Kairali

The Ayurvedic Healing Village

PALAKKAD · KERALA · INDIA

Ayurveda Training Courses & Tariff

Residential Ayurveda courses at the hospital, from a one-day workshop to the twenty-day consultant programme: the courses, what they include, the villa-based tariff and the terms.

Edition · English · Indian Rupees

Rates effective · 1 October 2026 to 30 September 2027

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health through ayurveda · since 1908



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HOW THE TARIFF IS ORGANISED

A course is priced **per night, per villa, by occupancy**, and the course chosen sets the number of nights: 1, 3, 5, 10 or 20. The rate is all-inclusive — accommodation, meals, training and taxes. The course tariff is published in Indian Rupees, US Dollars and Euro; this edition gives the published Indian Rupees rates. Classes run Monday to Friday. Programme and villa names in this booklet are links to ayurvedichealingvillage.com.



AYURVEDIC TREATMENT IN A HISTORIC ENGRAVING

ACCREDITATION AND RECOGNITION

NABH-accredited hospital. TripAdvisor Travellers' Choice Award 2026. National Geographic Traveller (UK) Spa & Wellness Collection 2026. PATWA International Travel Award 2026 (ITB Berlin): Best Retreat Wellness (India). Haute Grandeur Global Excellence Awards 2026: Best Wellness Retreat India and Best Ayurveda Retreat India. **All awards online ›**

SECTION I

Kerala, Palakkad and the healing village

Kerala is a state on the south-west coast of India. **Palakkad** is an inland district, set in a gap in the Western Ghats, and is farming country: paddy, coconut and forest rather than beach.

Kairali — The Ayurvedic Healing Village stands at Kodumbu, outside Palakkad town. Patients stay in individual brick villas among lawns, palms and a water channel. Treatment blocks, consulting rooms, pharmacy and kitchen are on the same site.

The village is run by the Kairali Ayurvedic Group — in Ayurveda since 1908, five generations of physicians — and is accredited by NABH, India's National Accreditation Board for Hospitals and Healthcare Providers.

GETTING HERE

Palakkad railway station 25 km · Coimbatore airport ≈66 km · Cochin airport ≈114 km · Calicut airport ≈116 km. Transfer prices are on page 7. Approximate road distances; route-dependent.

Route maps and directions ›

AYURVEDA, IN PLAIN LANGUAGE

Ayurveda is a traditional system of medicine originating in India. It reads illness as a loss of balance, and treats it in two movements: first clearing what has accumulated, then rebuilding strength.

A physician examines the patient, establishes their constitution, and prescribes a protocol for that individual. Therapies use warm medicated oils, herbal preparations and steam, and the prescription is reviewed daily.

This is why a stay has a **minimum duration**. The clearing stage cannot safely be shortened, and the rebuilding stage consolidates the treatment: three nights for a preventive assessment, seven for most restorative programmes, fourteen for Panchakarma and chronic conditions, twenty-one where recovery is the aim.



THE GROUNDS AT KODUMBU, PALAKKAD

> Ayurveda at Kairali is practised as medicine, under physicians, with daily review. It is not a spa treatment and it is not presented as a cure. Programmes are named for the conditions they address, and outcomes are discussed in consultation.

SECTION II

What a training course includes

BEFORE ARRIVAL

Enrolment

Choose the course and villa category; a 40% advance secures the booking and the balance is due no later than 30 days before admission. Course details and admissions: kairali.guru or info@kairali.com.

DAY ONE

Admission

Arrival at the village and introduction to the institute, the trainers and the schedule. Check-in is from 12:00 noon.

EACH DAY

Classes

Theory classes by Ayurvedic physicians and hands-on practical training led by senior Ayurvedic trainers, Monday to Friday, with the prescribed vegetarian diet.

ON COMPLETION

Certification

Certificate issued by the Kairali Institute of Panchakarma Therapies (a course certificate, not a professional licence). Check-out is by 10:00.

INCLUDED IN EVERY RATE

- Daily theory classes conducted by expert Ayurvedic physicians
- Hands-on practical training led by senior Ayurvedic trainers and physicians
- Comprehensive training in authentic Ayurvedic therapies and techniques
- Course certificate issued by the Kairali Institute of Panchakarma Therapies (not a professional licence)
- Villa accommodation in the category booked
- Three vegetarian Ayurvedic meals daily, prepared with organic ingredients
- Daily in-room mineral water and unlimited herbal infused water
- Pool, library, gym and outdoor facilities; organic farm tours and cultural activities
- All government taxes

NOT INCLUDED

- Treatments for the student's own health, prescribed and billed separately
- Additional food beyond the daily meals
- Laundry, telephone, internet and transport
- Early check-in and late check-out, where granted

SANSKRIT TERMS USED IN THIS BOOKLET

Abhyangam
The synchronised whole-body oil massage; the first therapy taught in the one-day workshop.

Pañchakarma
The five-part cleansing regimen; its principles are covered in the advanced programmes.

Kairali Institute of Panchakarma Therapies
The training institute at the village that issues the certificates.



HERBAL POULTICES AND MEDICATED OILS

IN BRIEF

One all-inclusive rate per night covers the course, the villa and the meals; the course chosen sets the number of nights; group discount: 20% for five or more students.

SECTION III

Accommodation categories

Kairali — The Ayurvedic Healing Village is an NABH-accredited hospital. A patient is admitted to a treatment programme and accommodated in a villa for its duration; the tariff is a single per-night inpatient rate that covers the villa, the prescribed diet, the prescribed therapies and daily physician consultation, with GST included. The villa category changes the accommodation; it does not change the medical programme. Four categories are published.



