



# Amara

Ayurveda Retreat



an ecologically  
sustainable living space  
in tune with earth

[www.amaraayurveda.com](http://www.amaraayurveda.com)



## Kerala Fact File

Location	: Southwestern tip of India
Area	: 38,863 sq. km
Population	: 3,33,87,677 (Census 2011)
Capital	: Thiruvananthapuram (Trivandrum)
Language	: Malayalam; English is widely spoken
Religion	: Hinduism, Christianity, Islam
Time	: GMT + 5:30
Currency	: Indian Rupee (₹)
Climate	: Tropical
Average temperature	Summer : February - May (24 - 30°C) Monsoon : June - September (20 - 30°C) Winter : October - January (18 - 28°C)



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# AYURVEDA

## the Vedic Science of Longevity

Ayurveda is a monumental contribution of India to the world. As the name implies, Ayurveda (ayuh: life, veda: knowledge) is an organized body of knowledge of healthy living. From where and when the stream of Ayurveda started flowing still remains unanswered. However, it has an uninterrupted history of more than 3000 years. It could be seen that Ayurveda is rooted in the knowledge revealed by ancient seers whose insights and visions are compiled in the Vedas. The six systems of Indian philosophy - **nyaya**, **vaisheshika**, **sankhya**, **yoga**, **mimamsa** and **vedanta** acknowledged the authority of Vedas. Of the four Vedas, Atharvaveda contain more intimate reference to medical knowledge and practice. Ayurveda is therefore considered as an auxiliary limb (upaveda) of **Atharvaveda**. Similarly, the influence of classical Indian Philosophies, especially of sankhya and vaisheshika is apparent in ayurvedic literature. These philosophical moorings make Ayurveda more than a medical manual though it is radically health oriented. It assumes fundamental continuity between all elements of universe and as a natural extension of this ideology perceives man as an integral part of nature. The structural and functional units of human body are composed of five basic elements known as **panchabhutas**. Literally mean the five elements, which include the **earth**, **water**, **fire**, **wind** and the **space**. Each one of them wields an influence on certain part of the human constitution. For example, every

