

*SUPREME  
WELLNESS...  
NATURALLY*



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## *Two decades of healing humanity*

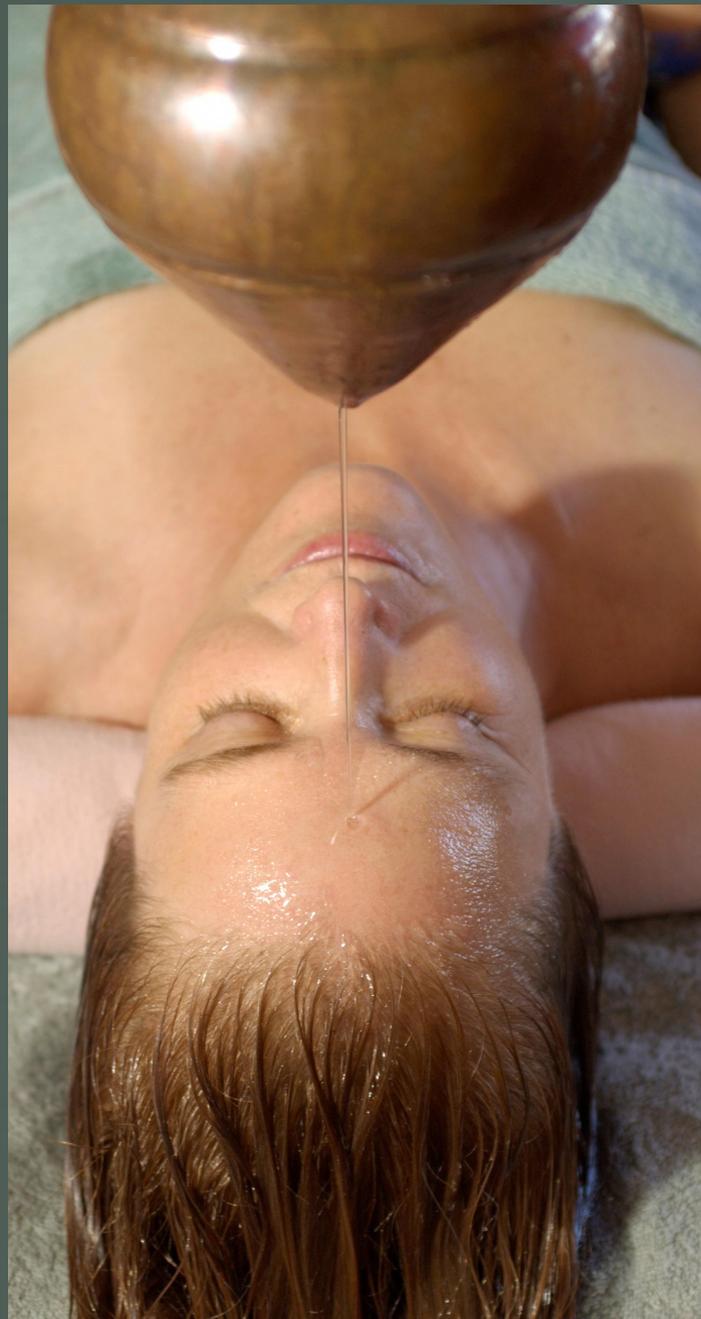
*If you are contemplating experiencing Ayurvedic treatments in Kerala, and you are in the search for an authentic , no gimmicks Ayurvedic centre in Kerala, then don't think or look beyond Ayuryogashram !*

*Ayuryogashram has been serving customers from around the world since it opened its door in 2001. That's two decades of clients, of successful and positive outcomes, of bodies healed and mind's refreshed.*

*In quiet surroundings that are mesmerizingly beautiful and pristine, the "ashram", as our guest affectionately call it, and its doctors and staff will ensure that you get authentic Ayurvedic treatment. Whether you are here to address a specific ailment , relax and rejuvenate or to enjoy traditional Ayurvedic massages and panchakarma treatments, We will ensure that you have a comfortable and successful stay that will positively impact and help you achieve the desired results.*

## *Relieve your ailments*

*Our customers have had positive outcomes from our therapies for Diabetes, Hypertension, Pain management, Degenerative diseases, Obesity, Skin diseases, Digestive ailments and Spondylitis. We are confident you will have positive outcomes as well!*



## *Refresh your body & mind*

*Relax and Refresh your body and mind with Panchakarma, Body purification therapies and aesthetic treatments.*

