cleansing and rejuvenation programme designed to support the management of health conditions and promote overall well-being. The treatment begins with a detailed Ayurvedic consultation and assessment, followed by preparatory therapies using prescribed oils, herbal medicines and therapeutic sweating. Depending on the individual's health condition and treatment goals, the programme may include physician-selected Panchakarma procedures alongside personalised Ayurvedic meals, daily doctor consultations, yoga, pranayama and meditation. The approach aims to support digestive health, restore balance according to Ayurvedic principles and promote physical and mental relaxation.

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

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Panchakarma – 7N

Cost:

Single - Euro 1455

Double - Euro 2151

Package Inclusions:

- **Accommodation in Heritage room**
- **Doctor Consults: After the first intensive consult with your doctor**
- **Ayurvedic therapies customized for your health needs.**
- **Your medication during the stay**
- **Your nutritional intake: that is all 3 meals (including individualized diet basis doctor recommendation) which will be served at the restaurant as well as bed tea/coffee.**
- **Your daily yoga session along with the group.**
- **Your daily pranayama session along with the group**
- **Your daily meditation session along with the group.**
- **in addition to this you, will receive one Initial consultation with the Yoga master at the beginning of your stay to best structure your health outcomes.**
- **Pick up & drop from Kempegowda International Airport**
- **5% GST include**

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