



KALARI RASAYANA

VENAD

The essence of ayurveda
| a cgh earth experience |

Song of the Lake



Once, in the ancient kingdom of Venad,
great wooden barges would punt and sail spices from the hills,
and the waterways were the paths people travelled.

Even today, you can glimpse this bygone era
as you leave the carriageway and the road narrows,
weaving between walled homesteads before hitting the wide open
plains of rice paddy. This is backwater country; a maze of waterways,
coconut groves, small farms and fisher-folk abodes, seeping into
the Paravur lake. The bustle of urban Kerala falls away;
you are shorn from the noise of the 21st century and you feel it,
like the crack of a frond as it falls from the ubiquitous palm.
Your safety net is gone and you are now in nature's heartland;
quintessential Kerala.



Rasāyana (Sanskrit) रसायन: Rejuvenation)

We offer Kalari Rasayana as a healing space, in the same mould as Kalari Kovilakom, adhering to the strict tenets of Ayurveda as a universal healing tradition woven through time.

The treatments we offer are a combination of therapies for the body, mind and spirit. Our approach to health is as relevant to the modern world as it was to the ancients.

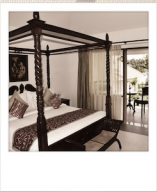
Nothing has been reinvented, nothing diluted.

The Ayurveda treatments are supported by yoga and meditation practises.

Kalari Rasayana is by no means a tourist resort.

It is a place to immerse yourself in a lifestyle advocated by ancient Indian tradition, that helps you to balance your energies; to balance the outer, the inner and the spiritual world.

Leaving you refreshed, energised and whole.



Spread over 8 acres of lakeside coconut groves, Kalari Rasayana offers 22 well appointed suites and the Ayurvedic clinic has 11 treatment rooms.

The extensive swathic vegetarian cuisine is tailored to the individual and the health programmes require a minimum stay of 2 weeks.

Yoga, meditation, kalari practise, therapeutic yoga in the pool and lakeside walks compliment the oil therapies as prescribed by the Vaidya.

A brief description of life while you are at Kalari Rasayana

All Ayurveda treatments can only commence after detoxification of the body. As with any detox therapy the initial days can prove to be a little uncomfortable. What is essential is that you come here with an open mind and work along with the doctors to overcome your problems rather than resist them.

Detox occurs through the intake of medicated ghee, which is clarified and unsalted butter. The quantity of the ghee is increased everyday and during this period you will be put on a very light diet with plenty of herbal water. Your system needs to be fully saturated with medicated Ghee, which generally takes a minimum of 3 days but can vary from person to person. After the doctor has taken you off the Ghee therapy, you are put on a normal diet for a couple of days before being administered a medication to purge your system of all the ghee, which by now would have absorbed all the accumulated toxins in your system. It is only after this that the actual Ayurveda therapies begin, during which time you will be given different types of massages and treatments using medicated powders, pouches of leaves and cooked rice and different medicated oils, supplemented with internal medications as required. All of which will again vary from individual to individual.

Apart from the Ayurveda treatment, which includes the special diet along with herbs, oils, and massages, we also focus on Yoga and meditation. The Yoga taught and practiced every morning is a simple combination of wellness Asanas and Pranayama sessions, as hard exercising during Ayurveda therapy is not encouraged. Yoga Nidra is an integral part of the Yoga therapy and is included in the daily schedule. Typically, after you have undergone detoxification and purgation, you will have two massage treatments every day with each lasting approximately 1 ½ to 2 hrs.

Satsang

Life at Kalari Rasayana focuses and revolves around healing your body and mind. Hence, during treatment, the guest's activities are restricted to within the grounds. Satsangs include interactive discussions on Ayurveda and Yoga, traditional classical dance and music performances along with chanting and meditation sessions.



The Treatment Packages

In keeping with Ayurvedic principles, treatments offered at Kalari Rasayana are for 2, 3 and 4 week durations. Following an in depth consultation with the doctor, these ayurveda treatments are generally customised by him to suit each guest's constitution and to address any specific ailments they might be suffering from.

Anti-aging: Rasayana Chikitsa

The programme starts with a two week cleansing treatment to eliminate toxins. Only then does the rejuvenation treatment start, with medications and diet. The aim is to arrest the degeneration of body cells and increase immunity. In fact, this treatment helps to keep individuals free from disease even at an advanced age.

Based on the guest's constitution or dominant doshas, therapies include Pizhichil (massage with lukewarm, medicated oil) pouch massages, different types of Uzhichil (massages) and other purifying treatments. The cleansing is followed by a rejuvenation treatment with special creams and oil, backed by a nourishing diet.

