



# Kairali

The Ayurvedic Healing Village

PALAKKAD · KERALA · INDIA

## Yoga & Meditation Programmes & Tariff

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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 · Euro

**Rates effective** · 1 October 2026 to 30 September 2027

**Ref.** KTAHV/YMT/EN-EUR/20260928-R1 · Issued 28 September 2026

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](https://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](#) ›

# 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.

# 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.

# 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.

# Tariff · groups I and II

Euro, 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 · <i>Dhyāna-Yoga Shibiram</i> | 7 |
|-------------------------------------------------------------------|---|

| VILLA TYPE     | SINGLE, PER NIGHT | DOUBLE, PER NIGHT |
|----------------|-------------------|-------------------|
| Deluxe Villa   | € 269             | € 499             |
| Classic Villa  | € 299             | € 526             |
| Royal Villa    | € 353             | € 575             |
| Maharaja Suite | € 602             | € 811             |

## II Yoga therapy programmes

| PROGRAMME | MINIMUM NIGHTS |
|-----------|----------------|
|-----------|----------------|

|                                                                                  |    |
|----------------------------------------------------------------------------------|----|
| Digestive Wellness & Gut Health Yoga Therapy · <i>Agni Dīpanam Yoga Chikitsa</i> | 14 |
|----------------------------------------------------------------------------------|----|

|                                                                             |   |
|-----------------------------------------------------------------------------|---|
| Yoga based Stress & Energy Reset Program · <i>Prāna Sāmya Yoga Chikitsa</i> | 7 |
|-----------------------------------------------------------------------------|---|

| VILLA TYPE     | SINGLE, PER NIGHT | DOUBLE, PER NIGHT |
|----------------|-------------------|-------------------|
| Deluxe Villa   | € 285             | € 531             |
| Classic Villa  | € 315             | € 558             |
| Royal Villa    | € 369             | € 607             |
| Maharaja Suite | € 619             | € 843             |

### ADD-ON CHARGES

|                                           |               |
|-------------------------------------------|---------------|
| Extra bed                                 | € 38          |
| Extra meals (breakfast, lunch and dinner) | € 69          |
| Extra treatment                           | As prescribed |

### CHILDREN AGED 5 TO 12

|                                                      |      |
|------------------------------------------------------|------|
| Extra bed                                            | € 38 |
| Extra meals (breakfast, lunch and dinner)            | € 34 |
| Under five: complimentary · over twelve: full charge |      |

# Transfers, reductions and a worked example

## TRANSFERS · AIR-CONDITIONED · ONE WAY

| FROM                             | MPV  | SEDAN |
|----------------------------------|------|-------|
| Palakkad railway station · 25 km | € 49 | € 171 |
| Coimbatore airport · ≈66 km      | € 85 | € 296 |
| Cochin ≈114 km / Calicut ≈116 km | € 99 | € 348 |

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

## DIRECT-BOOKING REDUCTIONS

- 5% for bookings made 90 days or more in advance
- 5% for admissions from April to September
- 7% for a returning patient; 10% after more than five previous stays
- 5% for stays longer than 28 nights

Applicable to direct bookings only. Only one reduction applies per booking; reductions cannot be combined. 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

€ 526 × 7 nights

**€ 3,682**

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.

# 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



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## ADDRESS

Olassery P.O., Kodumbu  
Palakkad District 678551  
Kerala, India

[Google Maps](#) ›

## RESERVATIONS

+91 9555 156 156

+91 4923 222553 · 222623

[info@kairali.com](mailto:info@kairali.com) · [www.ktahv.com](http://www.ktahv.com)