

INDIMASI HEALING VILLAGE

Ancient wisdom, personalised for today's world



General Information about our packages



Our packages at Indimasi Healing Village are comprehensive residential healing programs offering a structured and authentic Ayurveda experience.

They include doctor's consultations, personalised treatment planning, prescribed Ayurvedic therapies, internal and external medications during the stay, Sattvic full board meals, daily yoga, Kalaripayattu, guided meditation, and accommodation within the healing village.

Any additional services will be clearly specified along with the respective package tariff.

The content and intensity of treatments may vary based on the patient's health condition and clinical assessment.

Final decisions regarding treatment protocol, duration, and suitability will be made by the consulting doctor.



Daily Treatments



Yogic Diet



Yoga



Meditation



Kalaripayattu

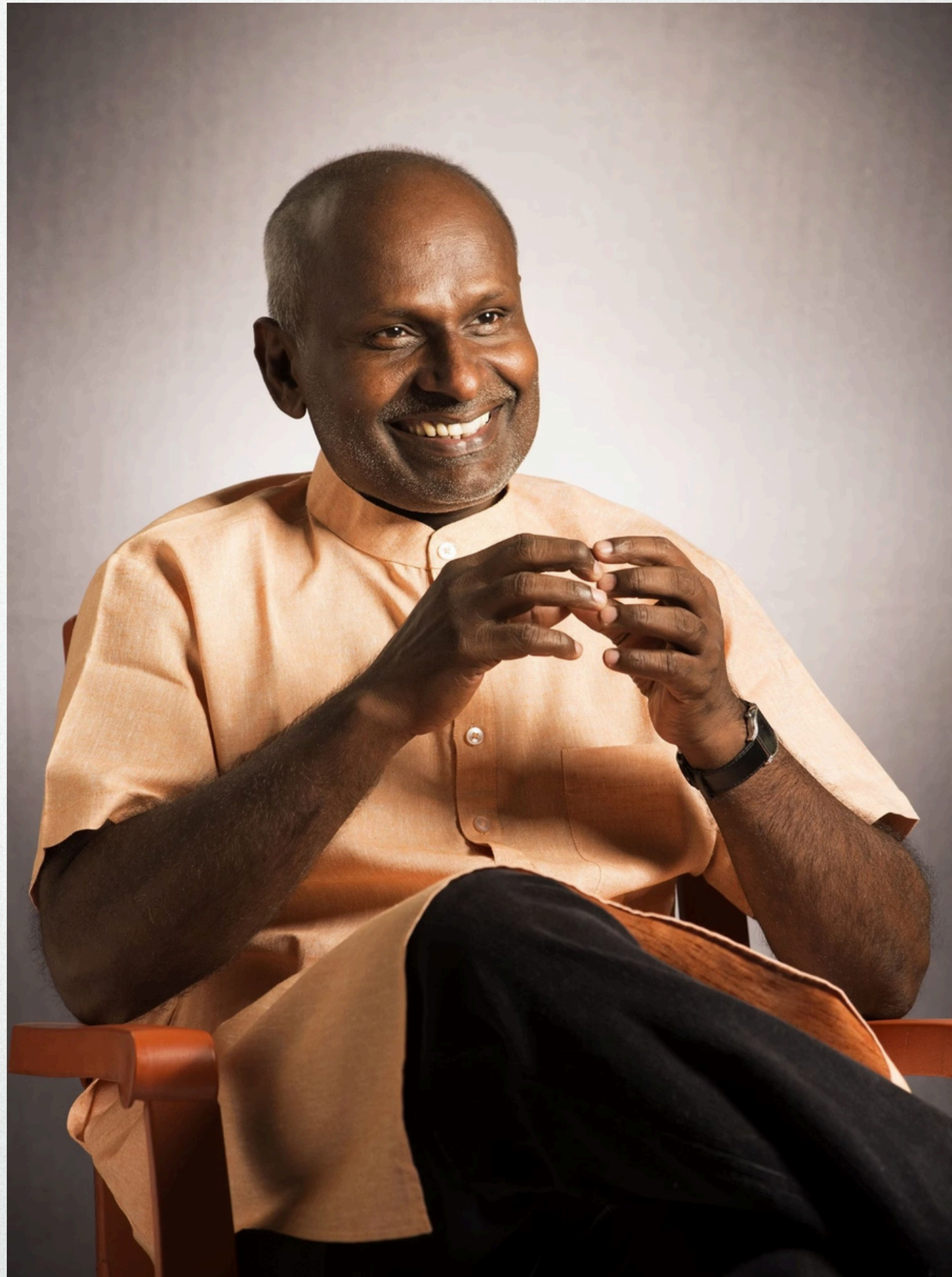
Our Essence



Where Nature Meets Healing

- Indimasi is an NABH-certified Ayurveda & Siddha hospital rooted in respectful coexistence with Mother Nature.
- Spanning 14 acres (5.6 Hectares), the campus includes treatment rooms, residential villas, organic farm & dairy, swimming pool, outdoor theatre, and Kalaripayattu.





Guru Yogishivan



Founder & spiritual anchor, disciple of Siddha Yoga lineage

Leads yoga, meditation, silent retreat, and Kalaripayattu sessions to empower inner resilience.

- **Meditation Guide**

Facilitates deep meditative practices rooted in Kundalini yoga

- **Kalaripayattu Guru**

Master with 40+ years of training in Southern and Northern styles of Kalaripayattu, teaching physical and mental discipline.

In-House Doctors



Dr. Sandhya Nair, BAMS

CMO, 31 yrs experience in Ayurveda,
Women's Health, fertility &
prenatal/postnatal care



Dr. Praveen S.V, BAMS

Senior Medical Officer/Russian
Speaking (Pulse diagnosis, Marma
therapy, Panchakarma Therapy)



Dr. Sarath S, BAMS

Senior Medical Officer (Pulse
diagnosis, Marma therapy,
Panchakarma Therapy)



Dr. Amita Varghese, BAMS

Resident Medical Officer
(Oncologyintegrated care)



Dr. Aparna Albert, BAMS

Resident Medical Officer (women's
health, Panchakarma, and preventive
wellness care)