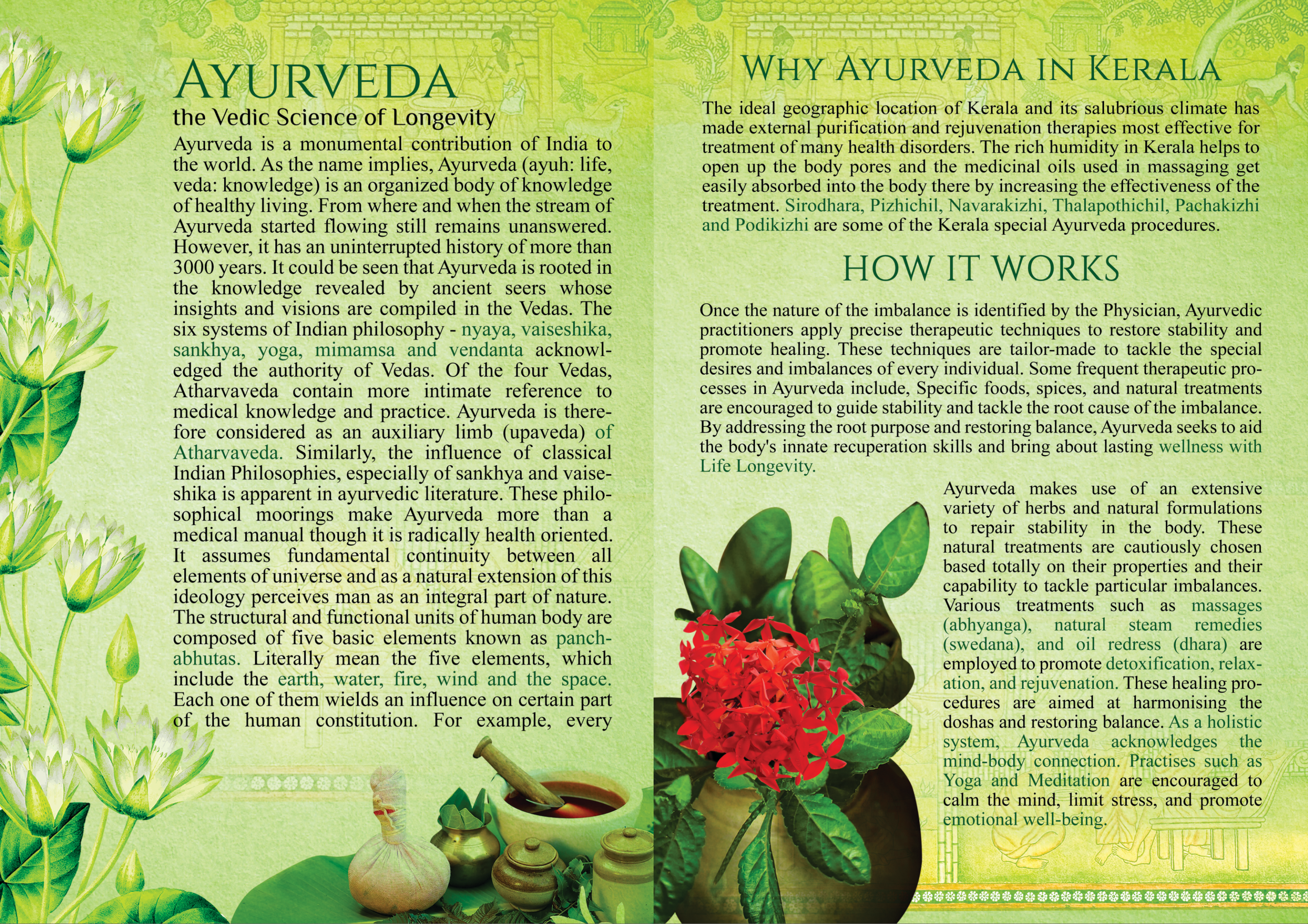
## WHY AYURVEDA IN KERALA

The ideal geographic location of Kerala and its salubrious climate has made external purification and rejuvenation therapies most effective for treatment of many health disorders. The rich humidity in Kerala helps to open up the body pores and the medicinal oils used in massaging get easily absorbed into the body there by increasing the effectiveness of the treatment. **Sirodhara**, **Pizhichil**, **Navarakizhi**, **Thalapothichil**, **Pachakizhi** and **Podikizhi** are some of the Kerala special Ayurveda procedures.

## HOW IT WORKS

Once the nature of the imbalance is identified by the Physician, Ayurvedic practitioners apply precise therapeutic techniques to restore stability and promote healing. These techniques are tailor-made to tackle the special desires and imbalances of every individual. Some frequent therapeutic processes in Ayurveda include, Specific foods, spices, and natural treatments are encouraged to guide stability and tackle the root cause of the imbalance. By addressing the root purpose and restoring balance, Ayurveda seeks to aid the body's innate recuperation skills and bring about lasting **wellness with Life Longevity**.

Ayurveda makes use of an extensive variety of herbs and natural formulations to repair stability in the body. These natural treatments are cautiously chosen based totally on their properties and their capability to tackle particular imbalances. Various treatments such as **massages (abhyanga)**, **natural steam remedies (swedana)**, and **oil redress (dhara)** are employed to promote **detoxification**, **relaxation**, and **rejuvenation**. These healing procedures are aimed at harmonising the doshas and restoring balance. As a holistic system, Ayurveda acknowledges the **mind-body connection**. Practises such as **Yoga** and **Meditation** are encouraged to calm the mind, limit stress, and promote emotional well-being.





## OUR VALUES

Amara Ayurveda Retreat was conceived and created under a simple conviction, “Natural Living” “closer to Nature” using natural products, which will enable our guest to live a holistic and balanced life.

At Amara VAIDYASALA authentic traditions of wellness, medicine and wisdom have been brought together with creative thought, deep commitment and Personalised touch. Nourishing cuisine, experiences for all the senses and a kind-hearted team complete the offering.

at Amara ensures the significance of mind-body-spirit balance in harmony with the five natural elements of **earth, water, fire, air, and space**. It discusses not only physical health but also **mental and spiritual well-being**. According to Ayurveda, being healthy is a way of life and a culture, it helps people become stronger and more independent. Ayurveda, the ancient Indian system of healing and living, is the only one of its kind in the world that addresses the physical, emotional and spiritual aspects of our wellbeing. It emphasises the need to foster each aspect for total wellbeing while recognising the interdependence of the body, mind, and spirit. We encourage people to adopt a healthy lifestyle by offering individualised therapies, food advice, lifestyle changes, and spiritual practices. The idea that health is a way of life resonates strongly at Amara Ayurveda Retreat in Kovalam which offers a transforming experience with a focus on empowering people and encouraging self-reliance. Ayurveda is aware of the significant influence that emotions have on one's health. Find inner peace, and develop emotional resilience through calming massage therapies, revitalising herbal therapies, Yoga, and Meditation sessions.



## LONGIVITY & WELL BEING AT AMARA

Overall well-being encompasses a variety of factors that contribute to a balanced and healthy lifestyle. It entails not solely bodily fitness but additionally intellectual and emotional well-being. Three indispensable factors of typical well-being are de-stressing, detoxification, and rejuvenation.

### MANASANTHY CHIKITSA

De-stressing includes discovering approaches to control and decrease stress levels, which can be carried out through treatment techniques, mindfulness practises, or enticing things to do that convey pleasure and tranquilly.

