Kairali
The Ayurvedic Healing Village

PALAKKAD · KERALA · INDIA

Yoga & Meditation Programmes & Tariff

A reference for travel partners and prospective patients: the place, the physician-supervised yoga and meditation programmes, the accommodation and the published rates.

Edition · English · Indian Rupees
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health through ayurveda · since 1908



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HOW THE TARIFF IS ORGANISED

Every programme is charged **per night, per villa, by occupancy** — not as a fixed package price. The three programmes fall into two **tariff groups**; programmes within a group share one rate table. Find the programme, read its group's table and multiply by the number of nights. The minimum duration is set clinically and stated with each programme. 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 YOGA HALL 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 yoga and meditation stay involves

BEFORE ARRIVAL

Teleconsultation

A physician reviews the case and sets preparatory steps. Recent medical reports and a current medication list are requested at this stage.

DAY ONE

Admission

Examination on site, constitution established, and the protocol written for the stay. Check-in is from 12:00 noon.

EACH DAY

Treatment

One Ayurvedic therapy, a prescribed diet, private yoga at sunrise, private guided meditation in the evening, and a daily physician consultation.

ON LEAVING

Discharge

A written plan for diet and daily routine to continue at home, and a follow-up consultation. Check-out is by 10:00.

INCLUDED IN EVERY RATE

- The villa in the category booked, and all government taxes
- Three vegetarian or vegan meals a day, to the dietary prescription
- One Ayurvedic therapy a day, including herbal steam where indicated
- Daily consultation and monitoring by the attending physician
- A private sunrise yoga session and a private guided meditation session each day
- Weekly workshop, cooking demonstration and farm or village walk
- Pool, library, gym and outdoor facilities; mineral water, herbal infused water and teas or juices after each session

NOT INCLUDED

- Internal herbal medicines, laboratory tests and specialist therapies, prescribed as treatment progresses
- Additional food beyond the prescribed meals
- Laundry, telephone, internet and transport
- Early check-in and late check-out, where granted

SANSKRIT TERMS USED IN THIS BOOKLET

Dhyāna
Meditation — sustained, guided attention.

Prāna
Breath, and the energy it carries; the object of breathing practice.

Chikitsa
Treatment. It ends most programme names in the tariff.



ASANA PRACTICE IN THE YOGA HALL

IN BRIEF

The rate is per night and includes one daily therapy, private yoga and meditation, and full board; the minimum stay is seven or fourteen nights, depending on the programme; medicines and tests are prescribed during the stay and billed separately.

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

Tariff · groups I and II

Indian Rupees, per night, per villa
Single or double occupancy · taxes included
Effective 1 October 2026 to 30 September 2027

I Yoga and meditation

PROGRAMME	MINIMUM NIGHTS
Kairali's Yoga & Meditation Package · *Dhyāna-Yoga Shibiram*	7

VILLA TYPE	SINGLE, PER NIGHT	DOUBLE, PER NIGHT
Deluxe Villa	₹ 21,490	₹ 39,890
Classic Villa	₹ 23,935	₹ 42,095
Royal Villa	₹ 28,240	₹ 45,980
Maharaja Suite	₹ 48,190	₹ 64,880

II Yoga therapy programmes

PROGRAMME	MINIMUM NIGHTS
Digestive Wellness & Gut Health Yoga Therapy · *Agni Dīpanam Yoga Chikitsa*	14
Yoga based Stress & Energy Reset Program · *Prāna Sāmya Yoga Chikitsa*	7

VILLA TYPE	SINGLE, PER NIGHT	DOUBLE, PER NIGHT
Deluxe Villa	₹ 22,780	₹ 42,470
Classic Villa	₹ 25,225	₹ 44,675
Royal Villa	₹ 29,530	₹ 48,560
Maharaja Suite	₹ 49,480	₹ 67,460

ADD-ON CHARGES

Extra bed	**₹ 3,000**
Extra meals (breakfast, lunch and dinner)	**₹ 5,500**
Extra treatment	As prescribed

CHILDREN AGED 5 TO 12

Extra bed	**₹ 3,000**
Extra meals (breakfast, lunch and dinner)	**₹ 2,750**

Under five: complimentary · over twelve: full charge

SECTION V

Transfers and a worked example

TRANSFERS · AIR-CONDITIONED · ONE WAY

FROM	MPV	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

Find the programme's tariff group, read the rate for the villa category and occupancy, and multiply by the number of nights.

WORKED EXAMPLE

Kairali's Yoga & Meditation Package · group I
Classic Villa · double occupancy
7 nights, the minimum stay

₹ 42,095 × 7 nights

₹ 294,665

The villa for two patients, with daily therapy, private yoga and meditation, prescribed diet and GST included. Medicines, tests 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
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ADDRESS

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