



AYURVEDA PANCHAKARMA RETREAT 10 DAYS

PERSONALISED CARE & CURE






10-DAYS AYURVEDA PANCHAKARMA RETREAT SCHEDULE



Day 1: Arrival & Orientation

- **Welcome drink (herbal tea)**
 - **Check-in & room allocation**
 - **Ayurvedic doctor consultation & health assessment**
 - **Personalized Panchakarma treatment plan**
 - **Introduction to Ayurveda & retreat schedule**
 - **Light, easy-to-digest Ayurvedic dinner**
 - **Evening meditation for relaxation**
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DAILY SCHEDULE

6:30 AM – Herbal detox drink

7:00 AM – 8:00 AM – yoga

8:30 AM – Light Ayurvedic breakfast

9:00 AM – Doctor consultation

10:00 AM – Personalized Ayurveda therapy.

1:00 PM – Sattvic lunch

2:00 PM – Ayurveda second treatment

4:00 PM – Herbal Tea followed by Ayurveda Class

6:00 PM – meditation

7:00 PM – Light dinner (herbal soups)

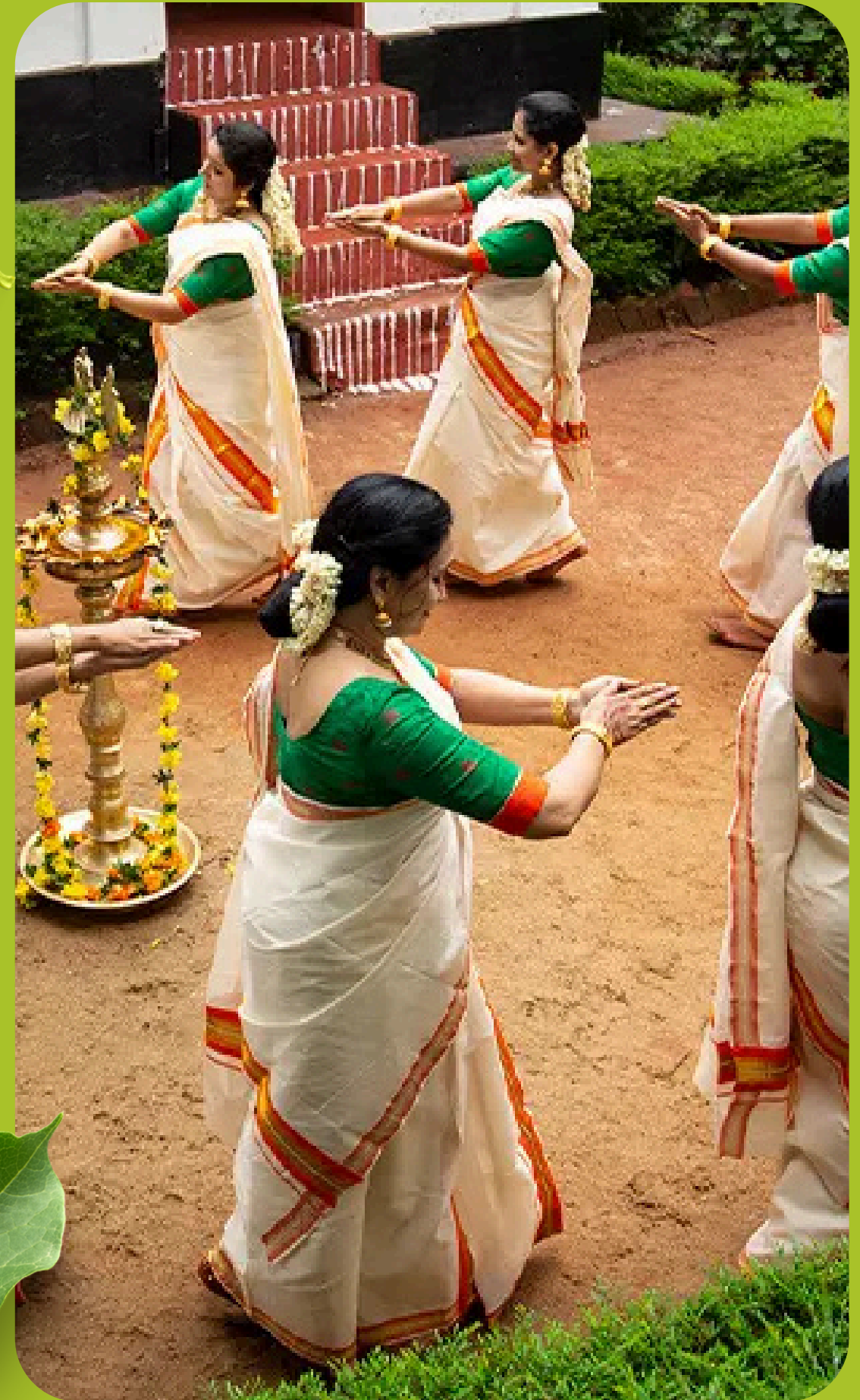
9:30 PM – Herbal sleep tonic & rest



ADDITIONAL PROGRAM

Day 7

**Kerala traditional Dance program
(Thiruvathira) with Kerala Sari**



KANNUR

DAY 8

6:30 AM – Wake up

8:00 AM – Light Ayurvedic breakfast

9:00 AM – Temple Visit

11:00 AM – House Boat Experience

**12:00 PM – Ayurveda Medicine Preparation Unit
Visit**

1:00 PM – Lunch

**2:00 PM – From coastal calm to mountain magic
Kannur to Wayanad**

4:00 PM – View Points

4:30 PM – Tea/ Coffee

7:00 PM – Light dinner (herbal soups)

**9:30 PM – Rest (accommodation in 4 Star
Resort)**



WAYANAD

DAY 9

- 6:30 AM – Wake up**
- 7:00 AM – Breakfast**
- 7:30 AM – Muniswerankovil Hills View
Point Trekking**
- 1:00 PM – Lunch**
- 2:00 PM – Wildlife Sanctuary Jungle Safari**
- 5:00 PM – Tea.**
- 6:00 PM – Back to resort**
- 7:00 PM – Dinner**
- 9:30 PM – Rest**



WAYANAD

DAY 10

6:30 AM – Wake up
8:00 AM – Breakfast
9:00 AM– Banasura Sager Dam Visit
1:00 PM– Lunch
2:00 PM – Tea Museum visit
3:00 PM – En Ooru Tribal Heritage Visit
6:00 PM – Back to Resort
7:00 PM – Dinner
9:30 PM – Rest





Thank You

