

Kivaana Wellness 




*Rejuvenate
& enrich yourself*

with Kivaana Wellness's 14-day holistic retreat

 20th May-03rd June 2025

 Krishnendu Ayurveda, Alleppey, Kerala India

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Rejuvenate and Enrich yourself with Kivaana Wellness's 14-day Holistic Retreat at one of India's premier Ayurvedic Retreat centers, located near the enchanting backwaters of Alleppey, Kerala.

During your healing journey, immerse yourself in the timeless magic of Ayurveda, Panchakarma, and specialized Yoga therapy workshops, which will bring out the best in you physically, emotionally, and spiritually.



At Kivaana Wellness, the compassionate art of healing is offered to cater to your wellness needs for a healthy body, calm mind, balanced emotions, and a higher state of being.

Compassion, love, and an integrated value system are the guiding forces that create a conducive healing space. We uphold our values and beliefs to provide a beautiful metamorphic experience.

We offer holistic and sustainable care in alignment with natural healing principles. The services will be provided across Kerala, 'The Ayurveda Hub of India,' a place known for its diverse beauty, picturesque landscape, natural resources, Yoga and traditional art forms, and Tourism Attractions. Our Vision is to cater to people's wellness needs by offering guided and structured Holistic care.

At Kivaana, we follow the four-fold fundamental principles of life through which inner health and peace become vibrant and easy-flowing.

Aahaar
Balanced Satvik Food

Vihaar
Lifestyle

Achaar
Behavior

Vichaar
Thought Patterns



Here is what awaits you....

Our 14-day guided retreat will empower your wellness journey by providing myriad benefits at all levels.



Extensive Ayurveda, including panchakarma retreat and simple recommendations based on your Prakriti and Vikruti.



Daily one-on-one consultations with a panel of highly experienced Ayurvedic doctors.



Lifestyle coaching and key food habits will be taught to inculcate internal wellbeing. Sattvik food is based on the philosophy 'You are what you eat'.



Workshops for Self-empowerment: Our Yogic seminars will offer practical knowledge on the integrated system of Body, mind, prana, and consciousness and how these govern your life and wellbeing.



Daily Guided Yoga, Meditation, and Pranayama sessions to boost vitality and overall health.



Group activities such as Mandala Arts, Speak Your Story, Group Music and dance, Chanting, and Outdoor Trips to foster a sense of community and facilitate shared healing.



A sneak peek into the 'Science of Sound' and the Divine mantras to understand its effect on Brain waves and cognitive performance.



Sightseeing and Short trips to nearby tourist spots, such as the Famous Alleppey Backwaters, Beaches, and temples, to awaken your creative forces.

Ayurveda/ Panchakarma and Yogic Wisdom

Ayurveda and Yoga are sister sciences of the Vedic tradition. Ayurveda focuses on physical, mental, and pranic health through natural medicines, lifestyle modification, and a deep level of detoxification known as Panchakarma therapies.

Yoga works at the molecular level and connects with universal energies. It harmonizes the mind, Body, and consciousness and steers us toward Self-Realization.



Both offers comprehensive benefits for your wellbeing:

- ▶ Detoxification of Body and mind as it aligns the outer and internal system to a perfect state of balance.
- ▶ While Ayurveda nourishes and culminates at the cellular level, Yoga is the armor that grounds and strengthens a person.
- ▶ Stress reduction, Ayurvedic, and Yogic practices provide a more profound sense of relaxation required for optimal health experience.
- ▶ Holistic Retreats are a once-in-a-lifetime opportunity to embrace a Sattvik or an utterly balanced lifestyle.
- ▶ It will provide enrichment at the emotional level, which is the fundamental source of all kinds of afflictions.
- ▶ It helps boost vitality and brings mental clarity and focus.
- ▶ Holistic retreats build a connection with the forces of nature, such as Panch Tattva(Five elements), beyond all kinds of disparities.



Kushagraa' Surabhi'

*RYT 500, E-RYT 200,
C-IAYT-affiliated Therapist,
Counsellor, Motivational
Speaker, and an Avid
Traveller.*

'Kushagraa' Surabhi was born in a small town in the Himalayas, where she grew up experiencing and learning the esoteric sciences of Yoga. The learning was powerful and became the guiding force of her life.

