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SpiRitual Journeys



ayur इतिक्रिया

*Spiritual Rejuvenation*





## Thodupuzha Sreekrishna Temple

On Your Arrival At Kochi, You will be received by our representative And Transferred to the Ayurvedic Therapy Centre.

- Arrival, transfer to the Ayurvedic Therapy Centre
- Thodupuzha Sreekrishna temple
- **Purusha Sukta & Bhagya Suktha** puja will be performed at the temple for Ayur and Arogyam of the devotee



Overnight stay at Ayurvedic Therapy Centre Kothamangalam.

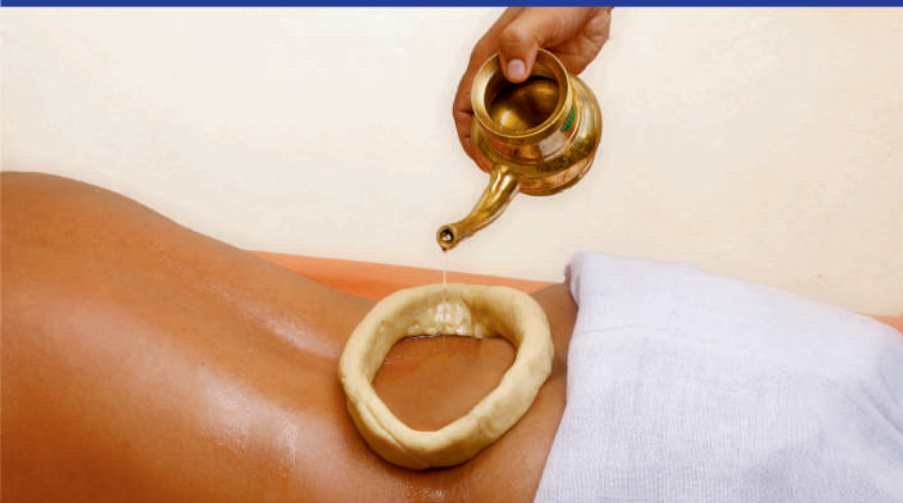
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## Kativasthi Therapy

Therapy procedure is done by keeping the warm medicated oil over the lumbar region within a circular ridge made of black gram paste. It is very effective in treating lower back pain and Sciatica.

⌚ DURATION : 45 minutes.

- Yoga
- Kativasthi
- Physio therapy
- IFT & Intermittent traction



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## Elakkizhi Therapy

Therapy procedure Herbal leaves are fried in medicated oils and tied in muslin cloth to make a bundle, which is then dipped in warm medicated oil and used for this massage. The massage is done in a synchronized manner and is useful in treating Myalgia, Arthritis, Spondylosis, lower back pain and other inflammatory conditions.

⌚ **DURATION** : 60 minutes.

- Yoga
- Elakkizhi
- Physio therapy
- IFT & Intermittent traction



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## Njavarakizhi Therapy

Therapy procedure medicated rice bundles called Njavarakizhi, dipped in warm medicated decoctions, milk and used for massaging in a synchronized manner. It helps cure muscle wasting, degenerative joint diseases and rejuvenates the body. It can also be used as a beauty treatment to improve the colour and complexion of the body.

### Day 7 & 8

⌚ DURATION : 60 minutes.

- Yoga
- Njavarakizhi
- Physio therapy
- IFT & Intermittent traction

### Day 9

- Departure to Kochi Airport



Overnight stay at Ayurvedic Therapy Centre Kothamangalam.

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# YATRI PLEASE NOTE

- Arrival assistance & departure assistance
- Accommodation in deluxe AC Room on AP (Pure veg diet only).
- Advance once paid will not be refunded.
- All transfers and visits by Air-conditioned vehicle.
- All above mentioned treatments are provided only after consultation.
- Mail us or call us for any specific ailments that you would require treatment for.
- The package and the therapies are subject to our terms and conditions

**Specific ailment related therapies based on One-On-One consultation with Ayurvedic Practitioner are also entertained.**  
**Free consultation with the Practitioner is arranged over the phone.**



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