

Harmonia Ayurveda Garden

...authentic Ayurveda in a rural environment



Ambience...

Harmonia Ayurveda Beach Garden is located in a picturesque landscape, where nature regains all grandeur, being at home in the line-up of cottages spreading throughout the garden. The eco-friendly cottages retain the charm of a domestic household - watch your mind slowly descend the green lawns into the fishermen grove and from there blue seas. An effusive and aromatic breeze blows from the sea. Watch an evening sky-face set ablaze by florid colour schemes. Far away from city noise the Harmonia is a retreat for the senses in the midst of a rustic fishermen village, only a few hundred meters away from the sea.

Accommodation...

Tastefully designed cottages exude a warmth of its own, the simple slices of nature are blended to form a harmonic whole. The pristine elements of nature display in the cottage interiors which provides private facilities as well as a fan (aircondition and phones are available in some cottages but neither contracted nor recommended during the cure).

Harmonia provides an exciting repertoire of dishes, ranging from the indigenous to the continental all prescribed and going in line with the personal dosha being determined by the chief doctor.

Health...

To kindle and activate your senses the classical curative system of ayurveda is called for to start afreshing and to enlivening your body system. The Harmonia presents ayurveda in its integrals: the skilled masters take you through the various phases of the system. Yoga and meditation are provided as being part of the cure. Posit your self in one of the classical sculpturesque poses of yoga and feel the divine element surging in you the adept masters of harmonia offer novel and innovative techniques to revamp yourself. Step into the new realms of inner experience, submerge your self in the absorbing silence of the meditation room. The harmonia meditation scheme is the one which elevates your mind to the subtle planes hitherto unexplored feel the clings of existence wither one by one.

Possible cure content –

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| <ul style="list-style-type: none"> - 1 initial consultation incl determination of dosha, „Vata, Pitha, Kapha“ - 1 final consultation - 2 x weekly consultation - 2 x daily medication - Food Consultation - Head Massage - Facial Massage - Synchron Massage (whole body) - Intensive Massage - Oil-Herbal-Rice-Massage | <ul style="list-style-type: none"> - Oilstream-Head-Treatment - Detox (Vashti, Colon Irrigation) - Nose-Cleaning - Herbal Inhalation - Herbal Steam - Herbal Bath - Flower Bath - Yoga & Meditation - Special treatments <p>= Approx hours of treatments per day : 2.5 – 4</p> |
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Leisure...

You can walk along the beach which is situated really nearby. Transfers to Kovalam can be reserved at good conditions. You can ask the front office for excursions to the surrounding and all necessary arrangements will be taken care of.



e-mail: info@travel-res.net
Tel: +49 8151 99879914