

Отель и resort
Ковалам:

0471-2481012



HOTEL SURYA BEACH RESORT

Light House Beach, Kovalam, Vizhinjam P.O.
Trivandrum - 695 521, Kerala, S-India
Mobile : 9447491951, 9400731012
e-mail : kovsurya@yahoo.co.in

A/c & Non A/c. Rooms

e-mail cocoheritage@yahoo.com



Office: 0471 2481341
Mob: 9895611623
9567596368

9846020846

COCO LAND

HERITAGE BEACH RESORT

A/C And Non A/C Rooms
Hawah Beach, Kovalam, Vizhinjam-P.O
Trivandrum-695521, Kerala, South India

Near Lonely Planet Restaurant

ABDUL NAZIR. M.M
Reservation & Marketing Manager

Mob: + 91 98958 55908



Pappukutty Beach Resort

Hawa Beach, Kovalam, Thiruvananthapuram-695 027
Kerala, India. Phone: +91 471 2480235
Email: pappukuttyresort@hotmail.com,
web: www.pappukuttybeachresort.com
www.colourfulholidays.com

Mob : 00919947359808



Hotel California

Light House Beach, Vizhinjam-695 521

Email : briveda@hotmail.com
Web : ayurvedainindien.com

Аюрведа. Ковалам.

Говорит, немного
летел. Но «антураж»...
Кассирша же-то на
красиве была, перероготен-
ная исторически. В обещан,
Я решила не пробыть
с доктором не обещавше.

Yoga: ~~at~~ 8 AM - 9:30 AM
2 PM - 5:30 PM

RISHI
AYURVEDA INSTITUTE

3006

Pappukutty Beach Resort
Kovalam, Thiruvananthapuram-27
Kerala, South India

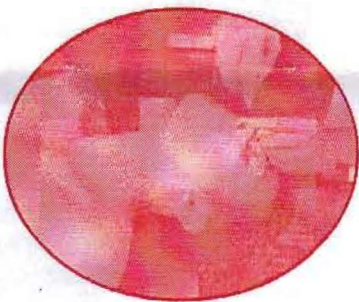
Phone: 0091-9847066625, 0091-471-2480235

Fax: 0091-471-2480234

Email : dr.ajugeorge@gmail.com

Website : www.ayurgeorge.com

Government Approved



TRADITIONAL AYURVEDA
PANCHAKARMA TREATMENTS
YOGA MEDITATIONS

Consulting Doctor

Dr. Aju G. George BAMS

Phone : 9847066625

ॐ

Manthra

AYURVEDIC CLINIC

Sacred place for Ayurveda

Hotel Sumangali, Behind Leo Restaurant
Hawah Beach, Kovalam
Thiruvananthapuram, Kerala, India
Mobile : +91 9995250999
Phone : 0091 471 - 2481021
E-mail : manthraayurvedic@yahoo.com.
www. manthraayurvedic.com



- ❖ Deep Relaxation Massage
- ❖ Rejuvenation Massage
- ❖ Relaxation Massage
- ❖ Marma Massage
- ❖ Spine and Neck care programme
- ❖ Powder Massage
- ❖ Ayurvedic Treatment

Место. Доктор производит
впечатление квалифи-
цированного.

Цена ежедневного
курса без прописывания
примерно 14000 рупий
со всеми лекарствами
«с собой» качество мас-
сажа не плохое.



DR. FRANKLIN'S PANCHAKARMA INSTITUTE & RESEARCH CENTRE

Chowara P.O., Thiruvananthapuram, Kerala State, S. India. Pin-695501

Tel : +91-471-2480870, 2267974, 2267670, Fax : + 91 - 471 - 2268071

Website : www.dr-franklin.com, www.drfranklin.com

email : drfranklin@eth.net or franklin@dr-franklin.com or ayurveda@drfranklin.com

ACCOMMODATION & TREATMENT TARIFF

Valid from 01-11-2010 | All rates in EUROS

Accommodation	(Nov to Mar)		(Aug to Oct.)		(April to July)	
	Double	Single	Double	Single	Double	Single
Deluxe Room: (One spacious double bedded room with tiled floor, on suite spacious bathroom with bathtub, patio for each room, communal garden, television and telephone facilities)	45	30	38	25	28	18
Deluxe Room A/c : (One spacious double bedded room with tiled floor, on suite spacious bathroom with bathtub, patio for each room, communal garden, television and telephone facilities)	55	38	48	33	38	26
Standard Room : (One spacious double bedded room with tiled floor, on suite bath room, communal garden, television and telephone facilities)	32	25	28	20	20	15
Panchakarma Hut : (Independent rounded huts properly ventilated, consist of two bedded sleeping room with tiled floor, attached bathroom, a sit out and a Herbal garden.)	20	15	18	12	15	10

Taxes will be extra as per Government rules.

