

## **Holistic hospital Soukhyam at Bekkal**

Address: Bekkal, PAKKAM (PO),671316

Soukhyam at Bekkal is a leading centre for Naturopathy & Yoga along with Ayurveda, Homoeopathy and a fully developed Physiotherapy Departments. This multi specialty health care center bringing you the traditional Ayurvedic treatments from Gods own country along with Yoga Naturopathy and Homoeopathy.

How to get there:

1. Flight from Tallinn to Mumbai (price between ~ EUR 450,- ), duration: from 8 to 12 hours
2. Flight Mumbai – Mangalore (price between: ~ EUR 100, - ) , duration: from 1 – 2 hours
3. Transfer from Mangalore airport – hotel, included in the package price, duration 1,5 hours

### **Detoxification therapy (Pancha Karma / Body cleaning therapy)**

Duration: 14 days or 21 days

Period: all year round (preferred during seasonal changes)

Detoxification therapies of Ayurveda are known as Panchakarma. These are therapies get to the root of stress & illness causing endo-toxins, located in the minute channels of the body & eliminate them while essentially balancing the tri-doshas. They specialize in uprooting, mobilizing & eliminating the toxins. Detoxification to clean the body, improve digestion & the metabolic process is advised by Ayurveda during seasonal changes. These type of therapies can prevent or delay the occurrence of diseases like cancer, Diabetics, Hypertension, liver problems etc.

### **Daily Program**

#### **Morning Session**

- Yoga and meditation class for one hour
- Breakfast
- Ayurvedic therapy for 90 minutes
- Vegetarian lunch

#### **Evening Session**

- Ayurvedic therapy for 60 minutes
- Free time or sightseeing (lecture about Ayurveda upon request)
- Vegetarian dinner

\*It is mandatory to follow the diet and lifestyle prescribed by the Ayurvedic doctor during this course.

**Package price for two weeks:** EUR 449.00 per person in double or single room;

**Package price for three weeks:** EUR 599.00 per person in double or single room;

Package price includes: basic room without A/C, daily treatments, medicine, vegetarian lunch, yoga exercises and consultations.

Supplement: Visa ~ EUR 60.00, insurance ~ EUR 15.00, flight ticket ~ EUR 550.00,

Upgrade to deluxe room with A/C upon request.