Dr. Anushree S

Siddha Physician & Director
of Operations

Consultation Process



Initial Intake Form

General health history & lifestyle

Online Video Panel Consultation

In-depth health assessment and personalized treatment plan

In Person Consultation on Arrival

General examination & treatment

Mind - Body Integrated Treatment

Personalised healing crafted under Guru Yogishivan's supervision



What makes us Unique



Truly Integrated Approach

Ayurveda + Siddha + Marma + Kalari + Yoga + Nuturopathy



Self-sustaining Eco-campus

Organic farm, dairy, temple arts, research & community living



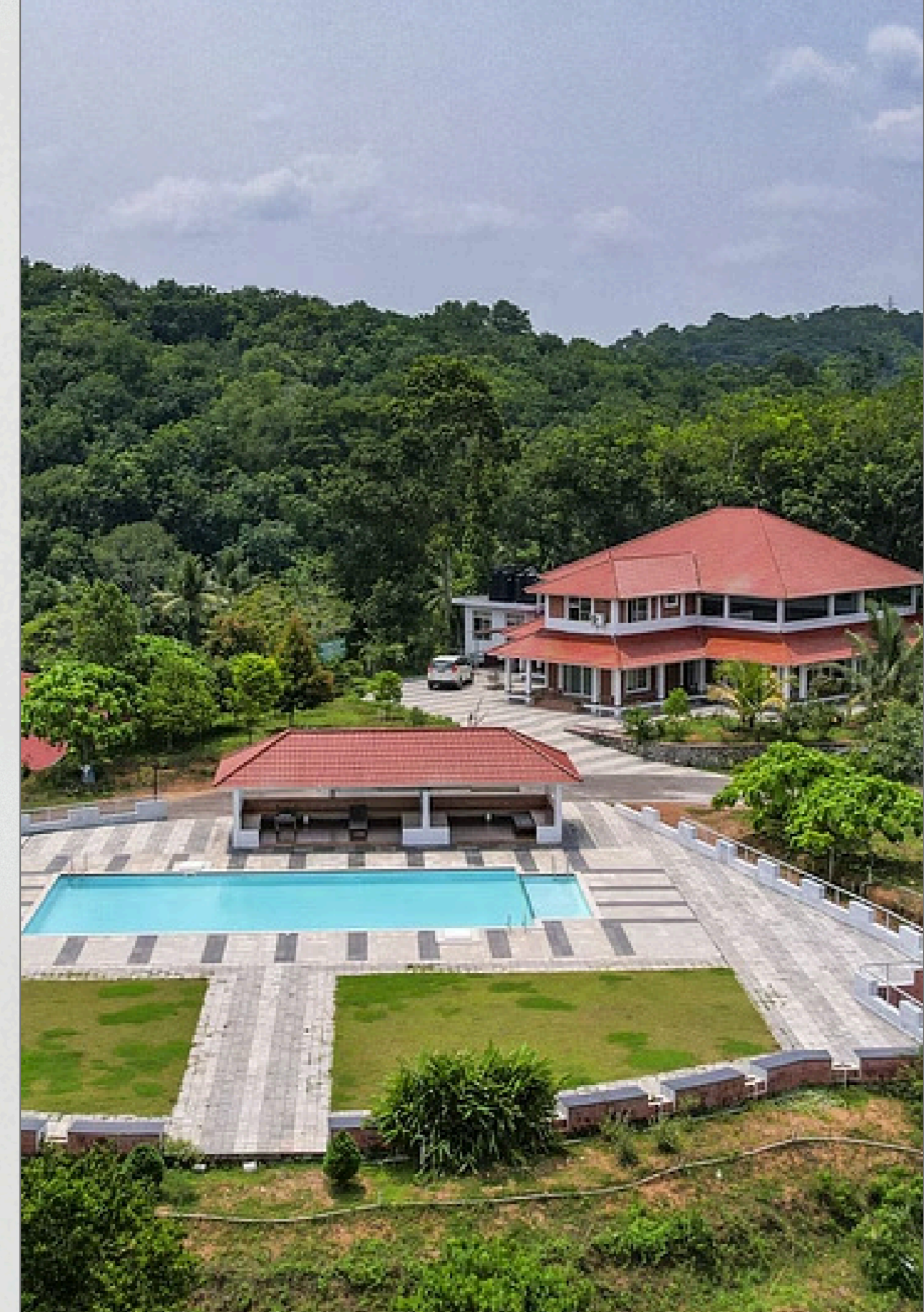
Accredited & Holistic

NABH-certified, backed by structured protocols



Personal Empowerment

