

THE DAILY ROUTINE

Our routine is tailored for optimal wellness and can be adapted for individual needs

6am	Morning Walk and Pranayama
7am	Meditation and Satsang
8am	Breakfast
10-11am	Yoga, Guidance in Meditation, Pranayama and Relaxation
Noon-1pm	Lunch
4pm	Tea/Snacks
5-6pm	Stress relief guidance
7pm	Dinner
8pm	Meditation and Satsang



POST-CORONA CARE CENTRE TWO-WEEK PROGRAMME

Sivananda Institute of Health, Kadavur Village

Internationally-renowned 75 year-old yoga institute, famous for its traditional teachings and community care. Situated in the foothills of Kilavulamai Forest, near Algar Kovil, Kadavur, 20kms from Madurai City, off the Madurai Natham Highways Road

Vikram Multi-Speciality Hospitals Madurai

Recognised centre for multi-speciality care, set up to foster excellence by providing comprehensive yet affordable medical treatments and procedures. It has earned a formidable reputation for providing an outstanding medical service.

RATES

*To benefit fully from the programme we recommend a stay of two weeks.
3-day minimum stay. All inclusive.*

14 nights

Twin-shared room Rs 15,000 per person
Single room Rs 20,000 per person

Per day

Twin-shared room Rs 1,500 per person
Single room Rs 2,000 per person

For all inquiries

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Sivananda Institute of Health Sciences

Palamedu Vellaku Kadavur Village,
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SIVANANDA INSTITUTE OF HEALTH
allied with
VIKRAM MULTI-SPECIALITY HOSPITALS

POST-CORONA CARE CENTRE with Yoga & Meditation



REVITALISATION PROGRAMME

THE PROGRAMME

Have you had the covid virus, now tested negative with PCR, but not yet regained a feeling of well-being. Still feel tired, shaky, paining, not quite yourself?

Then join us for this healing and holistic programme specifically aimed to guide you back to full health. You can join for a few days, but we recommend the full programme of two weeks to establish a firm foundation of good all-round health

- daily gentle yoga, pranayama and meditation
- periodic checks from a medical team of doctor and nurses
- guidance to alleviate anxiety and stress
- tips to strengthen the respiratory and immune systems
- pure and health-giving food
- invigorating fresh air
- Individual guidance on all issues of physical and mental health

Experience a change in environment, helping you heal and gain confidence.

In nature, amongst three forested hills you can breathe and safely enjoy the company of others.

Feel ready to take on the world again!



PEACEFUL LOCATION

Serene and tranquil surroundings



PURE AIR

Oxygen-rich air fed by the lush greenery of the forests far from city pollution



PURE FOOD

Locally-sourced food, lovingly-prepared by the Institute kitchen

YOGA

Gentle yoga to bring back strength with experienced Sivananda teachers



PRANAYAMA

Breathing exercises to heal the lungs and energise the system



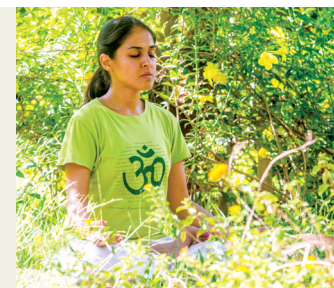
STRESS RELIEF

Individual and group guidance to alleviate anxiety and depression



MEDITATION

Daily practice to calm the mind



MEDICAL COUNSELLING

Regular check-ups, advice and guidance