### PANCHAKARMA CHIKITSA

Detoxification involves thoroughly cleaning the physique of toxins and impurities via unique dietary choices, natural remedies, healing procedures that assist the body's herbal cleansing processes.

### RASAYANA CHIKITSA

Rejuvenation focuses on replenishing electricity and vitality treatment for cleansing and regeneration of all cells, tissues for mental wellbeing and boosting immunity system accomplished with nourishing nutrition, Yoga practice.

By prioritising these factors of universal well-being, one can achieve harmonious stability in their physical, mental, and emotional states, leading to a bright and enjoyable life.





## YOGA & MEDICATION FOR YOUR BODY MIND AND SPIRIT

Yoga, originating from historical India, is an exercise that encompasses physical, mental, and religious dimensions. Its origins can be traced back to the fifth or sixth century BC, making it one of the oldest holistic structures of well-being. The time period "yoga" itself signifies integration, combination, or unity, emphasising the harmonious integration of a range of components of one's being. At its core, yoga seeks to combine and unite the body, senses, lifestyle pressure (prana), mind, and consciousness. It is a complete union that goes beyond bodily postures (asanas) and consists of respiration workouts (pranayama), meditation (dhyana), moral hints (yamas and niyamas), and philosophical principles.

Through the exercise of yoga, humans attempt to create a harmonious balance between the physique and mind, advertising bodily strength, flexibility, and vitality while cultivating intellectual clarity, focus, and internal peace. Yoga additionally encourages self-awareness, introspection, and the exploration of one's deeper religious nature.

By integrating bodily movements, breath control, and meditation, yoga affords a holistic method for well-being. It enhances bodily health, improves intellectual well-being, reduces stress, and promotes usual non-secular growth. The exercise of yoga can lead to accelerated



self-awareness, elevated emotional stability, greater concentration, and a feeling of connection with oneself and the world around. Throughout history, yoga has developed into a number of patterns and approaches, permitting men and women to discover an exercise that resonates with their special wishes and preferences. From Hatha yoga to Ashtanga, Vinyasa, Kundalini, and many more,

but all presents its own personal emphasis and advantages while staying true to the necessary standards of integration, balance, and self-realisation.

Through the practice of yoga, people can domesticate holistic well-being, combining bodily fitness, intellectual clarity, and spiritual growth. It serves as a pathway to self-discovery, harmony, and unity, providing people with the ability to gain stability and wholeness in their lives.

## LIFESTYLE WELLBEING

In modern current world, stipulations such as Diabetes, Hypertension, High Cholesterol, and weight balance have turn out to be massive concerns. As section of our dedication to holistic health, we grant specialised care and redress tailor-made programmes to tackle these prerequisites and their related complications. We grant customised weight administration applications that comprise Ayurvedic therapies, special diets, and bodily activities.





## EXPERIENCE AN ECOLOGICALLY SUSTAINABLE LIVING SPACE, DESIGNED TO BE IN TUNE WITH THE EARTH IN ORDER TO HEAL THE BODY, MIND AND SPIRIT.

The expansive grounds of Amara Ayurveda Retreat are surrounded by the lush green hills of Kovalam, with a spectacular view of the evergreen Western Ghats Mountain range. The location of the resort was chosen with care — surrounded by herbal splendour and tranquil landscapes, the effects of an Ayurveda treatment can be felt particularly powerfully here. The atmosphere is calm and familiar, providing an ideal place for guests to ground themselves and recharge their batteries. By immersing themselves in the local culture, visitors gain a deeper understanding of the philosophy, values and function of Ayurveda with its traditional culinary delights. Amara's hidden-away location is not far from the airport, meaning shorter transfer times. There are a total of 35 Ayur Earth Villa rooms, each of which has a private bathroom and balcony or terrace, as well as indulgent natural toiletries, telephone, smart TV, air conditioning, tea set, personal safe, bathrobes and Wi-Fi. The rooms offer stunning views of the Western Ghats Mountains and benefit from natural cooling thanks to the surrounding forest environment and the carefully designed clay walls. Environmental consciousness and the comfort of guests is reflected in the interior design throughout the retreat. Water is heated using solar energy, rainwater is harvested for day-to-day use, there are no plastic bottles and a bio-gas system is utilised for leftover food. Kovalam, a small coastal town in the southern Indian state of Kerala, is a true dream destination for nature-lovers. With its striking natural beauty, golden sand beaches and shimmering Arabian Sea waters, Kovalam attracts travellers from all over the world. Verdant palm groves stretch along the Kovalam coastline, creating a relaxed and tropical atmosphere. Located in the hills of Kovalam, Amara is only 10 minutes away from the immaculate and crescent shaped Kovalam Beach.



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# OUR AYURVEDIC TEAM