Silent retreats, yoga, Kalaripayattu, heritage walks & counselling

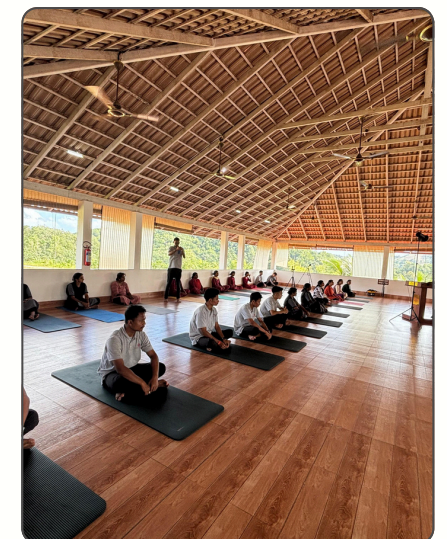


Amenities and Highlights



Experience a healing environment supported by thoughtfully curated wellness, fitness, and recreational facilities.

- Kalari training space
- Yoga hall
- Hydrotherapy swimming pool
- Sattvic organic restaurant
- Organic farm & dairy
- Indoor badminton court and gym
- Prana Scan (GDV Camera)
- Souvenir shop
- Reading room
- Indoor games – chess, carrom, darts & board games

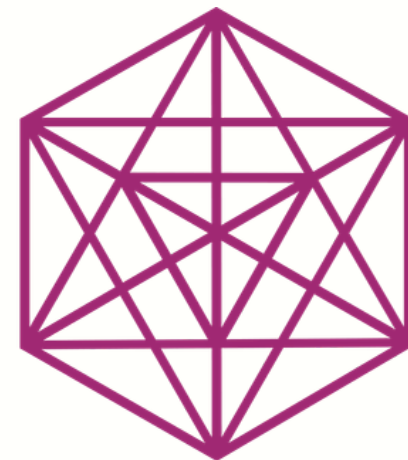




Kundalini Yoga

A journey inward through mindful asanas and conscious Prāṇāyāma. Therapeutic Yoga supports flexibility, releases deep-seated tension, calms the nervous system, and helps restore subtle mind-body balance for lasting inner stability.

