

Information and registration

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The location

ShinShiva

in Trivandrum (Kerala)

20 minutes from the beach

www.ayurvedashinshiva.com



Price per person

21 day stay all inclusive: _____

(based on a double room)



What is included in the price?

- pavilion based on 2 persons
- daily consultation by one or more Ayurvedic doctors on site
- 24/7 doctor's presence
- daily 1h yoga by an experienced yoga practitioner
- min. 2,5h per day consecutive treatments according to doctor's prescription
- 3x/day hot Ayurvedic meal lovingly prepared by the local cooks
- all ayurvedic herbal preparations on the spot
- visit to the local hindu temple

What is not included in the price?

- tickets and visa: look at our website
- surcharge single pavilion
- Ayurvedic herbal preparations for follow-up treatment at home
- optional excursions: 1 long distance trip, 1 trip to Trivandrum, 1 trip to Kovalam Beach
- Ayurvedic beauty treatments and treatments outside the package

Pancha Karma Retreat



Janartheni Shivarajah and
Thuiskomen bij Jezelf invite you to:

**An authentic 21 day
all inclusive journey**
in ShinShiva (Kerala, India)

Why a Pancha Karma Retreat?

- deep cleansing of the ama (toxins), also in case of chronic diseases
- increase of immunity and life energy through improved metabolism and digestion
- reduction of physical and mental stress
- helps with dependence on alcohol, tobacco, drugs and medicines
- preventive effect, prevention of diseases



Coaching



Janartheni Shivarajah

www.janaayoga.be



Marleen Martens

www.thuiskomenbijjezelf.be

**Welcome to our information
sessions. Look at our websites for
the dates and places.**