

Panchatatva

A unique wellness package
that combines nature, stay, food, fitness and health.

Anubhava - 1 DAY of wellness

One day programme at Atisaya, Yercaud
Includes Pick Up & Drop (Salem/Yercaud)
Sattvic Food with special menu devised by leading dietician
Yoga session with certified instructors - SKY* - Kaya Kalpa Yoga
Ayurvedic Therapies at SWASTHA – *Abhyangam Only*

INR 5000 Per Person

Dwimaya - 2 DAYS of wellness

Two day programme at Atisaya, Yercaud
Includes Pick Up & Drop (Salem/Yercaud)
Stay in double bedroom
Sattvic Food with special menu devised by leading dietician
Yoga session with certified instructors – SKY* - Kaya Kalpa Yoga
Ayurvedic Therapies at SWASTHA – *Abhyangam + Shirodhara*

ROOM PLAN

INR 9990

*No Cottage Stays in this package

Jiva - 3 DAYS of wellness

Three day programme at Atisaya, Yercaud
Stay in double bedroom or fully furnished cottage
Sattvic Food with special menu devised by leading dietician
Yoga sessions with certified instructors: SKY* - Kaya Kalpa Yoga + Acu pressure
Ayurvedic Therapies at SWASTHA : *Abhyangam + Shirodhara + Pada Abhyangam*

ROOM PLAN

INR 16000

COTTAGE PLAN

INR 20000

Swastha - 5 DAYS of wellness

Five day programme at Atisaya, Yercaud
Stay in double bedroom or fully furnished cottage
Sattvic Food with special menu devised by leading dietician
Yoga sessions with certified instructors: SKY* - Kaya Kalpa Yoga + Simplified Physical Exercises
Ayurvedic Therapies at SWASTHA : *Abhyangam + Shirodhara + Pada Abhyangam*

ROOM PLAN

INR 26000

COTTAGE PLAN

INR 32000

EXPERTS AND CONSULTANTS

DIETETICS

Dr Dharini Krishnan

M.Sc., Ph.D., R.D

*Chairperson of the Registered Dietitian
Board (R.D.) of the Indian Dietetic Association*

www.dharinikrishnan.com

AYURVEDA

Dr R Sumitha

BAMS Ayurveda
PG in Panchakarma

AROGYA AMRUTHAM
VAIDYA SALA, Chennai

YOGA

Prof. Sitalakshmi

MA – Yoga

Mr Bala Subramanian

Certified SKY instructor

SKY Meditation Center, Yercaud

* Simplified Kundalini Yoga | All rates inclusive of taxes per person.

Prices include meals, stay, therapies and sessions as per respective plans. Conditions apply