Kalari and Yoga

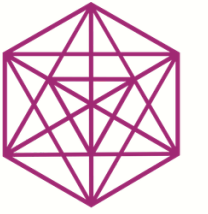


Kalaripayattu

The ancient martial art of Kerala practiced as meditation in motion. Through dynamic, flowing movements and animal-inspired postures, Kalari builds strength, agility, circulation, and focused awareness while energizing the entire system.



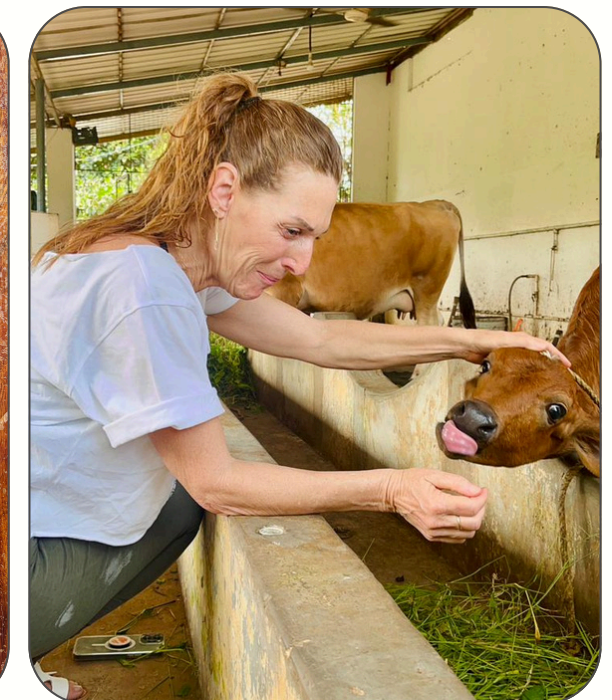
Farm to Table



At Indimasi Healing Village, nourishment is an essential part of the healing process.

Our organic farm and Sattvic restaurant work together to provide fresh, seasonal, and consciously prepared meals aligned with Ayurvedic principles.

- Farm-grown vegetables and herbs
- Fresh milk and milk products from in-house dairy farm
- Sattvic vegetarian meals
- Doctor-guided dietary plans
- Seasonal and locally sourced ingredients
- Clean, balanced nutrition to support therapies



Multipurpose Hall

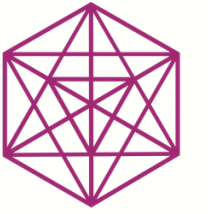


A versatile space designed for learning, movement, reflection, and community gatherings within the Indimasi Healing Village campus.

- Indoor Badminton court
- Reading room
- Recreation area - Board games and more
- Souvenir shop
- Cultural theatre
- Multi-purpose gym



Prana Scan



A non-invasive bio-energetic assessment using GDV (Gas Discharge Visualization) technology to observe changes in the body's energy field and stress patterns.

What you get

- Organ energy analysis/ interpretation by our Doctors
- Chakra analysis and remedies advised by Guru Yogishivan
- Visualizes your body's energy field
- Shows stress and balance levels
- Reveals energy imbalances and vitality zones

***The Prana Scan is used as a supportive tool to understand energetic balance and monitor progress during your healing journey.*



Accommodation and Packages



A Return to Natural Rhythms

Earthly Living at Indimasi Healing Village is more than accommodation — it is an extension of the healing process.

Nestled amidst rubber plantations, organic farms, and open valley views, each room is designed as a Sattvic sanctuary — simple, clean, and deeply calming.

