



Kalari Kovilakom

a cgh earth experience

KOLLENGODE
KERALA

Kalari Kovilakom is nestled at the foothills of rural Kerala and is located in a village called Kollengode in Palakkad district. Set in a very picturesque, rural countryside, it is surrounded by a scenic hilly landscape. Kalari Kovilakom is an old Kerala palace belonging to the Kollengode Raja's. The palace has now been renovated as an exclusive Ayurveda centre where you can experience pure and undiluted traditional Ayurveda therapy in a unique, un-spoilt setting. The simple but landscaped gardens, boast of a wide variety of herbal plants, trees and large old style bathing ponds, all of which blend in beautifully with the surrounding village and countryside. On arrival, after an in-depth consultation with the Doctor our Ayurvedic treatments are further customised and amended to suit each ones treatment requirements. Keeping in mind that the old Royal Family were great patrons of art and culture, we keep the tradition alive by arranging various programs to be showcased inside the Palace. These cultural shows vary from traditional classical dance forms and vocal & instrumental music performances. There is also a small Art Centre and a Library with books in many foreign languages that cover a wide range of subjects including Ayurveda, the Vedas and Yoga.

THE PALACE OF AYURVEDA

At the Kalari Kovilakom, the treatments offered are a combination of the physical, psychological and spiritual therapies. The Ayurveda treatments are complimented and supported by yoga and meditation practices. The duration of the therapies range from 14 days, 21 days and 28 days, and include an Anti Stress Program, General Rejuvenation, Slimming Program and Anti-aging Program.

The cuisine here is based on traditional Kerala vegetarian cuisine and mainly uses locally-sourced vegetables like Yam, various types of Gourds, Drumsticks, Okra, Aubergine (Egg Plant) and a wide variety of leafy spinaches, pulses, lentils and fresh coconut.

STANDARD INCLUSIONS:

- Pick up and drop from either Cochin or Coimbatore airports
- Doctors' consultations
- Accommodation
- Three sets of fine cotton dress sets, including footwear to be worn during your stay
- 2 massages per day that on an average are 1.5hrs each
- All Ayurvedic treatments & medications
- All meals – a strictly vegetarian menu as per the Doctor's prescription.
 - Daily Yoga sessions
 - Meditation sessions
- Satang's - Talks by our doctors and yoga instructors, and performances by local dance and music artists



*All the above information is correct at time of uploading on the website and is subject to change without notice.