

Find
Wellness
Within

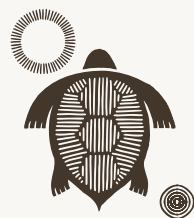


Kshemavana
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AWAKEN YOUR INNATE ABILITY TO HEAL

Experience transformative well-being as we guide you on a lifelong journey of holistic care, tuned to your needs.



Kshemavana is a sanctuary for those who seek to heal—naturally, holistically and sustainably.

HEALTH IS IN YOUR HANDS

Conceived by pioneers in naturopathy and yogic sciences, we are catalysts for lifestyle change, charting individualised paths to healthy living. Spanning 20 acres of reforested land, lush with native flora, Kshemavana is designed for a deep retreat into nature. While therapeutic spaces are guided by our five streams of wellness, our cottages, suites and rooms inspire luxurious rest.





*Make health a habit,
and wellness your sadhana.*



Through naturopathy,
yoga and drugless
care, we help the body,
mind and spirit restore
their natural balance.



THE KSHEMAVANA WAY

Our habitat has been carefully designed to give you the time, space and guidance you need to make life-sustaining change. Going beyond the doctor-patient prism, we believe in a lasting *sadhaka-sahayaka* relationship. No matter where you are on your journey, together we find your path and help you stay on it.

A CONFLUENCE OF FIVE STREAMS

At Kshemavana, we take a 360° perspective from diagnosis to care, understanding the physical, emotional, spiritual and environmental influences on well-being.

Our holistic healing philosophy integrates mindful practice of mind-body, nutrition, sleep, gut health and energy therapies.



Aahar
Food and
Nutrition



Dipan
Gut and
inner flora



Nidra
Sleep and
restoration



Smriti
Mind and
body



Urja
Energy and
balance



Aahar Food and nutrition

Sift food from fad. Prescribed by doctors and crafted by chefs, nutrition at Kshemavana is seasonal, local and balanced. But above all, it is sustainable — a diet designed to be embraced and enjoyed beyond life at our sanctuary.



Dipan Gut and inner flora

Carefully calibrated food therapies nourish the human microbiome in the body's second brain. Nurture inner flora for better digestion, essential for optimal mental and physical health. Feel the difference in your gut and beyond.



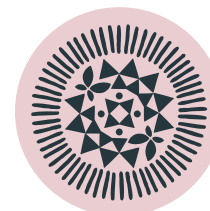
Nidra Sleep and restoration

Recover through rest. Based on the science of circadian rhythms, our sleep therapists guide the mind into a restful state, essential for the body to quietly replenish its reserves for the next day. Experience the regenerative power of sleep.



Smriti Mind and body

Unlock the power of the mind-body connect. We draw equally from the ancient wisdom of meditation and contemporary psychology to evolve personalised therapies for transformative healing.



Urja Energy and balance

Transcend the physiological prism of health. Energy therapies help rebalance the body's energy fields, impacting both cell growth and repair. Channel electromagnetic, light, sound and subtle energies for deeper healing.

OUR HOLISTIC THERAPIES

The first step at Kshemavana is to discover your individual needs. Most illnesses today stem from the stresses of contemporary urban lifestyle. Whether you are coping with a specific medical condition (diabetes, hypertension, asthma et al) or seeking a healthier way to live, our five-stream philosophy of wellness heals from the root.



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

Acupuncture

The ancient Chinese practice of Acupuncture, which uses needles and suction cups, unblocks meridian channels to awaken the body's immune system.

Diet & Fasting Therapy

A critical aspect of health, scientific diet and fasting programmes are designed for each individual based on their goals. We shift the focus from deprivation to wholesome balanced and timely nutrition.

Hydrotherapy

Our Hydratic experiences harness the curative power of water using a sequence of baths, packs, jets, underwater massages.

Massage

Beyond pain relief, our massage therapies facilitate better circulation, strengthen joints, release muscle and nervous tension and aid in relaxing the body and mind.

Mud Therapy

Good for the skin, joints and metabolism, mud has cooling, anti-inflammatory and hydrating properties. Antioxidant-rich mud therapies offer both relaxation and health benefits.

Physiotherapy

Our medically trained physiotherapists are equipped with the latest in the field. Whether you are recovering from an injury or coping with a chronic condition, we help you manage pain sustainably.

Reflexology

A non-invasive practice involving the application of pressure to the sole of the feet, reflexology can calm the mind and heal the body. Pressure points that correspond to the organs are activated, improving health and overall well-being.

Yoga

Yoga is a physical, mental and spiritual practice. Through a guided sequence asanas, breath control, cleanses and meditation, our yoga therapies boost inner health and balance. At Kshemavana, we follow a systemic and scientific approach to traditional yogic methods to improve contemporary lifestyles.

