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# Kairali the ayurvedic Healing Village

## Digestive Wellness & Gut Health Yoga Therapy – 7N

The Healing Village, a pure Ayurvedic retreat, has consistently earned the prestigious World Travel Award from 2015 to 2024 and is accredited by the National Accreditation Board for Hospitals (NABH) under Ministry of AYUSH, Government of India.

In addition to our flagship retreat, Kairali's global presence spans over 10 countries, supported by a dedicated workforce of more than 700 employees.

### Digestive Wellness & Gut Health Yoga Therapy – 7N

Your gut is the key to well-being. The digestive wellness yoga program at Kairali – The Ayurvedic Healing Village is a dedicated retreat aimed at improving gut health, harmonizing digestive fire (Agni), and fostering overall wellness through a holistic blend of yoga therapy, Ayurvedic treatments, and sattvic nutrition.

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



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Single – Euro 1701

Double – Euro 3156

### Package includes :

- Arrival & Accommodation
- 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.
- Nourishment
- Farm-to-Table Meals: Enjoy freshly prepared vegetarian or vegan meals tailored to your wellness consultation (breakfast, lunch, and dinner), made using organic ingredients from our gardens. Additional food items will be charged separately.

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- Hydration Wellness: Daily in-room mineral water (1 bottle per person) + unlimited herbal-infused detox water. Reusable bottles provided to support sustainability!
- Ayurvedic Therapies
- 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.
- Mind-Body Practices
- 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.
- 🌿 Learning & Cultural Immersion (Once a Week)
- 🌿 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.
- 🌿 Local Experiences: Weekly organic farm tours, village walks, and sunset nature trails to connect with Kerala's culture.
- 🌿 Facilities & Extras
- 🌿 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.

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