Extra bed 20% plus tariff, Check in / out time - 12 noon

Per day treatment + Ayurvedic Vegetarian full board + Medicines during treatment period - 56€ per person

Reservation will be confirmed against advance payment of the room tariff

180€ 130€

**ARYA AYURVEDIC
PANCHAKARMA CENTER**

Offers a special slimming programme

**This programme is just right for your excess weight.
The programme has been a tremendous
success since it was introduced by Dr. Kiran.
The treatment makes you feel more light,
happier, relaxed and full of energy.**

Ayurvedic Treatment Programmes

The Arya Ayurvedic Centre offers specific treatment programmes for various disorders like

- ◆ Arthritis, Arthrosis, Rheumatism.
- ◆ Paralysis, Parkinsons disease, Neurological disorders.
- ◆ Sleep disturbances, Depression, Migrane.
- ◆ Exclusive Spinal care programme.
- ◆ Skin Disorders (Psoriasis, Neurodermatitis, Eczemas)
- ◆ Abdominal disorders (Chronic Gastritis, Abdominal ulcer, irritable bowel syndrome)
- ◆ Post trauma Management.
- ◆ Pyscological disorders

Our aim at Arya Ayurvedic Panchakarma Center has been to provide our patients with genuine traditional Ayurvedic treatments and medicines at affordable prices. Our professional approach, qualified doctors and technicians, clean and well maintained bath attached treatment rooms are our hallmark. We also offer rooms with sea view and hot water facilities for staying.

Contact Address :

THE ARYA AYURVEDIC PANCHAKARMA CENTER
Light House Beach, Kovalam, Vizhinjam.P.O., S-India
Phone : 0091 471 487558
Fax : 0091 471 487558
E mail : briveda@hotmail.com
Website : www.ayurvedainindien.com

**ARYA AYURVEDIC
PANCHAKARMA CENTER**

Hotel California, Light House Beach, Kovalam,
Vizhinjam. P.O., Kerala, India - 695 521
Phone : 0091-471-2481402, 0091-471-2487558

Date... 20/12/10 .

Ayurvedic treatment charges,
Daily 1 1/2 hrs

Including medicine
treatment charges
medicines to take home.

Per week
Per person 180 Euros.

180 x
60
Rupees : 10800

Our Teachers

Swami Sivananda (1887-1963)



One of the great saints of modern times, this renowned Indian sage and humanitarian is the inspiration behind the organization. He is the founder of the Divine Life Society and the Sivananda Ashram in Rishikesh and author of numerous books. His teachings encompass a synthesis of the paths Yoga. This self-realized master, the embodiment of love and compassion continues to enrich the lives of millions worldwide.

Swami Vishnudevananda (1927-1993)



A disciple of Swami Sivananda, Swami Vishnudevananda is regarded as a world authority on Hatha and Raja Yoga. He founded the Sivananda Yoga Vedanta Centers which offer yoga instruction in centers and ashrams worldwide. He was a tireless campaigner for world peace and author of *The Complete Illustrated Book of Yoga and Meditation and Mantras*.

Practical Information

Ashram Rules

1. Attendance of all programs is mandatory.
2. To maintain the pure atmosphere of the ashram, no meat, fish, eggs, alcohol, non-prescription drugs or smoking are permitted.
3. Three day minimum stay.
4. Modest dress is required in the ashram.

Accommodation

Kailash and Vaikuntum Twin sharing rooms with private bathrooms.

Vishnu Twin sharing rooms with common bathrooms.

Dormitory Accommodates 20 to 35 people, men and women separate.

Tent Space Bring your own tent.

For all accommodation 2 bed sheets, pillow, pillow case and mosquito net are provided.

Registration

Specify your choice of accommodation. We are sorry that we can not always guarantee your first choice of accommodation. Advanced reservation is recommended for all courses. Please note refunds are not given but a credit note may be issued.

