



DISCOVER YOUR INNER HARMONY



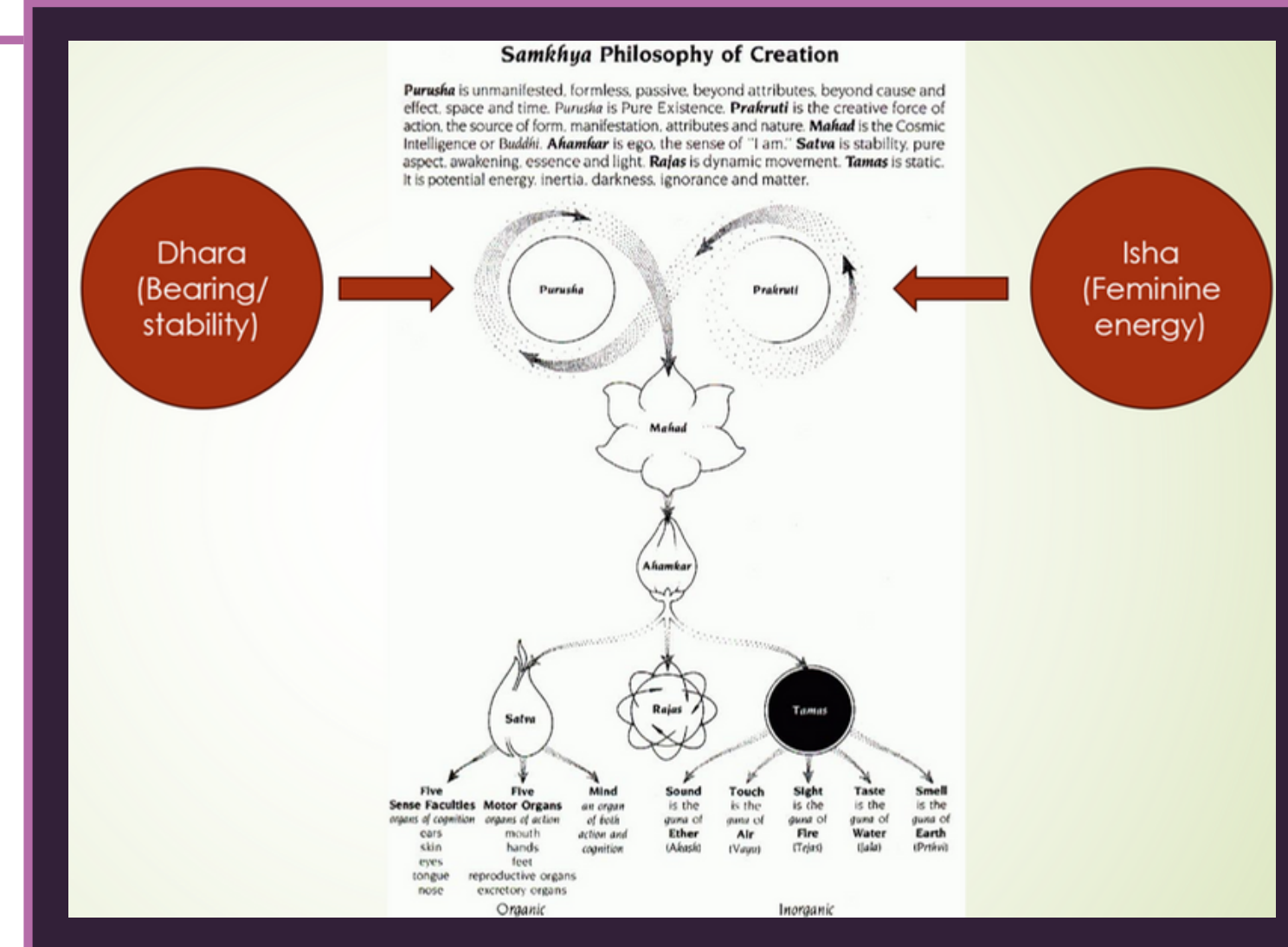
ISHADHARA: THE BRAND CONCEPT

In Sanskrit, the term "Īshādhāra" (ईशाधार) is a compound word made up of two components:

"Īshā" (ईशा): This word refers to the goddess or divine feminine aspect of the divine. It is often used to represent the supreme female power or energy, often associated with a deity like Devi or Shakti.

"Dhāra" (धार): This word means "holder" or "bearer." It is derived from the root "dhri," which means "to hold" or "to bear."

Therefore, the term "Īshādhāra" can be understood as "the holder or bearer of the divine feminine power" or "one who embodies or carries the energy of the goddess."