A PATIENT ROOM WITH DIRECT GARDEN ACCESS

VILLA CATEGORIES

Deluxe Villa
SINGLE OR DOUBLE OCCUPANCY

King or twin beds

Classic Villa
SINGLE OR DOUBLE OCCUPANCY

King or twin beds

Royal Villa
SINGLE OR DOUBLE OCCUPANCY

King or twin beds

Maharaja Suite
SINGLE OR DOUBLE OCCUPANCY

Two suites, two layouts — Suite 1001: king bedroom with a separate living room · Suite 1002: king bedroom and twin bedroom · two bathrooms and two wardrobes in each

In every villa: attached bathroom with hairdryer, toiletries, bathrobe and towels · wardrobe · air conditioning · LED television · drinking water. **Villa photographs online ›**

The tariff on page 6 gives each group's per-night rate for all four categories, so a patient chooses the programme first and the villa second. Every villa is on the hospital grounds, within walking distance of the treatment blocks and consulting rooms.

SECTION IV

Course tariff

Per night, per villa, all-inclusive
Single or double occupancy · Indian Rupees, as published
Effective 1 October 2026 to 30 September 2027

VILLA TYPE	INDIAN RUPEES · SINGLE	INDIAN RUPEES · DOUBLE
Deluxe Villa	₹ 18,410	₹ 30,530
Classic Villa	₹ 20,855	₹ 32,735
Royal Villa	₹ 25,160	₹ 36,620
Maharaja Suite	₹ 45,110	₹ 55,520

Courses

CODE	COURSE	DAYS
OAP-HV	1-Day Workshop · *Ayurveda Bodha* Introductory session with hands-on Abhyangam massage	**1**
TAP-HV	3-Day Certificate Programme · *Ayurveda Sadhana* Theory and practice of core therapies	**3**
WAP-HV	5-Day Intensive Programme · *Praveena* In-depth training in five major therapies	**5**
AATP1-HV	10-Day Advanced Programme · *Ayurveda Visheshagya Prathama* Advanced curriculum for wellness professionals	**10**
AALCT-HV	20-Day Advanced Consultant Programme · *Ayurveda Paramarshaka Dwitiya* Comprehensive training, including lifestyle consulting and advanced therapies	**20**

PROGRAMME NOTES

- Classes are held Monday to Friday only
- Payment and cancellation as for residential programmes: 40% advance, balance due no later than 30 days before admission
- Group discount: 20% for five or more students
- Photography and videography are not permitted during practical sessions

IN BRIEF

One all-inclusive rate per night covers the course, the villa and the meals; the course chosen sets the number of nights; group discount: 20% for five or more students.

Course pages online › · kairali.guru

SECTION V

Transfers and a worked example

TRANSFERS · AIR-CONDITIONED · ONE WAY

FROM	INR · MPV	INR · SEDAN
Palakkad railway station · 25 km	**₹ 3,900**	**₹ 13,649**
Coimbatore airport · ≈66 km	**₹ 6,775**	**₹ 23,711**
Cochin ≈114 km / Calicut ≈116 km	**₹ 7,950**	**₹ 27,824**

Transfer prices include 5% GST. Arranged on request; not part of the programme rate. Approximate road distances; route-dependent.

TRAVEL PARTNER BOOKINGS

Use the published rates in this book. Partner fees or commissions follow the separately agreed terms for your category. Confirm the final quotation with reservations.

Complimentary vouchers and free stays are not accepted from 1 October to 31 March.

WHAT A STAY COSTS

A course is priced per night, per villa, by occupancy, and the course chosen sets the number of nights: 1, 3, 5, 10 or 20. The rate is all-inclusive — accommodation, meals, training and taxes. The course tariff is published in Indian Rupees, US Dollars and Euro; this edition gives the published Indian Rupees rates. Classes run Monday to Friday.

WORKED EXAMPLE

5-Day Intensive Programme · 5 days · WAP-HV · Deluxe Villa · single

₹ 18,410 × 5 nights

₹ 92,050

The villa for one student, with classes, meals and taxes included. Personal treatments and optional services are invoiced separately.

SECTION VI

Terms and conditions

RATES AND TAXES

- Rates are quoted per night and are effective 1 October 2026 to 30 September 2027
- All government taxes are included in the published rates; rates may change periodically
- Optional services may carry additional charges: laundry, transport, private sessions, medicines and extra meals

BOOKING AND PAYMENT

- A 40% deposit secures the booking; the balance is due no later than 30 days before admission
- Requests for a specific villa must be made at least six months in advance and are subject to availability; confirmation requires full payment
- Payment by bank transfer, local bank cheque, cash (Indian Rupees, Euro or US Dollars) or major credit card. Personal cheques are not accepted

ADMISSION AND DISCHARGE

- Check-in from 12:00 noon; check-out by 10:00
- Early check-in and late check-out are available on request, subject to availability, and may carry a charge

CANCELLATION

- More than 30 days before admission: full refund
- 15 to 30 days before admission: 50% of the amount paid is refunded, less applicable transaction fees and taxes
- Fewer than 15 days before admission, or a change of dates during the stay: no refund

CHILDREN

- Under 5 years: complimentary
- 5 to 12 years: 50% of the meal charge; extra bed at the standard rate
- Over 12 years: full charge
- Parents or guardians must supervise children at all times. Parts of the facility are treatment areas and are not suitable for children

DURING TREATMENT

- Strictly no smoking, no coffee, no alcohol and no substance use anywhere on the property
- A calm environment is maintained; patients are asked to keep noise low and respect others' privacy
- Hospital guidelines apply throughout the stay
- Bookings must be made by a person aged 18 or over; minors are admitted when accompanied by a parent or legal guardian

QUALITY AND SAFETY

- NABH protocols are followed for patient care, safety and treatment standards

Kairali
The Ayurvedic Healing Village

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ADDRESS

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