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## Kairali - The Ayurvedic Healing Village

## Digestive Wellness & Gut Health Yoga Therapy – 14N

The Digestive Wellness & Gut Health Yoga Therapy programme at Kairali – The Ayurvedic Healing Village in Palakkad, Kerala, focuses on supporting digestive health through traditional Ayurveda, therapeutic yoga, and personalised dietary guidance. The programme aims to improve digestive comfort, support regular bowel movements, and promote a healthier daily routine. Depending on the individual's health assessment, the treatment approach may include Ayurvedic therapies, doctor-prescribed herbal medicines, yoga asanas, pranayama, meditation, and a customised Ayurvedic diet. The overall objective is to support digestive function, relaxation, and general well-being through a holistic approach tailored to the guest's needs.

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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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### Cost:

**Single – Euro 4368**

**Double - Euro 7984**

### Package Inclusions:

- **A Warm Welcome:** Sip on our signature herbal detox drink as you settle into your serene retreat.
- **Luxury Stay:** Unwind in private, eco-friendly villas designed for tranquility, blending traditional charm with modern comforts.
- **Farm-to-Table Meals:** Meals: Enjoy freshly prepared vegetarian or vegan meals tailored to your wellness consultation (breakfast, lunch, and dinner)
- **Hydration Wellness:** Daily in-room mineral water (1 bottle per person) + unlimited herbal-infused detox water.
- **Daily Rejuvenation:** Two Ayurvedic therapies per day, including herbal steam baths to restore balance. (Note: Preventive Health & Regenerative Program includes one therapy per day.)
- **Post-Treatment Refreshments:** Enjoy freshly prepared juices or calming herbal teas after every session.
- **Morning Yoga:** Start your day with group sunrise yoga sessions.

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- **Evening Meditation:** Wind down with group guided mindfulness sessions in the evening.
- **Ayurveda & Yoga Wisdom:** Weekly interactive workshops on holistic living, led by expert practitioners.
- **Craft Your Wellness:** Join our Weekly fun, hands-on Ayurvedic cooking classes by in-house chefs.
- **Price for Pick-up or Drop-off**: From Coimbatore international Airport
- **Local Experiences:** Weekly organic farm tours, village walks, and sunset nature trails to connect with Kerala's culture.
- **Leisure & Wellness:** Access to our Swimming pool, Library, Gym, and Outdoor Facilities.
- **Personalized Care:** Daily wellness check-ins with your Ayurvedic doctor to tailor your journey.
- **5% GST include**

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