## *Our therapies*

*Abhyangam, Shirodhara, Shirovasthi, Swedanam(Steam Bath), Avagaha Sweda, Ksheeradhoomam, Pichu, Thalam / Thala Pothichil, Chavitti Uzhichil, Udwarthanam, Pizhichil, Kizhi (Poultice), Lepamam, Upanaham, Tharpanam, Karnapooranam, Dhoopanam, Sneha Paanam, Vamanam, Virechanam Vasthi, Nasyam, Kalamam, Rakthamoksham, Navaratheppu, Katee pichu, Akshitarpan, Yoni Pichu, Yoni Kshalanam, Uttara Vasti, Hrid Tharpana Hrid Dharat, Anda Sweda, Valuka Sweda, Pada Dhara, Sarvanga Takra/Ksheera Dhara, Jaloukavacharana (Hirudotherapy), Netra Dhara, Jaanu Dhara Aschotanam*



## *Our Yoga and treatment facility*

*Yogashala accomodates upto 10 clients  
per session  
Upto 6 treatments can be handled at  
the same time*





## *Our campus*

*Our campus is spread over  
2.5 acres and offers  
significant green spaces;  
Fruiting trees abound and  
so do butterflies and birds!*





## *Our accomodations*



*We have 14 well appointed guest rooms*

*Communal dining space can accomodate upto 16 guests at a time*

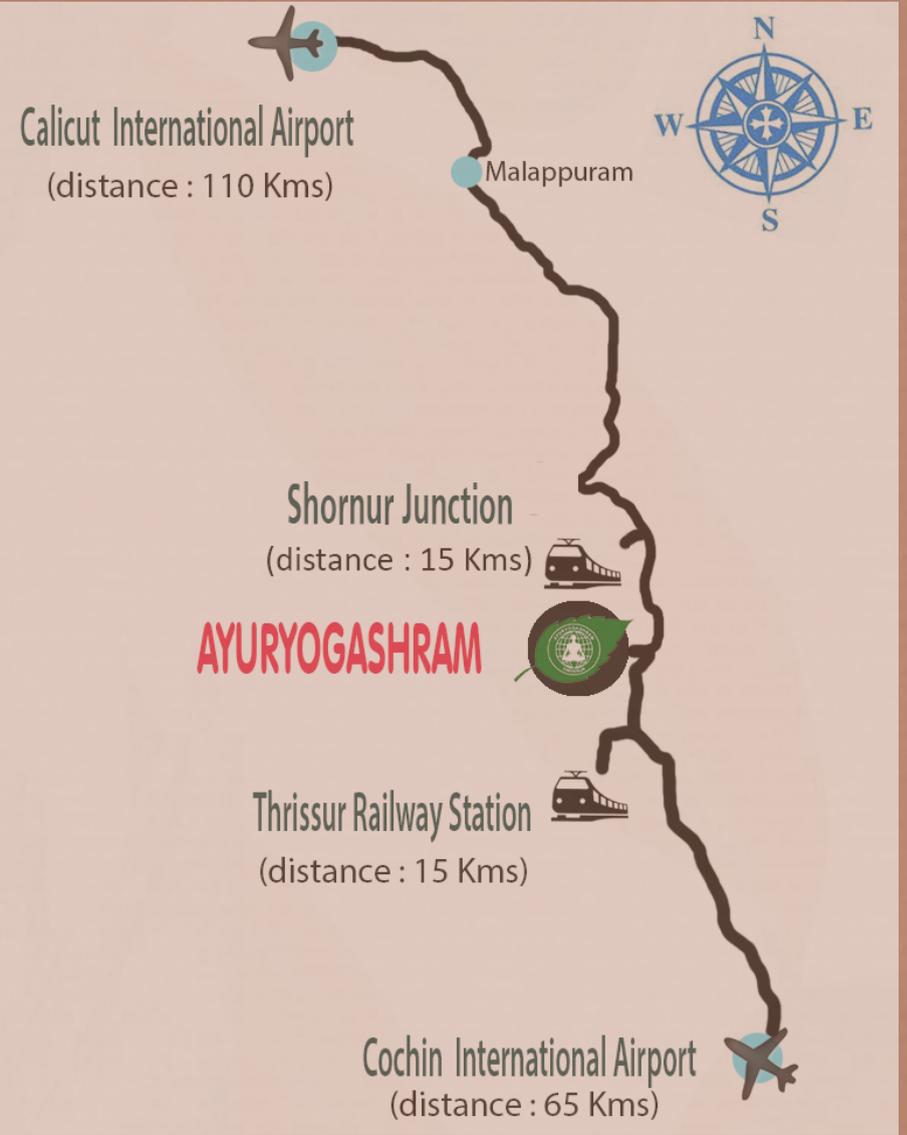
## *Hear from our guests*

*My neck and back pain is much reduced and treatment staff is too good. Will visit again to relax and rejuvenate.”*  
-Geetha Madhuri



*The location and atmosphere is very conducive to a relaxed rehabilitation, reflexion and contemplation. We've recommended Ayuryogashram to our overseas friends and will surely come back.”*  
-Peter

*Come , visit us*



[www.ayuryogashram.in](http://www.ayuryogashram.in)