Her credentials include RYT 500, E-RYT 200, C-IAYT-affiliated Yoga Therapy, and a Specialized Disease management program. The other specialized areas include Lifestyle Coaching, Philosophy, Motivational Speaking, and Counselling with an Internal personal approach. She has worked as an integrative Therapist for various wellness clinics and organizations, such as International Sivananda and Vedanta Studies, Satyananda Ashram, Omkar Yoga Studio, MDI Wellness Integrative Clinic, and Amritaa Wellness.

Her professional experience includes working with several chronic illness cases, including cancer, stroke, bipolar disorder, Parkinson's, GI Disorders, diabetes, and Chronic Stress and anxiety. Kushagraa's online client base has developed significantly over the last few years. Besides, the traveling spree and multifaceted talents in areas like Semi-Classical Dance, music, and writing add more depth and charm to her personality as a healer.

About Krishnendu Ayurveda

*Our Designated Venue
for the upcoming retreat*

Krishnendu Ayurveda is a four-generational Ayurvedic hospital based in Alleppey, Kerala, India, which has been offering its services since 1908. Dr. C.K. Mohan Babu and his son, Dr. Sandeep Krishna, are the key physicians currently serving the place. While Dr. Mohan's decades of experience are nothing less than a blessing, Dr. Sandeep's enthusiasm and ambition are reviving and refreshing.

Time and again, Krishnendu has treated people from all backgrounds and health conditions like an actual healing stream stroking the soul. The center is equipped with modern facilities like Physical and occupational therapy, Ayurveda, Spacious Panchkarma rooms, Naturopathy, and a restorative Green walk away. The warm, vivid presence of the duty doctors, Staff, and entire management will make your stay a memorable and cherished getaway.





SCHEDULE MAY 20TH, 2025

- DAY 0** ○ Arrival at Kochi International Airport on May 20th, 2025- Relax, Rest and Recharge.
- DAY 1** ○ Orientation session, May 21st, 2025 at 2:30 pm.
- DAY 1** ○ Evening Workshop/Consultation with the Doctors.
- DAY 2** ○ Daily Treatment, therapies, and Workshops/Sessions will commence as scheduled.

DAILY SCHEDULE

🕒 05:30 AM - 07:00 AM

Yoga, Pranayama & Meditation workshop

🕒 07:30 AM ONWARDS

Breakfast & Daily Medical Consultation (As needed)

🕒 09:30 AM - 12:30 PM

Ayurvedic/Panchkarma Treatment
(Timing may vary depending on the schedule.)

🕒 12:30 PM ONWARDS

Lunch Vegetarian Meal

🕒 04:30 PM ONWARDS

Evening Workshop/Consultation/Outdoor Trips
(Timings May Vary)

🕒 06:00 PM - 07:30 PM

Dinner

🕒 07:30 PM ONWARDS

Short Group activity, Story Time, Community Connect,
Winding down/Relaxing activities.

**The schedule above is tentative and subject to change.*

PACKAGE COST *(Taxes Include)*

- ▶ **Deluxe A/C Room:** Single Occupancy (Meals Included): \$2,175
- ▶ **Deluxe A/C Room:** Shared 2 Pax maximum (Meals Included): \$1,500/Per Person
- ▶ **Premium Suite A/C Room:** Single Occupancy (Meals Included): \$2,550
- ▶ **Premium Suite A/C Room:** Shared (Meals Included): \$1,680/Per Person

Inclusions

- > Overnight Lodging, Food in Cochin Upon Arrival on Day 0
- > Daily Consultations with Ayurvedic Doctors
- > Two Panchakarma Treatments per day
- > Medicines included during the treatment
- > Three Ayurvedic vegetarian meals
- > Guided Yoga and Meditation sessions and Workshops
- > Four Complementary Sightseeing trips to famous landmarks and Temples to enhance your Cultural Immersion
- > One-on-one Consultation to support and enrich your healing journey
- > TV and WIFI access, Toiletries
- > Access to the pool and gym facilities
- > Airport Pickup/Drop off included

Exclusions

- > Physical Therapy, Extra Naturopathy Treatment
- > Discharge Medications
- > Air Tickets and Visa charges (if required).

Important Information



Nearest Airport
Cochin International Airport





20th May-03rd June, 2025





Krishnendu Ayurveda,
Alleppey, Kerala India

Limited slots available

Cancellation is allowed up to two months before the booking date,
along with 15 % cancellation rates.

 Booking Info: Contact at +19177214385  kushagraa@kivaanawellness.com

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