www.vayas.in It's your world of serenity.

HOLISTIC AYURVEDA CENTRE

# Unveils a green, healing ambiance for the seekers of peace and inner strength.

Magnificently spread over three beautiful hills in the Western Ghats, near Silent Valley, Vayas unveils a green, healing ambiance for the seekers of peace and inner strength. Located at Mundanpara, a village in Palakkad District of Kerala, Vayas offers traditional Ayurveda, maintaining the undiluted practices of yoga; and authentic treatment methods by practitioners trained traditionally.







#### Ayurmana Healing Center

The core of Vayas, the Ayurmana Treatment Centre, is best viewed from the Accommodation Area. Intricately designed with architecture characteristic of Kerala, the Centre resembles a blooming lotus flower.

There are 10 individual treatment rooms, and requisite consulting rooms. Each treatment room offers a spectacular view of the surroundings. The treatments rooms are designed for privacy, including a post-treatment bathing area. Comfortable conveyance for attending scheduled consulting and treatments sessions will be provided between the Treatment Centre and the Accommodation. Each guest will be assigned their own individual therapist for all the treatment sessions.

Our doctors are keen to spread their knowledge of Ayurveda, creating an environment for learning and enrichment.













#### Ayurveda

Ayurveda works on the simple logic that all facets of life impact our body, mind and soul. Originally meaning "the science of life", dissects the body elements into seven named Saptha Dathu. Vata, Pitta and Kapha represent the archetypal elements depicting air, fire, water and earth. Vata governs breathing, blood flow, eradication, motion, communication, imagination, eagerness, and basically, the entire nervous system. Pitta oversees alterations such as ingestion and absorption, eye sight, skin appearance, maintaining body temperature, courage, joyfulness and discernment. Kapha administrates body development, lubrication, discharges, strength, power, tolerance, body mass, unsolidified balance, empathy and overall understanding of oneself.

# The Ayurvedic experience

## The pathway to wellbeing.





#### **Yoga and Meditation**

Yoga, a discipline drawn from the ancient Indian philosophy of Sanatana Dharma, is considered to be a way of life for those who seek the Eternal. It consists of multiple sub-disciplines that covers Faith, Knowledge and Action.

At Vayas, Yoga is offered in a simple form that is part of the Action sub-discipline.

Physical postures and exercises help to stretch and flex stiff joints, tendons and muscles, and augment the Ayurveda treatment regime.

**Meditation** is a practice that is subtle, and is used to calm the racing mind, crowded with thoughts of the past and the future. Practicing meditation brings one's mind back to the present moment and enables one to experience "mindfulness," the state of being fully focused on the present moment so as to give full attention to our thoughts, words and deeds. Focus enables to be effective, efficient and productive.



## Lighten Yourself.

## Weight Management

At Vayas, you are introduced to a fit and healthy life all over again with the Ayurvedic weight loss treatments. Ayurveda speeds up your metabolism naturally. With a combination of treatments, restructured diet and oral medication, this program will reduce your pounds in a healthy, methodical way. Added to it our herb-enriched steam bath will stimulate your body's circulatory system, preventing further collection of fats and leave you healthy and radiant as ever.

Treatment duration: 21 days / 28 days

## Unwrinkle Yourself.

## **Anti Ageing**

The Anti-ageing therapy at Vayas, revitalizes each cell of your body while the nerves and bones are maintained healthy and your mind is in a tranquil state. The therapy is a combination of detoxification and rejuvenation. At first, the skin is cleansed by flushing out the toxins, after which every cell is restored with our pure Ayurvedic treatment and herbal medicines prepared by the experts at Vayas. This prevents the process of ageing and turns your living towards a more refreshing one

Treatment duration: 21 days / 28 days

## Restart Life.

## Rejuvenation

Our stressful city life often leaves us exhausted and lethargic. All we long for is a relaxing massage that could bring us back on our foot with energy that is refreshing. The rejuvenation and detoxification programme at Vayas promises exactly that. This programme is our classic Ayurvedic preventive and regenerative treatment that suits all, irrespective of age and gender. You experience authentic Ayurvedic therapies, which work to create balance between body, mind and soul.

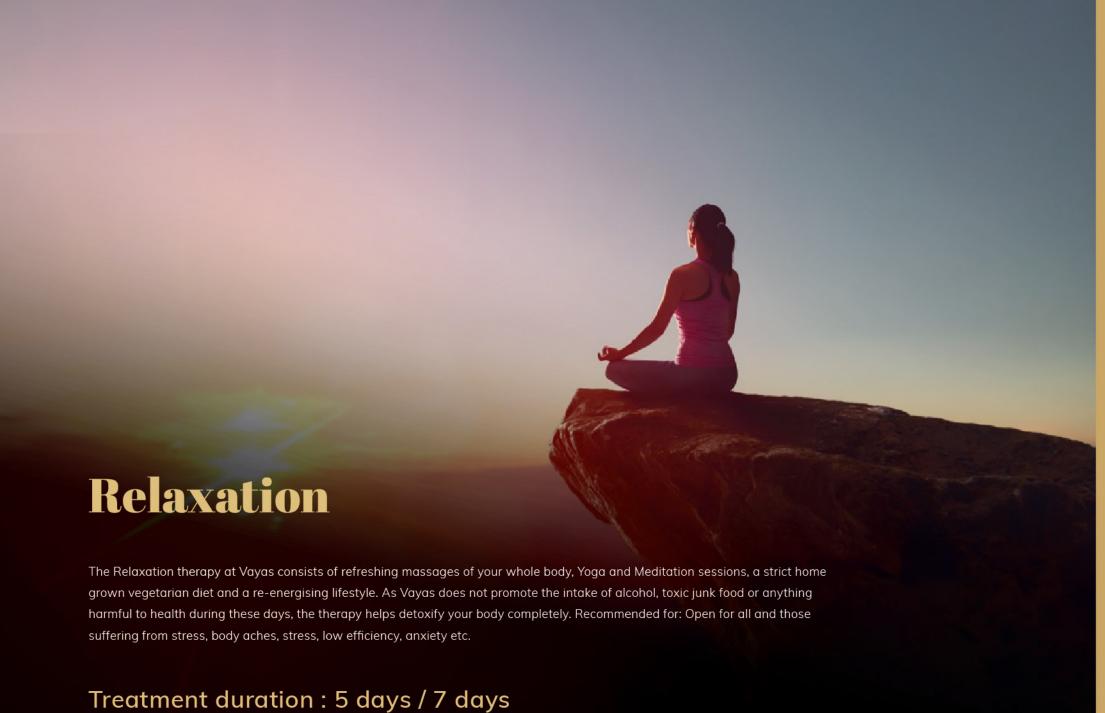
Treatment duration: 7 days / 14 days / 21 days / 28 days

