

INCLUSIONS OF THE PACKAGES

YOGA MEDITATION PACKAGE	PANCHAKARMA & ALL OTHER PACKAGES	UNLIMITED AYURVEDA PACKAGE
<ul style="list-style-type: none"> • Stay in a refined and modern room • Healthy cuisine(3 meals) based on Ayurvedic principles, daily herbs & wellness drinks • Ayurveda cleansing rituals • Yoga & meditation classes • Breathing exercises • Access to the property's yoga and meditation corners • Usage of pool •Village walks with Yoga instructor <p>All applicable tax</p>	<ul style="list-style-type: none"> • Comp. pickup and drop from and to the TVM airport • Stay in a refined and modern room •Doctor's consultation with pulse diagnosis, analysis of dosha type & tailor-made treatment plan .Daily one to two treatments (approx 60 to 90 minutes) or more depending on the required treatment according to the focus & prescription of the Ayurveda doctor •Healthy cuisine (3 meals) based on Ayurvedic principles, daily herbs & wellness drinks •Ayurveda cleansing rituals •Yoga & meditation classes •Ayurvedic cooking classes •An Excursion -Art and craft village visit <p>All Applicable tax</p>	<ul style="list-style-type: none"> • Comp. pickup and drop from and to the TVM airport • Stay in a sea-view suite • Doctor's consultation with pulse diagnosis, analysis of dosha type & tailor-made treatment plan • Daily 3 to 4 treatments (approx. 90 to 120 minutes) or more according to focus & prescription of Ayurveda doctor • Healthy cuisine (3 meals) based on Ayurvedic principles, daily herbs & wellness drinks • Ayurveda cleansing rituals • Yoga & meditation classes • Ayurvedic cooking class <p>An Excursion - Art and craft village visit</p> <p>all applicable tax</p>