



# Ayurveda

Tender Interlude of Grace

Cure in a specialised center  
**Wellness by Heartfulness**



Wellness by Heartfulness est un lieu de soins unique qui propose des traitements holistiques avec des plantes médicinales dans un environnement serein. Situé à environ 2 heures de route de la Quantum Life University, le centre s'inscrit au cœur d'une forêt tropicale luxuriante, véritable oasis de tranquillité où chaque pas révèle une nature vibrante et apaisante, propice au ressourcement.

Wellness by Heartfulness offre des solutions de santé intégrées incluant l'Ayurveda, la naturopathie, le yoga thérapeutique, l'homéopathie, la méditation, la physiothérapie, l'acupuncture, l'ozonothérapie, la polarité, ainsi que des soins quantiques. Leurs médecins expérimentés conçoivent des programmes personnalisés, adaptés aux besoins spécifiques de chacun.

La durée du séjour peut être ajustée selon vos envies et vos besoins. Sur place, le suivi et les échanges se déroulent principalement en anglais.





The wellness center is located in the heart of **Kanha Shanti Vanam, the international headquarters of the Heartfulness Foundation** and one of the largest meditation centers in the world. Nestled within a vast natural estate, this peaceful place has been designed to offer an environment conducive to inner calm, contemplation, and deep rejuvenation.

The center offers **heart-based meditation**, a simple and accessible practice aimed at developing inner peace, mental clarity, and emotional balance. This approach naturally continues the experience initiated during the program at the Quantum Life University (QLU).

Its **magnificent landscaped gardens**, quiet spaces, water features, and large meditation hall create a unique atmosphere, inviting each visitor to slow down, reconnect inwardly, and deepen their inner experience. It is an ideal setting for peaceful walks between wellness treatments.



# An Holistic Approach



## AYURVEDA

Shirodhara | Abhyangam | Kayasekam | Udwartana | Kativasti | Patra pinda sweda | Choorna pinda sweda | Mukhalepanam | Prstavasti | Ksheeradharma | Shirolepam | Dhanyamladhara | Thakradhara | Shirovasti | Shiroabhyangam | Karnapooranam | Upanaham | Pada abhyangam | Pichu | Januvasti | Matravasti | Kasayavasti | Ksheeravasti | Vaitarana vasti



## NATUROPATHY

Nutritional Counselling | Therapeutic Massage | Colon Hydrotherapy | Steam & Saunas Vichy Shower Bath | Sitz Bath | Salt Glow Therapy | Ozone Therapy | Clay Therapy | Spinal Spray | Circular Jet | Immersion Bath | Enema | Packs & Compresses | Therapeutic Fasting | Arm & Foot Bath | Vibro Therapy | Vacuum Therapy.



## PHYSIOTHERAPY

Matrix Therapy | Hydrotherapy | Cranio- Sacral therapy | Rehabilitation | Neuro Rehabilitation | Cardio Rehabilitation | Electrotherapy | MyoFacial Release | Soft tissue Mobilization | Muscle Energy Techniques | Strain Counter-strains | Manual Lymphatic Drainage | Neural Mobilization | Joint Mobilizations | Joint Manipulations Manual Traction | Tapping | Dry Needling | Wax Therapy | Postural Assessment.



## THERAPEUTIC YOGA

Pranayama | Asanas | Heartfulness Meditation | Relaxation Techniques | Alignment & Body Awareness | Joint Mobility & Strengthening | Yoga Philosophy & Lifestyle Advice | Therapeutic Touch & Adjustments | Use of Props and Supports Customized Programs for Specific Conditions | Self-Care Practices

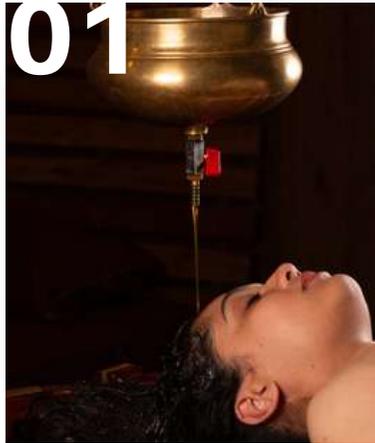


## ENERGY HEALING

Quantum Healing | Heartfulness Polarity | Sound Healing

# Integrated Treatments

An integrated and holistic approach towards health and well-being. The facility supports individuals to embrace manifesting health conditions, prevent illness and move from 'dis-ease' to a state of ease.



