

**INDIMASI
HEALING VILLAGE
TRIVANDRUM**



Ayurveda Package Rates in US Dollar

Valid from 1st Jan 2022 to 31st March 2023

Sl. No	Room Name	Rack Rate (Single)	Rack Rate (Double)
Currency		USD	USD
1	Jasmine	160	260
2	Lavender	180	280
3	Tulsi	200	300

Package Inclusions as follows.

1. Airport Transfers from Trivandrum International Airport.
2. Accommodation
3. Ayurveda Treatments
4. All meals as per Doctors advice.
5. Daily Yoga Sessions (Morning and Evening)
6. Half Day Trivandrum City Heritage Experience.
7. Basic orientation with Kalari course.
8. Meditation on every day evening.

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Extra Person without Treatment: USD 25 per Day on Breakfast Basis and USD 40 per Day on Full Board.

Extra Person with Treatment: USD 60 Per Day with Treatment and all other package inclusions.

Additional yoga classes can be arranged on request and Each session cost USD.10

GENERAL TERMS & CONDITIONS

CHECK-IN /CHECK-OUT TIME: Check-In / Check-Out time for our rooms are as follows:

12.00 PM & 11.00 AM

Early check-in & late check-out subject to availability.

Indimasi campus is free from Non-vegetarian, Liquor and Tobacco

Guaranteed late check-out beyond 17.00 Hours will be charged one-night room rate.

Extra Breakfast Rate	: USD 5Per Breakfast
Lunch & Dinner Rate	: USD 8Per Meal

INFANTS & CHILDREN

Infants and children below the age of 5 years will be complimentary on the adult meal plan without any extra bed.

Infants and children above the age of 5 years and below the age of 12 years will be charged only 50% of published rates on the adult meal plan.

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Indimasi Ayurveda & Yoga Village

Trivandrum



Ayurveda Packages.

1. Live Free (Anti Diabetes Package)

Diabetes mellitus is an endocrine disorder of pancreas, where there is increased insulin resistance in the beginning and followed by decreased secretion of insulin in the later part of the disease progression. This insulin helps utilization of glucose for cellular oxidation when not used up. There is excessive glucose in blood and is secreted in urine. When glucose is not available for oxidation, the body starts burning up protein and fat. So the body gets wasted.

Our system at Indimasi is to reduce the energy requirement for metabolism, by having easily digestible food like vegetables and fruits. Thereby increasing energy output and breathing exercises which increase cellular oxidation.

These, along with Ayurvedic medicines internally and mild detoxing external therapies like *Abhyangam* (oil massage), *udwartanam* (powder massage) and *Virechanam* (Medicated purgation),

Each body type will be studied and a schedule will be formed regarding their diet exercise and overall lifestyle that will be strictly followed here and should be continued here after, for an easy and normal life.

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All chronic disorders are auto suggestive; Indimasi experts will help you practice auto suggestion of health and happiness.

Our Program also includes Water fasting and *Mouna Sadhana* (Silent Retreat) for achieving Optimal results based on each one's body constitution (*Prakrithi or Dosha* status).

2. Ojas (Exclusive Men's Care Package)

Specially designed a 21-day program to improve this vital energy using Ayurveda Vaajeekarana (Aphrodisiac) and Rasayana (Anti-Ageing) herbs, Ayurveda Panchakarma (Detox Therapy), Yoga Asanas and Pranayama (Breathing techniques) and Special Rejuvenating Diet.

Key Benefits:

- Enhance Sexual Strength and Stamina
- Improve Fertility in Men and Build Strength and Stamina
- Helps to improve Sperm Production
- Improve Sperm Viability and Motility among those with Low Sperm Count
- Increase Penile Blood Flow and Cures Erectile Dysfunction
- Helps to Combat Stress, Relaxed the Body and Mind
- Maintain Optimal Hormonal Balance
- Ayurvedic Vaajeekarana and Rasayana Herbs, acts as a Tonic to Stimulate, Rejuvenate and nourish the body's Reproductive Tissues, Improve Ojas, Strengthen Immunity and Promote Overall Health.

3. Silent Retreat

Mouna Sadhana or silent retreat helps you discover the great power of silence. Away from the fast-paced city life, you are one step closer to complete healing when you start to learn how to convert silence into prayer. Through silence one can reach higher plains of consciousness. During Mouna Sadhana, the clouds of thought vanishes one by one and mind becomes like a clear sky. Once the mind gets focused, the power gets transferred to the body. It fastens the healing process in the body and revitalizes both body and mind. Mouna Sadhana is a 7 day silent retreat to Balance the mind, body, energy and emotions under the guidance of Guru Yogi Shivan. The course helps a person to discover the true power of Silence and attain control over physical and mental stress.

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Through this process, the mind becomes tranquil and focused. It fastens healing processes and revitalizes the entire system. The entire course is supported by Indimasi's Tranquil Environment, Yogic Diet, Kundalini Yoga and Sree Vidya Meditation.

4. Can Care (Cancer Care)

The Centre will offer counselling and post treatment care to the patients who went through various procedures like surgeries, Chemotherapy, radiation etc. After preliminary screening, patients will be reviewed by a panel of experts from Ayurveda, Homeopathy, Naturopathy and physiotherapy with the support of an expert from modern medicine also.

5. Body Purification

It is a process of purifying the whole body to attain proper balance of Tri Doshas i.e. Vatha, Pitha and Kapha based on the Panchkarma and Snehakarma, Swedakarma Treatments. The 15 day package process includes:

1. Body massage (With Medicated oils),
2. Steam bath,
3. Snehapanam,
4. Nasyam (Medicated nasal treatment)
5. Vamanam (If indicated),
6. Virechanam (Medicated purgation),
7. Snehavasthi, (Medicated Oil Enema)
8. Kashaya Vasthi (Medicated Decoction Enema)
9. Shiro Dhara ,
10. Pizhichil,
11. Njavarakizhi,
12. Karnapooranam, (Ear cleansing treatment)
13. Tharpanam, (Eye Cleansing and rejuvenating treatment)
14. Sirovasthi and internal herbal medicines.

6. Rejuvenation

This Treatment includes body massage with hand and foot by two masseurs with medicated oil and cream, internal rejuvenative medicines and medicated steam bath. This therapy is for 90 minutes to 2 hours per day. The 7 to 14 days package includes

1. Udwartanam, (Medicated powder massage)

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2. Danyamaladhara,
3. Shirodhara(Taila/Ksheera/Takra),
4. Veshtanam,(Different types of medicated bandages)
5. Virechanam,
6. Nasyam,
7. Njavaratheppu and different kinds of kizhis (Bundle massages with different medicines)

This therapy is to rejuvenate the mind, body and soul, to tone up skin, to strengthen all systems so as to achieve ideal health and longevity.

7. Slimming Programme

The slimming programmes at Indimasi focuses on systemic correction of the Fat metabolism of the body and thereby helps to lose weight in a healthy way. Adhering to the specific diet prescribed during the treatment, is one of the essential parts of the programme. Other diet modifications include intake of herbal juices, herbal tea etc. 21 and 28 night's packages are available for this programme. The treatment Package includes:

1. Udwartanam (Medicated powder massage)
2. Herbal oil massages (Based on condition of the patient).
3. Danyamaladhara,
4. Nasyam(Medicated nasal treatment)
5. Vamanam(If indicated),
6. Virechanam(Medicated purgation),
7. Kashaya Vasthi (Medicated Decoction Enema prepared with specific medicines for Weight Loss and Detoxing)
8. Snehavasthi, (Medicated Oil Enema)
9. Different types of Kizhis (Powder Bundle Massages) for weight loss.
10. Medicated steam baths

8. Stress Management

The modern day exposes the body and mind to a lot of stress and tension. The stress management programme at indimasi combines – (a) Therapeutic Yoga and (b) Ayurveda Therapies in a 14 nights package to help attain a relaxed state of mind. The other steps in the programme are:

1. Rejuvenating Full body Massage,
2. Different kinds of Dhara like Sarvanga Dhara, Ekanga Dhara, Takra Dhara, Shiro Dhara

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3. Shirovasti,
4. Thalapodhichil ,
5. Nasyam(Medicated nasal treatment)
6. Njavarakizhi,
7. Thalam,
8. Vamanam(If indicated),
9. Virechanam(Medicated purgation),
10. Herbal steam bath,
11. Herbal pack, intake of herbal medicines etc.

9.Anti-Ageing Treatments

The various cells and tissues of the body undergo changes as age advances .So it is necessary to rejuvenate the body systems for a better harmony of the body, mind and soul. Ayurveda prescribes treatment for repairing the wear and tear of the body due to ageing process. After proper purification by evacuating measures, one can increase the vital energy called “OJAS” which improves strength and vitality through the “Rasayana “intake. This process ensures prolonged lifespan, youthfulness, good health, fine complexion, stoutness, intellect, power of retention and strength.

The 28 day package process includes:

1. Rejuvenating Full body Massage (with medicated oils)
2. Different kinds of Dhara(With Medicated Oil, Milk or Butter milk) like:
Sarvanga Dhara, Ekanga Dhara, Takra Dhara, Shiro Dhara, Shirovasti
3. Thalapodhichil,
4. Nasyam(Medicated nasal treatment)
5. Njavarkizhi,
6. Njavaratheppu(Massage with rice pudding),
7. Narangakizhi
8. Thalam,
9. Snehanam
10. Vamanam(If indicated),
11. Virechanam(Medicated purgation),
12. Ksheera Vasthi
13. Sneha Vasthi
14. Herbal steam bath,
15. Herbal pack, intake of herbal medicines etc.

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Rasayana (Special medicines for rejuvenating the body and correcting the normal flow of the nutrients in the body) and intake of very special diet enhances the effect of all the therapies and helps to attain the overall benefit of the full course of treatment package.

KALARI PACKAGES



1. HEAD NECK SHOULDER (HNS) MARMA PACKAGE

This package includes treatment for the following medical conditions associated with stress, improper working postures & sleeping habits, Diabetes, acidity etc.

1. Migraine
2. Tension Headache
3. Insomnia
4. Cervical Spondylitis
5. Vertigo
6. Vertebrae-Basilar Insufficiency
7. Stiff neck
8. Frozen Shoulder

2. JOINT CARE MARMA PACKAGE

This package is mainly intended for the patient who has inflammatory signs in the joints due to excess usage of them by travelling, indulging in sports activities, computer works, history

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of a bad fall or trauma, or pushing body to the limits which has resulted in the following medical conditions.

1. Elbow arthritis
2. Low Back Ache
3. Sciatic pain
4. OA Knee joint
5. Tennis elbow
6. Writer's cramp
7. Achilles tendinitis
8. Calcaneal spur pain

3. PRANA MARMA PACKAGE

Prana package covers all type of respiratory disorders due to occupation, bad sleeping habits leading to inflammation of the sinuses, chronic smokers, hereditary breathing difficulties etc. The following medical conditions are best treated in this package:

1. Sinusitis
2. Bronchial asthma
3. Respiratory Allergies

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