Welcome to our forest of wellness

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

Spread over 22 Acres

378 Beds

Outdoor Activities

Kurma: Yoga Hall

Nandi: Diet Centre



Stay at Kshemavana

Private Spaces

At Kshema Vana, our private living spaces bring together our philosophy, contemporary aesthetics, exceptional comfort, thoughtful lighting, design and simplicity. The accommodations can house upto 364 Guests on the complex spread over 20 acres of revived forest land.

Vana Suites (1065 sq ft)

16 secluded suites filled with natural light and a generous sense of space. Each Vana suite comes with a king size bed, en-suite bathroom, living room and dining area, vestibule/attendant room, shared lounge and deck. It includes a full-service private treatment area with a deluxe hydro bath, steam, sauna and massage room facilities. 4 suites are wheelchair accessible.



Pushpa Suites (750 sq ft)

16 spacious suites that enjoy a 180 degree view of lush gardens. Each Pushpa suite comes with a king size bed, en-suite bathroom, living room and dining area, vestibule/attendant room, and outer deck. It includes a private massage room and access to a steam room shared between two suites.



Community Living

Transition into a healthier way of life together. Ideal for groups as well as solo guests who thrive in company, our Community Living spaces help you expand your wellness circle. Spacious shared facilities create opportunities to meet like minded people, while offering a grounded experience for varying budgets.

Taru Rooms (350 sq ft)

26 well-appointed rooms with a view of the gardens and a comfortable resting space. Each Taru room comes with twin beds, private bathroom with personal hip bath facility, wardrobe and balcony. Access to an independent treatment wing and yoga courtyard make this a complete experience.



Lata/Fala (150 sq. ft)

48 comfortable rooms with a view of the gardens, a well-appointed resting space, bathroom and wardrobe. Dormitory facility also available in 6 or 7 bed shared accommodation formats.



Treat at Kshemavana

Public Spaces

The common areas like the administration block, yoga centre and diet centre are celebratory spaces built around function. They work as orientation spaces and allow guests to meet and interact, engaging in a collective wellness journey.

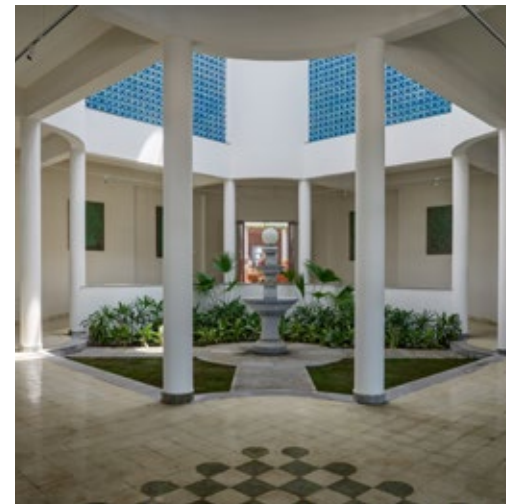
Kurma (Yoga Hall)

The Kurma, or the Tortoise building, is an ode to all the water animals. It houses the pool (*Vari*), a modern gymnasium (*Garadi*), yoga studio / library (*Bodhi*) and meditation hall (*Dhyana*) at the ground level. The upper level is dedicated to an airy yoga hall cum auditorium (*Siddha*) with a majestic roof inspired by a tortoise shell.



Garuda (Admin Block)

The Garuda, as the name suggests, is an ode to all the creatures of the sky. It houses the OPD (*Pravesha*), administrative block, treatment areas and salon (*Kaya* and *Kalpa*). This innovative steel building also houses a state of the art Naturopathy Exhibition Centre that explains the fundamentals of the process and enrolls patients into the treatments.

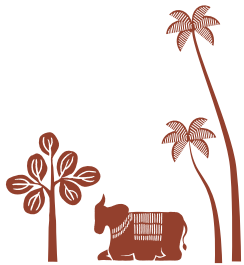


Nandi (Diet Centre)

The Nandi block is an ode to creatures that belong to the land. The ground floor houses the diet centre, comprising of separate areas for the juice diet (*Jala*), raw diet (*Prithvi*), boiled diet (*Agni*) and a multipurpose hall (*Akasha*). The first floor has individual treatment centres for men and women (*Purusha* and *Prakrati*), thoughtfully designed for privacy and efficiency.



Rooted in the science of nature



THE DHARMASTHALA STORY

The seeds of Kshemavana were sown 35 years ago in the heritage town of Dharmasthala. Our roots lie in India's first college of Naturopathy and Yogic Sciences, established by our founder Dr Veerendra Heggade. Today we have grown into a family of wellness centres —each with its own character, unified by the guiding value of integrated well-being. Shantivana, our first outpatient clinic built in 1987, is now a 400-bed facility with a modern hospital complex. In 2015, we opened Soukyavana in Manipal, a 300-bed centre. Kshemavana is built on this legacy of trust.

OUR VISION

To pioneer the growth of naturopathy, yogic and drugless wellness, while embracing technology and modern methods to augment ancient wisdom and traditions.



LEADERSHIP

Dr D. