



Kairali – Weight Reduction

Description

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Stay Highlights

- Ayurveda Village at Palakkad
- 2 HRS Drive From Cochin Airport
- Preventive & Regenerative Programme
- 14 Nights Package
- Single Pax/ Double Pax

Includes

- Welcome Drink on Arrival
- Stay in this Kalari Suites
- All Meals
- One Abhyangam Massage/ Person/ Day
- Juice or Herbal Tea after Every Treatment
- Max 2 Water Bottles/ Room/ Day (Unlimited Supply of Herbal Water)
- Group Yoga Session Daily Morning
- Group-Meditation Session Daily Evening
- Daily Personal Lifestyle & Fitness Evaluation
- Use of Swimming pool , Library. Gym and all Indoor & Outdoor Facilities
- Round Transfers from the Coimbatore/ Cochin Airport & Ayurveda Village
- Lecture on Ayurveda (Once a Week)
- Lecture on Yoga (Once a Week)
- Demonstration on Ayurveda Cooking (Once a Week)
- Village Walk (Once a Week)

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- Organic farm Visit & Guided walk (Once in a week)
 - Prescribed Diet
 - Yoga & Meditation Sessions
 - All Taxes

Excludes

- 2.5% Card Processing Charge
- Contingency Expenses
- Whatever is not mentioned in Includes

Child Policy

- Below 5 Years Complimentary

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Date

16/05/2024

Meta Fields

Tour Price : 250000

Ocean6 Holidays