Stay Duration

- *7 Nights*
- *14 Nights*
- *21 Nights*
- *28 Nights*

Categories

- *LOTUS*
- *JASMINE*
- *TULASI*
- *KING SAS*

LOTUS

The Lotus Category is our entry-level room offering serene comfort and valley views. Each room features a double bed and is connected by a spacious common balcony overlooking lush rubber plantations, providing a calm and supportive space for Ayurveda healing.

Room Features:

- *Air Conditioning (A/C)*
- *Free Wi-Fi*
- *Television*
- *Single / Double Occupancy*
- *Double Bed*
- *Shared Spacious Balcony*



JASMINE



Six spacious rooms with a double bed and shared balcony overlooking the rubber plantation and valley. Reserved for guests undergoing specialised Ayurveda treatments, they offer a quiet and restorative environment for rest and healing.

Room Features:

- *Air Conditioning (A/C)*
- *Free Wi-Fi*
- *Television*
- *Single / Double Occupancy*
- *Double Bed*
- *Shared Spacious Balcony*

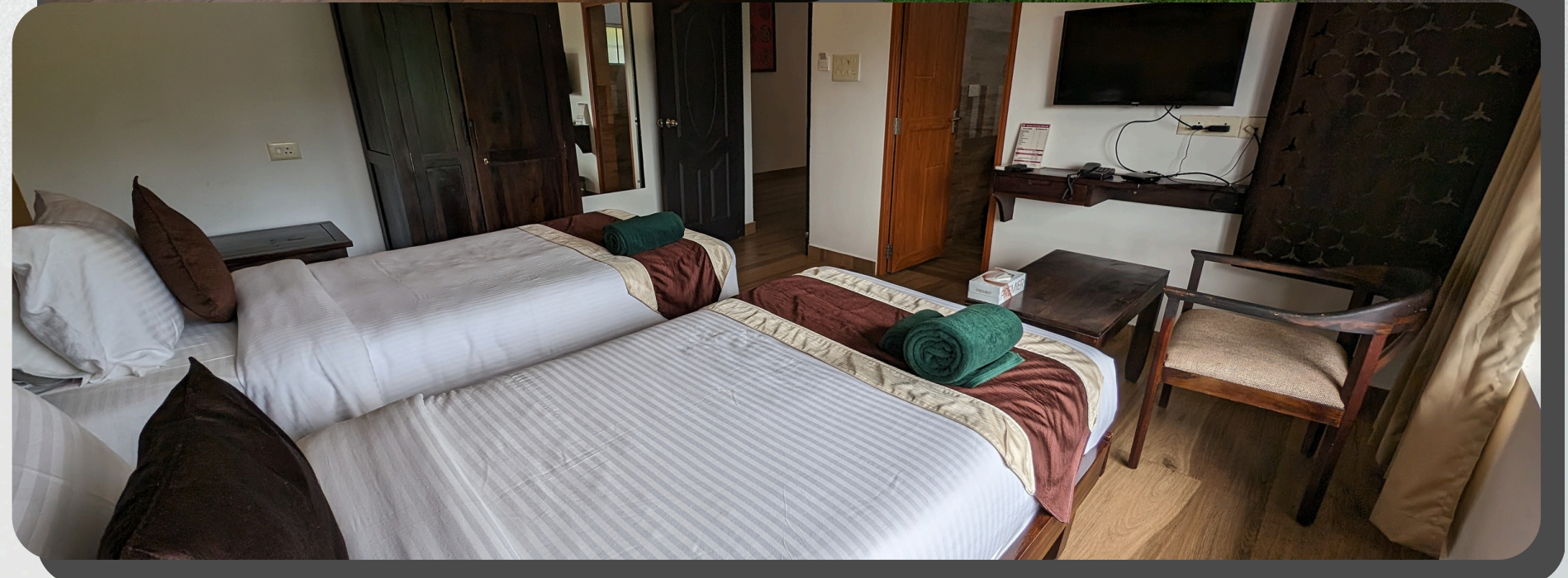


TULASI

Eight thoughtfully designed rooms, including three single-occupancy rooms with double beds and five twin-bed rooms suitable for single or double occupancy. Most rooms overlook the garden, organic farm, and distant valley, offering a calm and restorative setting for your stay.

