



Master Sebastian Elap with forehead casting



Ayurvedic doctors



Ayurveda Hall



Ayurvedic consultation

Ayurveda in Kerala, India

Our Pranamaya Ayurveda Chikilsalayam clinic is located in the best and healthiest location for ayurvedic healing treatments. The special temperature offered by the bamboo of the forest around Pranamaya has a tremendous amount of ,prana' life energy that leads to better healing. The temperature here is neither too hot nor too cold. We care for you individually. Our attention is entirely focused on your well-being and healing.

We offer:

- therapeutic treatment
- relaxation and detoxification

You can obtain detailed information about our treatments and services in India at Schloss Kirchberg, Germany.

Our Indian clinic is located in:

Pranamaya Ayurveda Chikilsalayam
Thekkady PO, Kumily, Idukki,
Kerala, India, PIN: 685509
Phone +91 9447 383 568 or +91 94972 67384
pranamayathekkady@gmail.com
www.pranamaya.in



— AYURVEDA ZENTRUM —
SCHLOSS KIRCHBERG
MASSAGEN, KUREN & YOGA



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Opening hours

Monday to Sunday from 7 am to 9 pm

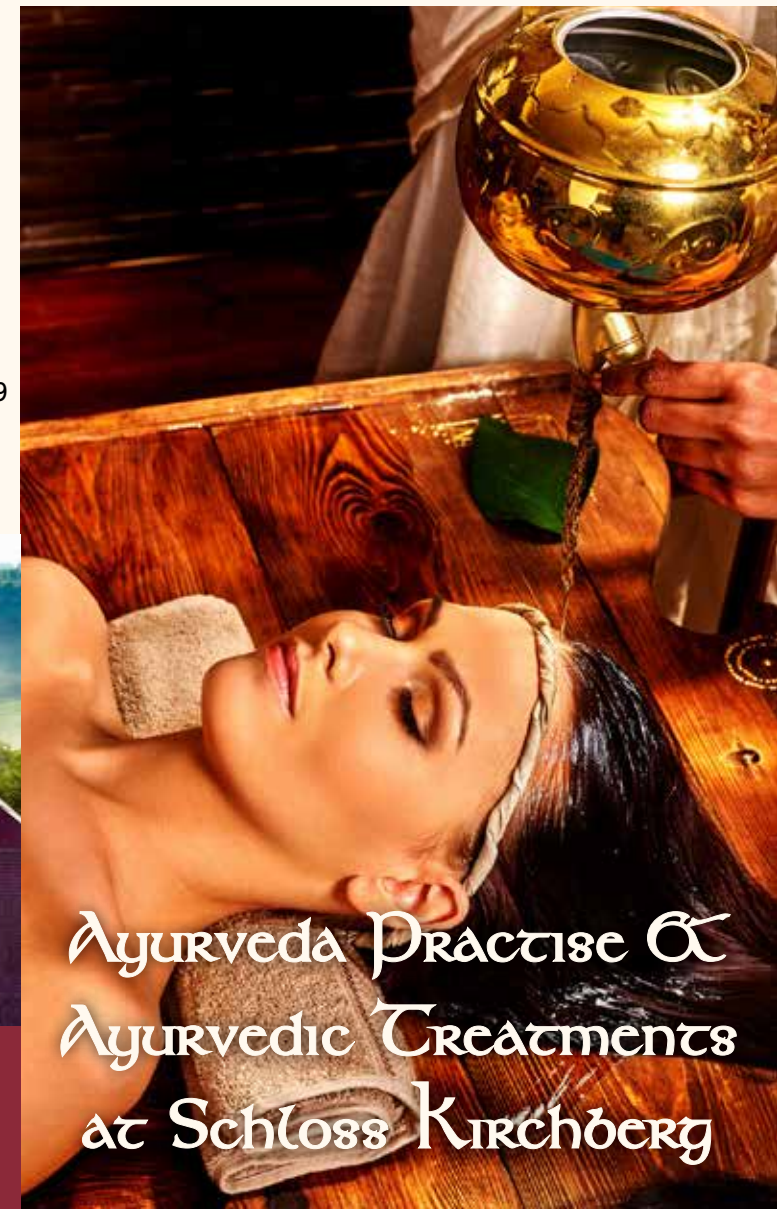
Contact & Booking

Ayurveda Kurzentrum Schloss Kirchberg
Master Sebastian Elap and Team

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ayurveda-center@biohotel-schloss-kirchberg.de
www.ayurveda-kurzentrum-schloss-kirchberg.de



You can find our complete range of treatments at
www.ayurveda-kurzentrum-schloss-kirchberg.de



Ayurveda Practise &
Ayurvedic Treatments
at Schloss Kirchberg



Ayurveda Team



Yoga Hall



Ayurveda oil massage



Original Indian furniture



Hotel room „Malabar“

Ayurvedic massages & Panchakarma cures

Indian culture and healing arts are offered and acted out in a genuine spirit at the new Ayurveda Center at Schloss Kirchberg. Whether yoga, ayurvedic massages or Panchakarma cures for cleansing the body, mind and soul: our Indian ayurvedic doctors and therapists offer the entire spectrum of Indian healing arts for guests and patients from near and far.