## Detangle Your Mind.

#### **Stress Alleviation**

Our holistic approach to stress alleviation treatments with Yoga and meditation will help you de-stress yourself through multi-dimensional solutions from Mother Nature. Ayurveda believes that the cause of strain or pain in the body is related to energy imbalances. Hence, along with therapies that treat your aching muscles and strained nerves, we also nurse your tensed mind with the calming nature and food for your soul. Our programme is extremely beneficial for those who suffering from insomnia, lack of concentration, fatigue, tension etc.

Treatment duration: 7 days / 14 days / 21 days / 28 days





## Herbal Beauty Care

The secret to a glowing skin is not just a cream, but much more. At Vayas, we give your skin the treatment it deserves with home-grown herbal products. During the treatment, you experience beauty care therapies and treatment that will purify your blood and improve circulation, resulting in a glowing skin. The treatment will remove dead skin, pimples, blackheads, patches and other skin problems. Traditional scalp and foot massages and a royal scrub accompany the treatment. Your skin tone and complexion will improve. Your skin will be healthy as never before, and you will leave feeling rejuvenated.

TREATMENT DURATION: 5 DAYS / 7 DAYS / 14 DAYS

#### Attractions at Vayas







#### Mountina

Mountina is a Full-fledged herbal, flower and vegetable gardens are raised and cultured in the premises so that the guests can involve themselves in learning and enriching with the method of farming and cultivation.

#### Azure Resort

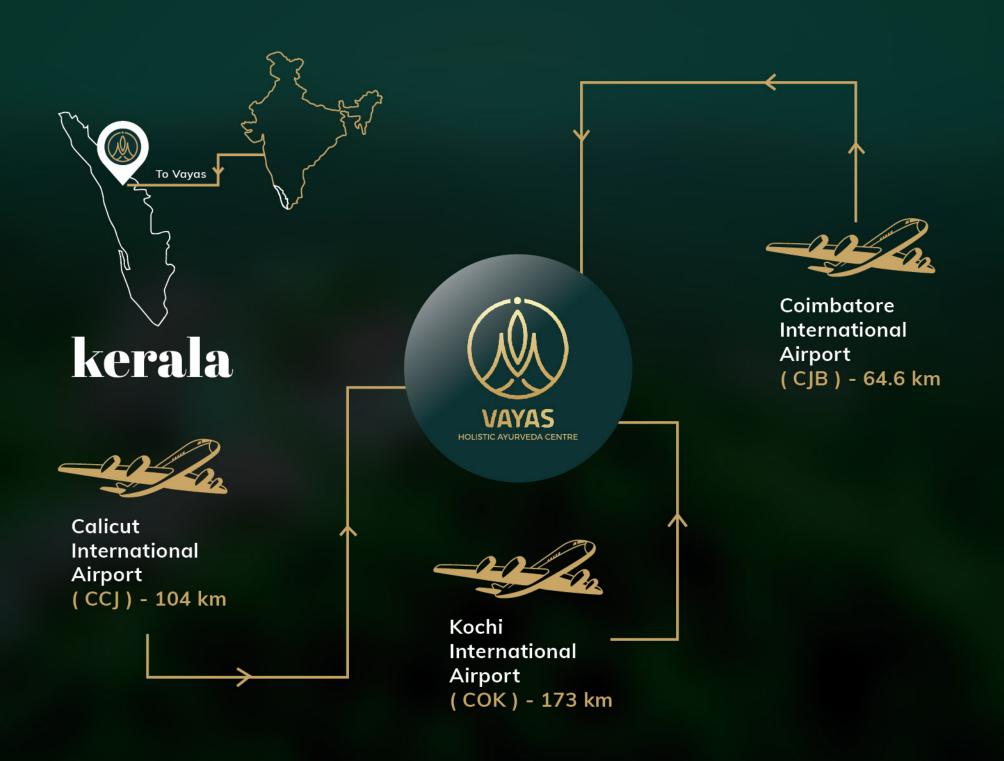
It is the leisure area, Our lake surrounded cottages epitomises comfort and service with spacious accommodation, superb facilities including multipurpose playing ground and intricate artwork designed especially for the leisure resort.

#### **Brookhill Camping**

Help people stay close to nature and experience the real tent living at hilltop. Excellent place to enjoy and amazing adventure living.

#### Experience at Vayas







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BROOKHILL HOLISTIC PROJECTS PRIVATE LIMITED