Slimming Programme- Sthoulyagana Chikitsa

The Ayurvedic slimming programme works by increasing the metabolism. The prescribed non-Kapha producing foods relieve the system of excess Kapha and also control Vata. The programme, which includes medicated steam baths, herbal teas and yoga, works to create genuine metabolic change.

Anti- Stress Programme – Manasanthi

Kalari Rasayana's 14 day anti-stress programme is designed to combat systems of stress such as insomnia, lack of concentration, fatigue and headaches that seems to partner today's hectic lifestyles. The Manasanthi treatment consists of classic Ayurvedic treatments, such as Uzhichil, Sirodhara (pouring oil on the forehead) and Nasyam (excess humours are eliminated through the nose). These are supported by special yoga therapies, herbal medicines and herbal teas.

General Rejuvenation- Panchakarma

Panchakarma is preceded by Poorvakarma or pre-purification. The body is 'readied' to let go of toxins through Swedanam and Snehnam.

Swedanam means sweating. This procedure liquefies toxins and increases their movement into the gastrointestinal tract. Snehnam, which follows, means oleating the body. It helps toxins to move towards the gastro intestinal tract and makes tissues soft and supple, thus helping to remove stress and nourish the nervous system. The doshas are now active. A particular Panchakarma is then given according to the individual's constitution and disorder.

Panchakarma is the classic five –point revitalization treatment. Although Panchakarma is often thought of as the entire procedure, it is, in fact, part of a group of therapies belonging to a class of cleaning procedure called Shodhana. The Panchakarma rejuvenation process is intensive and closely follows the early texts of Ayurveda like the Charaka Samhita and the Sushutha Samhita.

There are five basic Shodhanas or cleaning methods which are Nasyam, Vamanam, Virechanam, Vasthi and Rakthamoksham. These are followed by Paschat karma or post purification measures, which advise a diet and life style that is harmonious with one's constitution.

The food and cuisine

The most significant 'life style challenge' you will encounter is in the total absence of coffee, tea, meat, fish, eggs, bread and sugar. Furthermore, alcohol and cigarettes are not permitted, encouraged or available on the premises. Though you will have access to internet and telephone we encourage you to leave your world behind.

The diet is based on traditional Swathik vegetarian cuisine. We use locally sourced vegetables like yam, various types of gourds, okra, aubergine and a wide variety of leafy spinach, pulses, lentils and fresh coconut. In addition, as Ayurveda does not permit the serving of raw foods, salads are not part of the daily regime but certain fruits such as pineapple, papaya, banana, guava and pomegranate are served. It is interesting to note that all the dishes are cooked with minimal oil, salt or spices. The various dishes have been painstakingly researched and indigenously created, to strictly adhere to the principles and dietary restrictions laid down by Ayurveda. Therefore, although we are not able to offer you a wide variety of dishes, you will enjoy the simple yet unique cuisine which is always customized for each guest, as per the doctor's prescription.

Packing List

At Kalari Rasayana guests are provided with three sets of complimentary fine cotton Pajama suits and one pair of slippers.

If you do not intend to travel elsewhere other than Kalari Rasayana, then you will not require many clothes – so pack light.

A light shawl perhaps and swimwear.

Personal toiletries.

Please feel free to consult with the doctor at Kalari Rasayana by email before you arrive if you have any concerns. Remember to bring any relevant medical reports and if you are on medication, bring ample amounts for your stay.

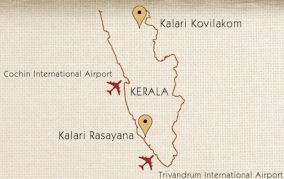
If required we could arrange a translator for the first consultations with the doctor/Yoga instructor/manager at an extra cost.





KALARI RASAYANA VENAD

The essence of ayurveda
a cgh earth experience



cgh earth
experience hotels

Central Reservations: Casino Building Willingdon Island Cochin Kerala India
Tel: 91-484-3011711 Fax: 2011712 Email : contact@cghearth.com www.cghearth.com
www.kalarikovilakom.com

Bangaram Island Lakshadweep	Brunton Boatyard Fort Cochin	Casino Hotel Willingdon Island	Coconut Lagoon Kumarakom	Kalari Kovilakom Kollengode	
Kalari Rasayana Kollam	Maison Perumal Pondicherry	Marari Beach Alleppey	Spice Village Thekkady	Swaswara Gokarna	Palais De Mahé Pondicherry
	Spice Coast Cruises Lake Vembanad	Visalam Chettinad	Chittoor Kotaram Cochin	Eighth Bastion Fort Cochin	