Yoga & Meditation

In the beautiful yoga hall of the historic Schloss Kirchberg, the yoga exercises take place for our cure guests and day guests. Our Indian yoga masters practise according to genuine and authentic Indian yoga teaching.

- 🌸 Daily from 7 to 8 am and 6 to 7 pm
- 🌸 10 € per person and hour
- 🌸 35 € per person for an exclusive single lesson

Cultural program

Thanks to our long-standing cooperation with the German-Indian Society from the historical town of Schwäbisch Hall, we can offer you a cultural program with readings, lectures, film evenings, classical Indian dances, oriental dances and Indian concerts.

Culinary delights

Enjoy the authentic ayurvedic cuisine with its diverse flavors and powers. If you are staying at the Ayurveda Center for several days, our Ayurveda team will coordinate your meals precisely.

Biohotel

Beautifully and authentically furnished hotel rooms with genuine Indian interior await you for a Panchakarma cure at Schloss Kirchberg. Our Indian ayurvedic doctors and natural health professionals will accompany you for the best possible treatment success.



Ayurvedic massages

Abyhanga full body oil massage (60 min.)	75 €
Katya-Abhyanga back massage (30 min.)	35 €
Siro-Abhyanga head and face massage (30 min.)	35 €
Udara-Abhyanga abdominal massage (30 min.)	35 €
Katibasti oil concentration on the back (60 min.)	80 €
Greev-Abhyanga neck and shoulder massage (30 min.)	35 €
Pada Marma-Abhyanga foot reflex zone massage (30 min.)	35 €
Kansu foot massage with Kansu Bowl (60 min.)	55 €
Udvarthanam powder massage (30 min.)	80 €
Lepana-Abhyanga body scrub massage (60 min.)	80 €
Punnagadi Kizhi double herbal bag massage (60 min.)	85 €
Marma massage full body massage focused on vital energy points (75 min.)	95 €
Tridosha massage (75 min.)	95 €
Sirodhara & Abhyanga oil head casting therapy and full body massage (90 min.)	120 €
Sauna (after massage, 30 min.)	5 €

Ayurvedic cures

Ayurveda mini cure (half day cure) - 1 x Punnagadi Kizhi (60 minutes) - 1 x Shirodhara (30 minutes) - sauna, relaxation room & sun terrace	120 €
Hrudjam-Sanathi (half day cure) - 1 x Siro-abhyanga (30 minutes) - 1 x foot and hand massage (30 minutes) - 1 x Greev-Abhyanga (30 minutes) - 1 x Shirodhara (30 minutes) - sauna, relaxation room & sun terrace	120 €
Cure trial day (day cure) - 1 x Marma massage (75 minutes) - 1 x Shirodhara (30 minutes) - sauna, relaxation room & sun terrace - ayurvedic lunch, ayurvedic drinks and water	190 €
Ayurveda distress package (2 days) For stressed and tired people: Ayurveda relaxation massages against work fatigue, that relax body and mind. - 1 x overnight stay at BioHotel Schloss Kirchberg - ayurvedic full board: 1 x breakfast, 2 x lunch, 1 x dinner, ayurvedic drinks and water - 2 x consultation - 2 x individual morning treatment (60 min.) - 1 x individual afternoon treatment (30 min.) - 1 x yoga course at 6 pm (60 min.) - sauna, relaxation room & sun terrace (daily)	230 € per day
Kayakalpa-Rejuvenation (6 days) Classic ayurvedic treatment to detoxify and stimulate the metabolism. - 5 x overnight stay at BioHotel Schloss Kirchberg	260 € per day

- ayurvedic full board: 5 x breakfast, 6 x lunch, 5 x dinner, ayurvedic drinks and water
- 6 x consultation
- 6 x individual morning treatment (60 min.)
- 5 x individual afternoon treatment (30 min.)
- 5 x yoga course at 6 pm (60 min.)
- sauna, relaxation room & sun terrace (daily)

Panchakarma (14 days) 280 € per day
The Panchakarma cure consists of five methods of detoxification and rejuvenation for body, mind and soul. The cure promotes the general state of health and thus stimulates the body to heal itself.

- 13 x overnight stay at BioHotel Schloss Kirchberg
- ayurvedic full board: 13 x breakfast, 14 x lunch, 13 x dinner, ayurvedic drinks and water
- 14 x consultation
- 14 x individual morning treatment (60 min.)
- 13 x individual afternoon treatment (30 min.)
- 13 x yoga course at 6 pm (60 min.)
- sauna, relaxation room & sun terrace (daily)

Brahmakalpa Rasayana (21 days) 280 € per day
Three weeks of customized Panchakarma detox therapies with a personalized rejuvenation program, deeper cleansing of body, mind and soul. To revitalize and strengthen the immune system of body, mind and soul, for more strength, energy and vitality as well as clarity of thought, focus and concentration.

- 20 x overnight stay at BioHotel Schloss Kirchberg
- ayurvedic full board: 19 x breakfast, 20 x lunch, 19 x dinner, ayurvedic drinks and water
- 20 x consultation
- 20 x individual morning treatment (60 min.)
- 19 x individual afternoon treatment (30 min.)
- 19 x yoga course at 6 pm (60 min.)
- sauna, relaxation room & sun terrace (daily)