What to bring

- Light comfortable clothing • Meditation cushion
 - Toiletries and personal items • Shawl for cool evenings • Yoga mat • Towel • Flashlight
 - Rain gear (May – October)
- These items can also be purchased at our boutique.

Transportation

By Air There are international as well as domestic flights to Trivandrum (Thiruvananthapuram). From the airport take a taxi directly to the Sivananda Ashram, Neyyar Dam (34Km).

By Train Trivandrum Central railway station is connected by rail to all the main cities in India.

By Bus The main bus stand in Trivandrum is opposite the train station. Neyyar Dam is 28 Km from Trivandrum and the last stop on the route. From Neyyar Dam it is a 10 minute walk to the ashram (look for signs). Taxi service is also available from Trivandrum, the taxi will take you directly to the ashram gates.

If you need assistance in Trivandrum please contact the Sivananda Yoga Vedanta Center, Trivandrum
Tel: 0471- 2451398 / 2450942.

For prices, dates and other information visit:
www.sivananda.org/ndam

Sivananda Yoga Vedanta Dhanwantari Ashram

P.O Neyyar Dam, Thiruvananthapuram
695572 Kerala-India

Tel: + 91 471 - 227 3093 / 2703

Fax: + 91 471 - 227 2093

Mobile: 9495630951

E-mail: guestindia@sivananda.org
(for Yoga Vacation & general enquiries)
yogaindia@sivananda.org
(for TTC, ATTC and Sadhana Intensive)

www.sivananda.org/ndam



Uthapayapa 7th

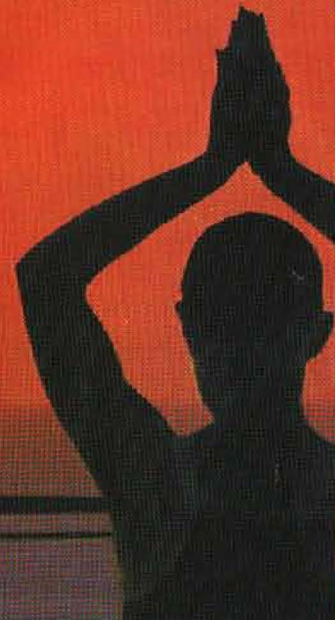
Uthapayapa

**KERALA PARAMBARYA
SIDDHA MARMMA
CHIKITSALAYAM**



KOVALAM BEACH RESORT
BEHIND GERMAN BAKERY
LIGHT HOUSE BEACH-KOVALAM
VIZHINJAM P.O., PIN-695521
Ph:9895631046
E-mail: divakaranvaidyar@yahoo.com

PARASURAM
Ayurvedic Health Centre

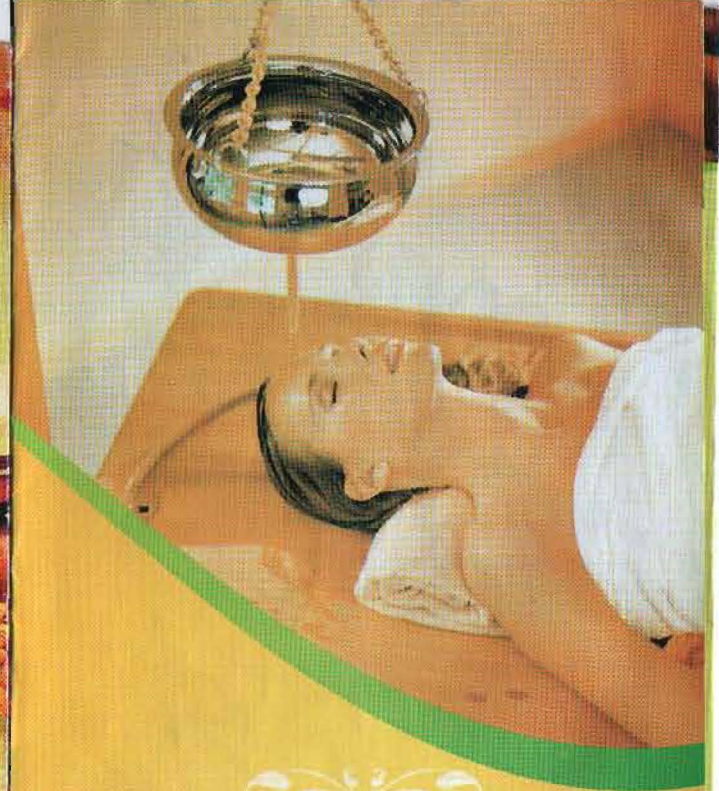


Hotel Jeevan House

Light House Beach
Kovalam, Tvm.