INTEGRATIVE MEDICINE

Ishadhara Wellness Retreat welcomes you to the world of Integrative Medicine, where we address your pain points with a unique blend of Naturopathy, Yoga, Ayurveda, & Siddha.

Discover the power of naturopathy as it unlocks your body's innate ability to heal. Say farewell to discomfort & welcome a rejuvenated you.

Let yoga guide you towards balance, strength, & serenity. Say adieu to stress & welcome tranquillity into your life.

Explore the wisdom of Ayurveda, a system that has stood the test of time. Bid adieu to ailments as it restores your body's natural equilibrium.

Embrace the profound knowledge of Siddha, an ancient tradition that heals on a deep level.

Say goodbye to imbalances & welcome a state of holistic well-being. Our integrative medicine offerings are your gateway to a life of harmonious existence. Your story of wellness starts here



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 mind shift in living.

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

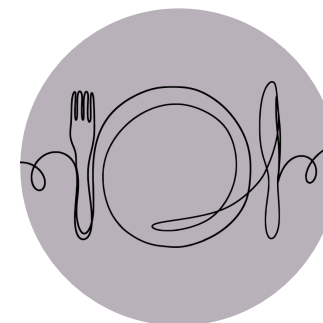
A CONFLUENCE OF THREE PILLARS OF WELLNESS

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



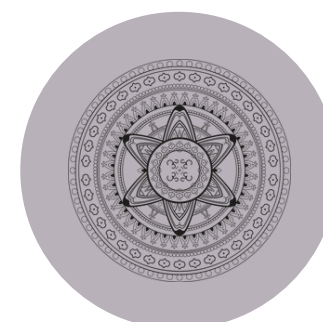
MIND BODY MEDICINE

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.

THERAPEUTIC AMENITIES

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



MIND BODY MEDICINE

- a. Acupuncture, acupressure and reflexology
- b. Hydrotherapy
- c. Colon cleansing
- d. Mud therapy, body wraps and scrubs
- e. Massage and manipulative therapies
- f. Chromotherapy and magnetotherapy
- g. Aromatherapy
- h. Physiotherapy
- i. Yoga Therapy
- j. Salt Cave
- k. HRV Stress assessment and biofeedback
- l. Ayurvedic Panchakarma
- m. Holistic Siddha



PRECISION NUTRITION

- a. Personalised nutrition therapy
- b. Grain-free gourmet restaurant
- c. Whole food-plant based diet
- d. Phytonutrients
- e. Healing herbs
- f. Gut focused menu and probiotic shots



SPIRITUALITY

- a. Meditation
- b. Yogic relaxation techniques
- c. Zen orchard
- d. Walking trail
- e. Discover devotion



Packages

Ishadhara Wellness Programs

Preventive	Lifestyle & Life Enhancement Program	5 Days	7 days	
	Ishadhara Living	5 Days	7 days	
	Holistic Detox	5 Days	7 days	
	Immunity Enhancement Program	5 Days	7 days	14 Days
	Stress Management & Rejuvenation Program	5 Days	7 days	14 Days

Curative Healing Program

Cardiometabolic Disease	5 Days	7 days	14 Days
Autoimmune Disease	5 Days	7 days	14 Days
Obesity & Weight Management	5 Days	7 days	14 Days
Depression, Anxiety & Stress	5 Days	7 days	14 Days
Women's Health	5 Days	7 days	14 Days
Gastro Enterology & Gut Health	5 Days	7 days	14 Days

Rehabilitative Rejuvenation Program

Reversal of Cardiovascular Disease	5 Days	7 days	14 Days
Reversal of Diabetes	5 Days	7 days	14 Days
Sports Injury Pain Management	5 Days	7 days	14 Days

Retreats

Yoga Retreat	5 Days	7 days	14 Days
Corporate Retreat	5 Days	7 days	14 Days

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

Juice bar

Grain-free gourmet restaurant

Zen Orchard

Walking Trail

Divine Temple

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)

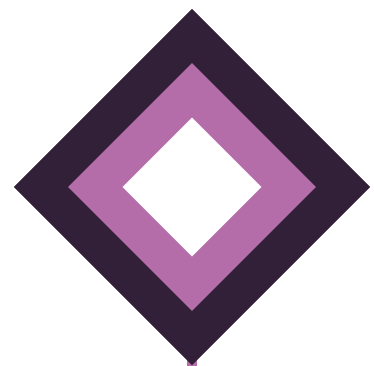


From Kovilpatti Railway Station
1h 45min (75 km)

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
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