Room Features:

- *Air Conditioning (A/C)*
- *Free Wi-Fi*
- *Television*
- *Single / Double Occupancy*
- *Double Bed / Twin Beds*
- *Common Balcony*



KING SAS



Twelve twin-bed rooms for single or double occupancy, three interconnecting upper-floor rooms for families, and three secluded ground-floor single rooms. All rooms overlook lush rubber plantations and gardens, with a common upper-floor balcony offering views of Indimasi village.

Room Features:

- *Air Conditioning (A/C)*
- *Free Wi-Fi*
- *Television*
- *Single / Double Occupancy*
- *Double Bed / Twin Beds*
- *Common Balcony*





Autoimmune Disease Healing

A **21-night residential retreat** designed to manage compromised immunity through a structured **Body–Mind integrated Ayurveda approach**, focusing on root cause identification, supervised therapies, and essential lifestyle correction to **restore systemic balance** and **support long-term wellness**.

Who is this for?

- Rheumatoid arthritis, SLE (lupus), vitiligo, psoriasis & autoimmune conditions
- Chronic inflammation, fatigue & joint pain
- Those seeking natural, structured Kerala Ayurveda care
- Individuals looking for long-term, holistic immune support





Ayurvedic Rehabilitation

The Rehabilitation Program is a **minimum 21-night** residential retreat for **post-trauma, post-stroke, and post-surgery recovery**. It integrates **Ayurvedic therapies, yoga, Prāṇāyāma, and counselling** to strengthen affected limbs, restore function, and support long-term recovery.

Who is this for?

- Individuals recovering from a stroke and seeking to improve mobility.
- Post-surgery rehabilitation for strength and function
- Post-trauma body–mind recovery
- Strengthening affected limbs and improving quality of life



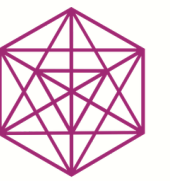


Cancer Care

A **21-night residential Ayurvedic Cancer Care** support program designed to complement conventional treatment through holistic, integrative care. It combines gentle therapies, **immune-supportive rejuvenation, yoga, and meditation** to enhance quality of life and restore systemic balance.

Who is this for?

- Individuals seeking complementary support alongside primary cancer treatment
- Post-chemotherapy, surgery, or radiation recovery support
- Managing side effects through a structured natural approach
- Those seeking integrated Yoga and meditation-based healing



Complete Ayurveda

A minimum 28-night residential journey through authentic **Panchakarma**, Ayurveda's five-fold purification process. This intensive program focuses on deep systemic cleansing, restoring inner balance, and supporting long-term rejuvenation in a natural Kerala setting.

Who is this for?

- Individuals seeking a deep holistic reset
- Recovery from lifestyle imbalance, stress, or fatigue
- Those wanting authentic Panchakarma detox
- Guests seeking relief from long-standing health concerns
- Individuals pursuing transformative wellness in Kerala





Marma and Joint Health

A focused **11–14 night residential retreat** using classical **Ayurvedic and Kalari therapies** to reduce joint stiffness and improve mobility. The program integrates targeted herbal treatments, Marma therapy, and holistic care to support structural strength and long-term joint wellness.

Who is this for?

- Osteoarthritis, rheumatoid arthritis, or spondylosis
- Chronic inflammation, stiffness, or restricted mobility
- Natural Kerala Ayurveda for joint pain
- Those seeking integrated Kalari, herbal & Marma therapies



