



DISCOVER YOUR INNER HARMONY





ELEVATE YOUR ENERGY, EMBRACE EQUILIBRIUM AT ISHADHARA

Embark on a lifelong journey of holistic care, tailored to your unique needs, and experience a profound transformation in your overall well-being.

ISHADHARA: WHERE BALANCE BECOMES A WAY OF LIFE

Ishadhara helps you lead a fuller life & get more from every day not by 'retreating to a sanctuary to heal mind & body' but by helping you balance your INNER ENERGY. Ishadhara is a lifestyle, evolved through consultation, integrity in treatments and a mindshift in living.



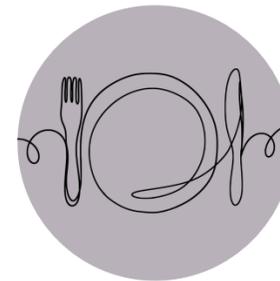
A CONFLUENCE OF THREE PILLARS OF WELLNESS

At Ishadhara we adopt a comprehensive approach to healing addressing the multifaceted aspects of well-being, including the physical, emotional, spiritual, and environmental influences.



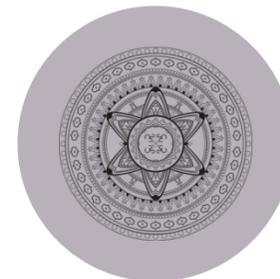
MIND BODY MEDICINE

Mind-Body Medicine is the belief that the mind and body are inextricably connected, and one's mental and emotional state profoundly impacts health. Through Mind-Body Medicine, we help guests learn to harness the power of their thoughts and emotions to improve their physical health and overall quality of life.



PRECISION NUTRITION

Precision Nutrition takes a personalized and scientific approach to dietary plans. We understand that each individual has unique nutritional needs based on factors like genetics, metabolism, and lifestyle. Our precision nutrition programs aim to optimize your diet for lasting well-being. We use the latest nutritional science and technology to ensure your meals are both nourishing and delicious.



SPIRITUALITY

Spirituality is the exploration of the inner self, a connection to something greater than oneself, and a search for meaning and purpose in life. We acknowledge the importance of this pillar in achieving holistic well-being. Whether you're seeking to deepen your existing spiritual practice or embark on a new journey of self-discovery, we provide a tranquil and supportive environment to nurture your spiritual well-being.

OUR HOLISTIC THERAPIES

Ishadhara's immersive retreats range from 3 to 21 days with a meticulously calibrated nutrition, treatment, workout and relaxation programme, including the following therapies:

ACUPUNCTURE

DIET & FASTING THERAPY

HYDROTHERAPY

MASSAGE

ACUPUNCTURE

MUD THERAPY

PHYSIOTHERAPY

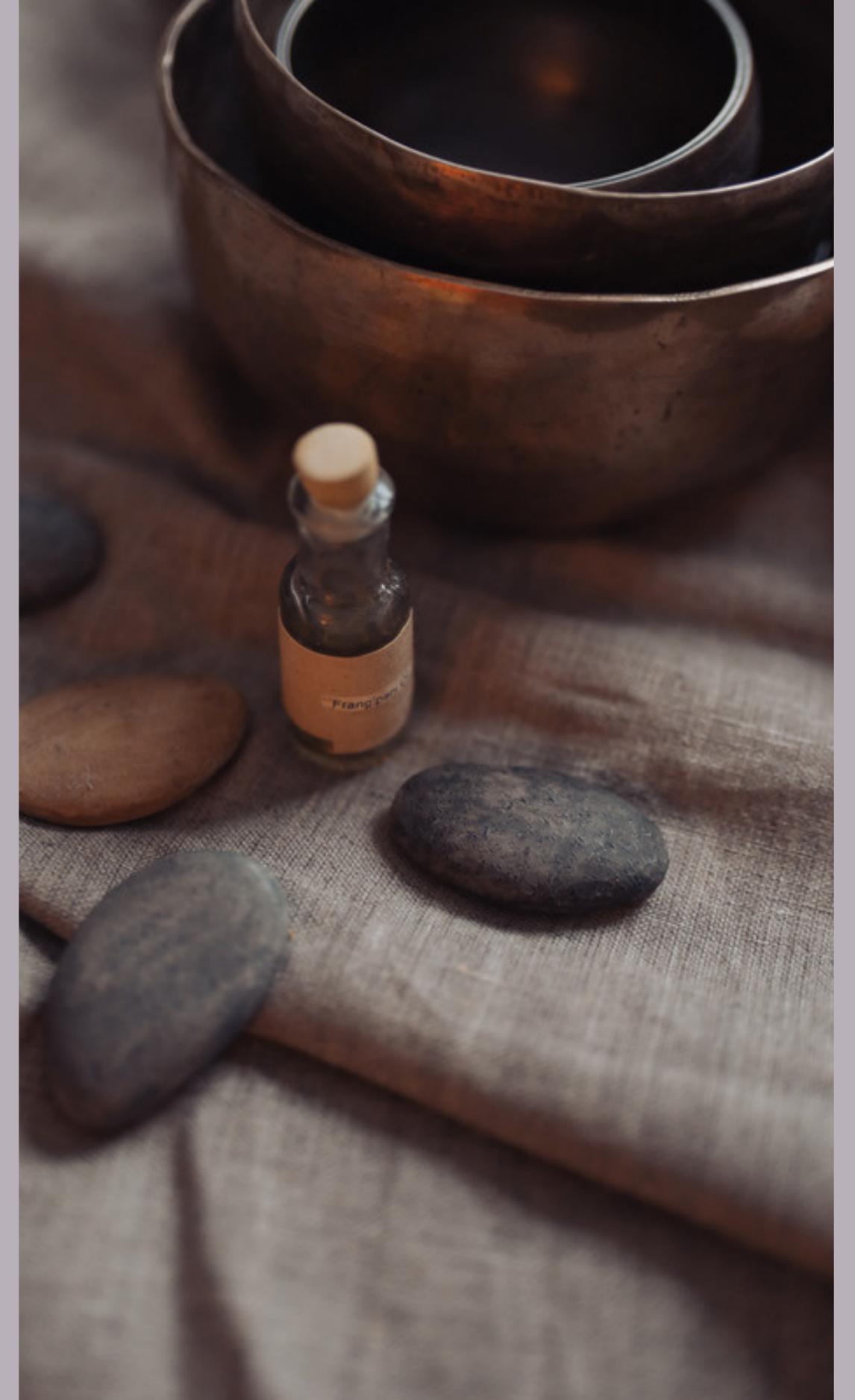
REFLEXOLOGY

YOGA

MEDITATION

SALT THERAPY

**HRV STRESS ASSESSMENT &
BIOFEEDBACK**



WELCOME TO ISHADHARA'S SACRED SPACE



Dotted with contemporary amenities, Ishadhara weaves the comforts of urban living within its natural habitat.

At the foothills of lush greenery

74 Beds

Outdoor Activities

Yoga Hall

Diet Centre

LOCATION

Situated in Tenkasi at a distance of 119 Km from Madurai airport. It is located in the pristine environment of southern India, on the Deccan Plateau surrounded by the Western Ghats on all three sides.



From Vasudevanallur Bus stop
5 min (2.3 km)



From Madurai Airport
2h 30min (119 km)



From Rajapalayam Railway Station
45min (32 km)



From Tenkasi Junction
60min (40 km)

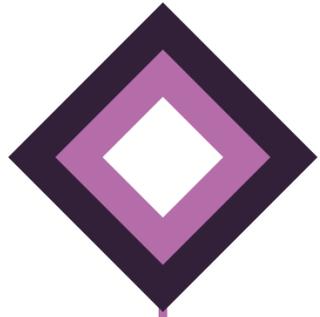


From Kovilpatti Railway Station
1h 45min (75 km)

STAY AT ISHADHARA

At Ishadhara, our living spaces bring together our philosophy, contemporary aesthetics, exceptional comfort, thoughtful lighting, design and simplicity. The accommodations can house upto 74 Guests at the complex.





STMC GROUP

S Thangapazham Medical College of Naturopathy & Yogic Science was established in 2020 with greater goals to provide exemplary Naturopathy & Yoga Medical education and medical care of global standards. Its world class faculty & State-of-the-art facilities provide an unparalleled learning experience to students from Tamilnadu and across the Nation.

STMCNYS is managed by Thiru K Subramania Nadar Vadivoo Ammal Educational Trust. The trust is a charitable organization in Vasudevanallur, Tenkasi. The trust was envisioned by Mr. S. Thangapazham and was instituted in 2009. He is the Founder, Author & Philanthropist, who promotes, provides & imparts Education of high standards, Health Care to all through this trust. The trust also runs School, Agriculture College & Polytechnic College.

Mr. ST Murugesan, [Secretary] is a leader with foresight & integrity. His vision is to give education to promote the status of the students in rural areas who are educationally backward and to offer them easy access to quality higher education and to build confidence in them to prove their realm of success.



ISHADHARA

WELLNESS RETREAT

Ishadhara, A unit of
S.Thangapazham Medical College of Naturopathy and Yogic Science
Research Centre, Vasudevanallur, Athuvazhi, Tenkasi, Tamilnadu 627758

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