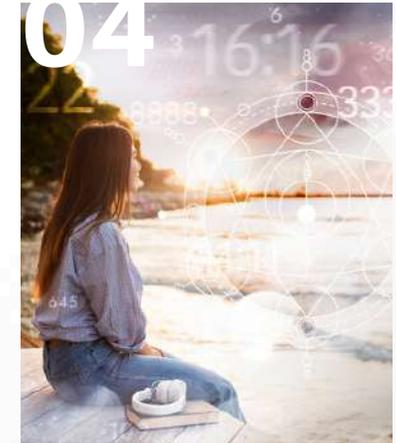
**Ayurveda**



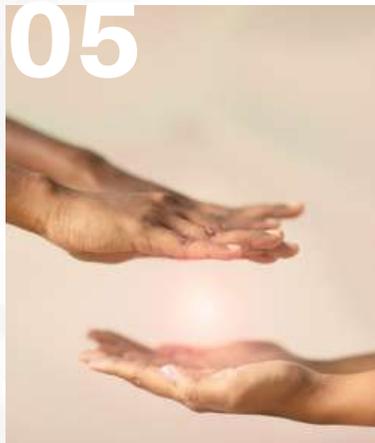
**Naturopathy**



**Physiotherapy**



**Quantum Healing**



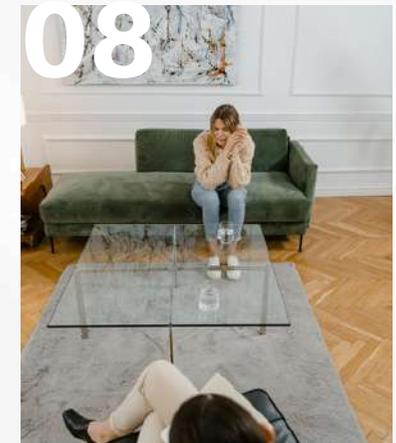
**Polarity**



**Therapeutic Yoga**



**Homoeopathy**

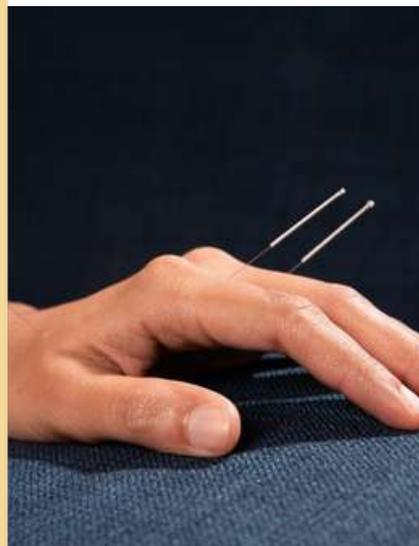


**Developmental Therapy**

# We Treat

## Mind, Body & Soul

- Pain Management
- Arthritis
- Obesity and Debility
- Skin Diseases
- Paralysis
- Impotency & Infertility
- Piles, Fistula , Fissure
- Kidney Diseases & Renal Calculi
- Diabetes Mellitus
- Liver Disorders & Gall Stones
- Asthma
- Sinusitis
- Varicose Vein
- Hair Care Treatment
- Neurological Disorders
- Eye & Ear Care
- Digestive Disorders
- Chronic Fatigue Syndrome
- Autoimmune Disorders
- Hormonal Imbalances
- Allergies
- Respiratory Conditions
- Detoxification
- Insomnia and Sleep Disorders
- Cardiovascular Health
- Thyroid Disorders



# INTEGRATED DETOX & REJUVENATION PROGRAMME PACKAGES

(Single Occupancy)



250€

## 2Days & 1Night

(Inclusive of Therapies, Food & Accomodation)

- **Ayurveda:** Abyangam + Nasyam, Pottali Treatment (1 session each)
- **Naturopathy:** Hydrotherapy, Ozone Therapy (1 session each)
- **Healing:** Quantum Healing (1 session), Heartfulness Polarity (2 sessions)
- **Yoga & Meditation:** Yoga/Pranayama, Group/Individual Meditation (2 sessions each)



370€

## 3Days & 2Nights

(Inclusive of Therapies, Food & Accomodation)

- **Ayurveda:** Abyangam + Nasyam, Pottali Treatment + Shastika Shali pinda Sweda (1 session each)
- **Naturopathy:** Hydrotherapy, Ozone Therapy (1 session each)
- **Healing:** Quantum Healing (1 session), Sound Healing (1 session) + Heartfulness Polarity (3 sessions)
- **Yoga & Meditation:** Yoga/Pranayama, Group/Individual Meditation (3 sessions each)



600€

## 5days & 4 Nights

(Inclusive of Therapies, Food & Accomodation)

- **Ayurveda:** Abyangam + Sweda + Pottali Treatment + Shastika Shali Pinda Sweda + Shirodhara + Akshi Tarpanam (1 session each)
- **Naturopathy:** Hydrotherapy, Ozone Therapy, Vibro Therapy, Colon Hydrotherapy, Mud Therapy (1 session)
- **Physiocare** (1 session)
- **Healing:** Quantum Healing, Sound Healing (1 session), Heartfulness Polarity (4 sessions)
- **Yoga & Meditation:** Yoga/Pranayama, Group/Individual Meditation (5 sessions each)



800€

## 7Days & 6Nights

(Inclusive of Therapies, Food & Accomodation)

- **Ayurveda:** Abyangam + Sweda + Pottali Treatment + Shastika Shali Pinda Sweda + Shirodhara + Akshi Tarpanam (1 session each)
- **Naturopathy:** Hydrotherapy, Ozone Therapy, Vibro Therapy, Colon Hydrotherapy, Mud Therapy (1 session)
- **Physiocare** (1 session)
- **Healing:** Quantum Healing, Sound Healing (1 session), Heartfulness Polarity (4 sessions)
- **Yoga & Meditation:** Yoga/Pranayama, Group/Individual Meditation (5 sessions each)

Disclaimer: The above-mentioned details are a draft and may be customized based on individual needs after consultation. Transfers are not included in the above prices.

# Our Wellness Experts

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*A dedicated team of Ayurvedic physicians, Naturopathy physicians, homeopathy physicians, physiotherapists, and wellness experts is united to guide you on a transformative journey towards holistic health and balance. With personalized care and a deep understanding of natural healing, our experts help you restore harmony—mind, body, and soul. Experience the power of expert-led wellness!*



# Our Free Services

## Meditation

### Bring balance in your life and clarity to your mind

simple and subtle practice of meditation connects each of us with the light and love that is present in our hearts. It teaches us to dive deep into our heart, and be in a natural state of love, peace, and calmness. Our daily practices, help awaken our inherent potential for simple, balanced and joyful existence.



## Heartfulness Yoga

### Taking care of your mind, body and souls.

Heartfulness Yoga brings you this full spectrum of Yoga by creating a seamless flow between asanas and meditation in every class. The uniqueness of Yogic Transmission is at the heart of our practice; each programme exposes you to the exclusive experience of the Heartfulness Practices, all designed to carry you deeper in your journey.