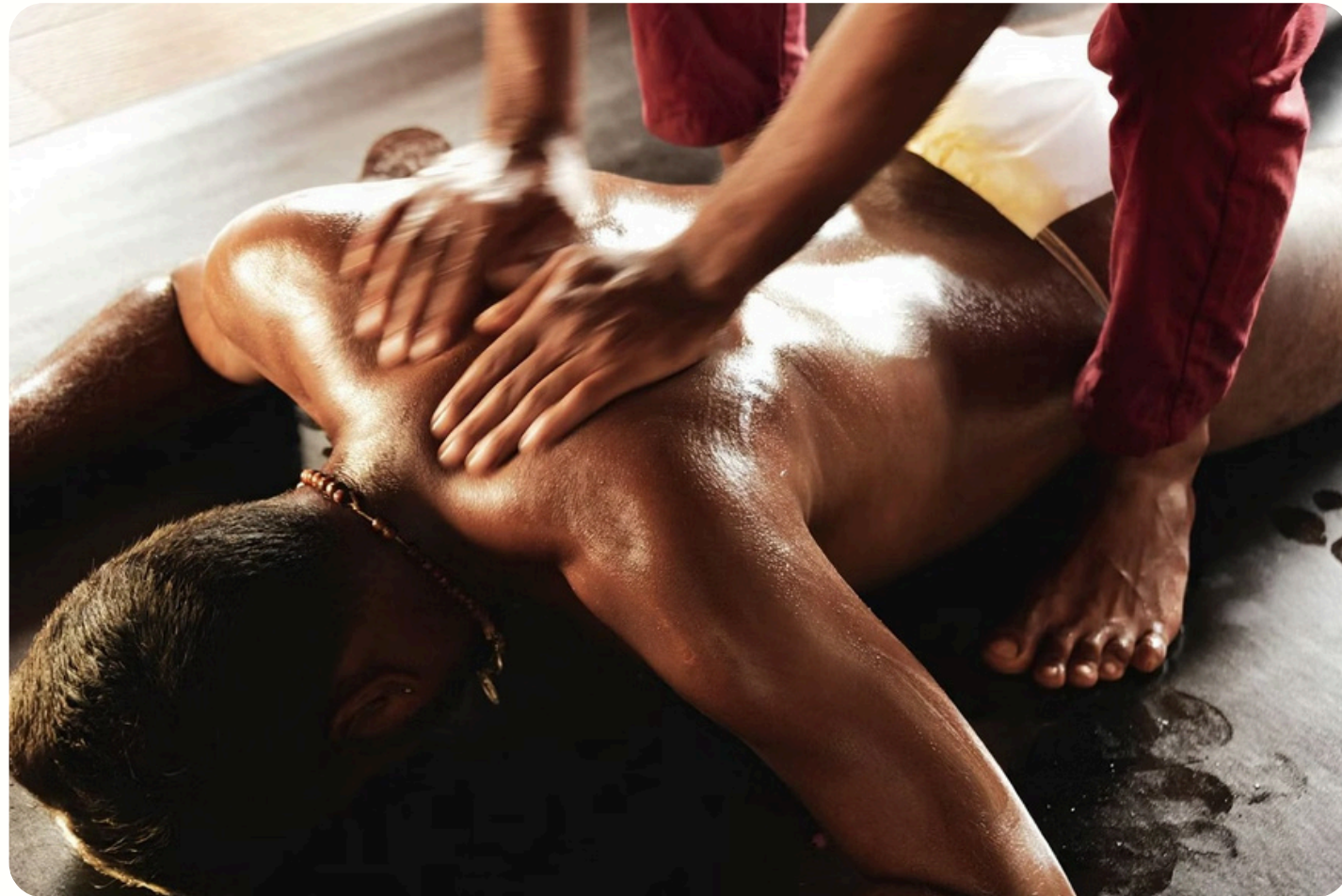
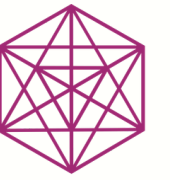
Women's Health and Fertility

A **15–21 night residential retreat** designed to support women's health from adolescent gynaecology concerns to **PCOD and fertility preparation**. Rooted in the philosophy of **Cleanse, Rejuvenate, Prepare**, the program integrates Ayurvedic therapies to promote hormonal balance, womb health, and mind–body harmony in a natural Kerala setting.

Who is this for?

- PCOD, dysmenorrhea, amenorrhea & irregular cycles
- Women preparing for conception
- Structured natural pre- and post-natal support
- Hormonal imbalance linked to lifestyle factors
- Precision Note: Framed as “support” and “promote balance” rather than guaranteeing fertility outcomes.

Journey & Call to Action



Experience a day at Indimasi: [Watch here](#)

Website: www.indimasi.com

YouTube: [Indimasi Healing Village](#)

Instagram: [@indimasi.healingvillage](#)

Begin your holistic transformation today

Book a Online Video Consultation

Contact: +91 9995240287 / +91 62386 00275 · reservations@indimasi.com