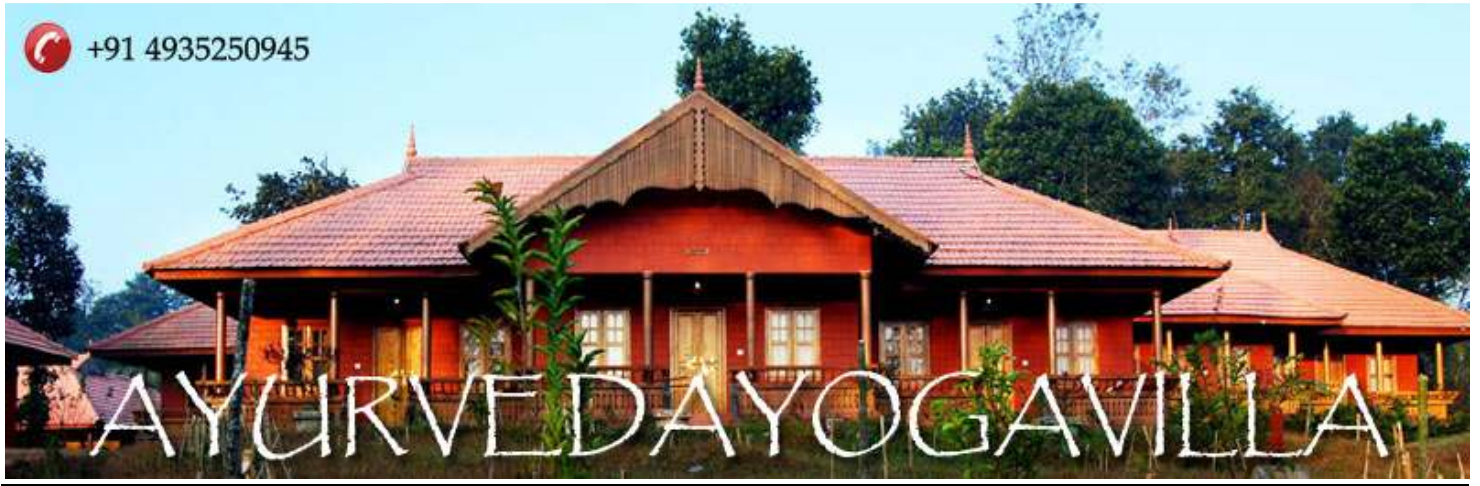




+91 4935250945



## PROGRAM OVER VIEW

Morning 7.00 Am to 8.30 Am Yoga session

8.30Am to 4.30Pm Treatment sessions

9.00 Am onwards Breakfast

12.30 Pm onwards Lunch session

5.00 Pm to 6.30 Pm yoga session

7.00 Pm onwards Dinner



**Restaurant time 9.00 Am to 9.00 Pm**

**For more effectiveness of treatment, one should obey the classical ways**

For the full effectiveness of the treatment; the following things are mentioned in Ayurvedic Classics.

### INTERNET USAGE POLICY

INDIVIDUAL PERSON CAN USE  
AT THE MAXIMUM OF 30MIN.



**SIGN OFF FROM  
E-MAIL AFTER USE**

TIME FOR USAGE MORNING 8.00 Am  
TO EVENING 9.00 Pm

EVERY PERSON SHOULD HAVE  
TO WRITE THEIR NAME AND TIME IN  
THE REGISTER

- Avoid excessive physical activities
- Avoid over straining of mind and sense organs
- Avoid exposure to wind, sunlight etc..
- Avoid sexual intercourse
- Avoid day time sleeping
- Avoid excess talking and listening to unpleasant things
- Follow the diet according to the treatment
- Smoking and alcohol strictly prohibited inside our campus
- Avoid excess of traveling, night awakening etc.

During the time of stay here, one should follow the doctor's advice with utmost attention

Daily, one should consult our physician

The diet, we are planned on the basis of treatments

Even after the treatments, one should protect their mind and body by following constitutional diet and lifestyle suggestion. Maintain the correct treatment time.

### Safety measures

- One should keep their room neat and clean
- When going outside, please make assure that all the electric switches are off.
- After taking shower turnoff the water heater switch
- When you go outside, Please lock the room
- Please keep the room key always safe
- If you face any problems please give a message to our reception
- Don't cross River when river have high water level.



GO GREEN ! AYV GREEN CAMPUS

### Entertainment:-



For more packages and details contact our reception

We will arrange all tour programs: some of our tour packages given below

- Wild life safari to Tholpetty sanctuary @ Rs. 800 per head
- One day Program in Mysore @ Rs.5000 Per head
- One day Wayanad tour @ 2500 Per head
- Udayagiri Meditation @ 600 Per head
- Those who have panchakarma after 28 days. One day at Udayagiri for complete rest.

# HAVE A NICE TIME

By

**Ayurveda yogavilla creative team**

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