Bookmyveda.com

Shathayu Ayurveda Retreat

Panchakarma – 7N

Panchakarma at Shathayu Ayurveda Retreat is a physician-supervised Ayurvedic purification programme designed to support overall well-being and address individual health concerns. The programme begins with a detailed Ayurvedic consultation and assessment, followed by preparatory therapies such as Abhyanga (therapeutic oil massage), Snehana (oleation) and Swedana (therapeutic sweating). Depending on the individual's constitution, health condition and treatment goals, the Ayurvedic physician may prescribe specific Panchakarma procedures. The programme also incorporates personalised dietary guidance, herbal medicines, yoga, pranayama and meditation to complement the treatment and support recovery.

Bookmyveda.com

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

Bookmyveda.com

Shathayu Ayurveda Retreat

Panchakarma – 7N

Cost:

Single - Euro 965

Double - Euro 1425

Package Inclusions:

- **Air-conditioned accommodation on a single-occupancy standard room for 14 nights**
- **All Sattvic vegetarian meals, including breakfast, lunch, evening snacks, and dinner**
- **Doctor consultation**
- **Group yoga sessions – 60 minutes daily**
- **Meditation sessions – 30 minutes daily**
- **Two Ayurvedic/Naturopathy therapies daily (one major and one minor therapy), as prescribed by the doctor**
- **Activities such as hiking and village walks**
- **Access to retreat amenities, including the swimming pool and garden**
- **Pickup & drop from Kempegowda International Airport**
- **5% GST include**

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