Phone

Clinic : +91 471 2480662
Res : +91 471 2283765
email: parasuram@hotmail.com



Vigneshwara
AYURVEDIC & YOGA CENTER
(Approved by Govt. Kerala)

Sea Sand Building, Light House, Beach, Kovalam,
Vizhinjam P.O., Trivandrum
Kerala State, S. India. Pin-695 521
Ph: 09895993730, 09895398557
email: vigneshwaraayurveda@gmail.com



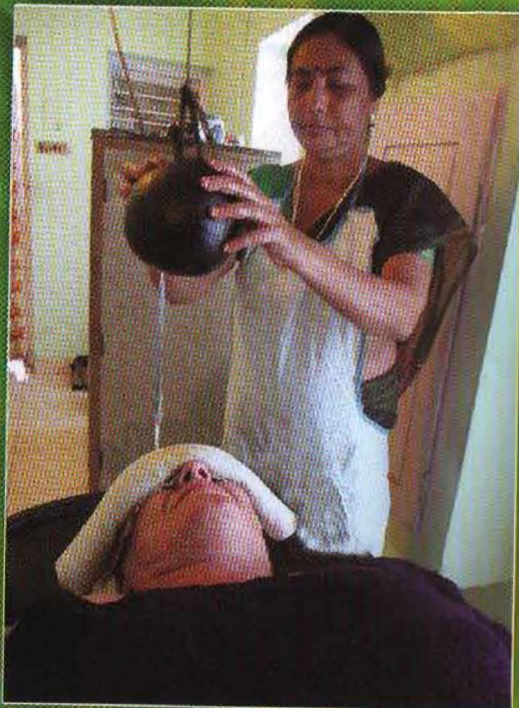


Refresh
relax
rejuvenate...



ANJANEYA
AYURVEDIC HEALTH CENTRE

Hotel Surya Beach Resort
Light House Beach, Kovalam, Vizhinjam P.O.
Trivandrum, Kerala, South India
Ph : 0091471-2481012, Mob : 9539134290
e-mail : girisivatvpm@gmail.com



Beauty Treatments

- Manicure
- Pedicure
- Waxing

Facials

- After Sun
- Alove vera
- Face pack

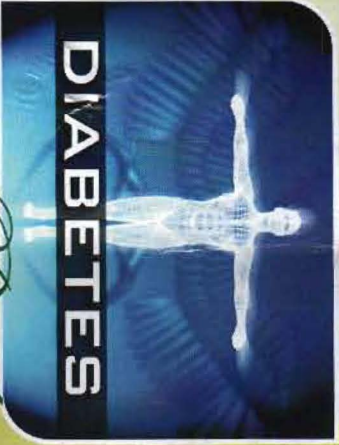


AKM

TRADITIONAL AYURVEDIC CENTRE
Light House, Kovalam, Trivandrum, Kerala
Mob: 9995264721, 9567635337
E-mail: ihawah@hotmail.com
akm_kovalam@yahoo.com

design: Gulf Graphics 9447753724

Special



Packages

RASHIED
9633382011

Siva Ayurveda Centre

Rolling Stone Hotel | Near Light House | Kovalam | Kerala
Mobile : 9048200202
rollingkovalam@gmail.com | www.sivaayurvedahospitals.com



Dr.M.S. PANICKER RIMP
Siddha Mama Practitioner

MRETHYUNJAYAM

SIDDHA, AYURVEDA, KAVAKALPAYOGA CENTRE
Harilakshmi Cottage, Near Spice Village
Light House Beach, Kovalam

Ph : + 91 9495636650, 9387739752
E-mail : drmspanicker@rediffmail.com

Pavithralayan, Cheelapara
Payad P.O., Trivandrum
Kerala, S,India
Ph : 0471 - 2286416



Dr. Unnikrishnan Kavirajan BAMS

Agastya Heritage Ayurvedic Centre
Kovalam, Trivandrum, South India
www.unnidoc.com
agastyaheritage@hotmail.com
Phone: (+91 471) 2489797 or 6537117

RESIDENCE
Kosava Bhavanam
Kunnumpuram, Trivandrum
Kerala 695 001, South India

Mob:00919895550073
Ph: (+91 471) 2461498
E-mail : unni_kim@yahoo.co.in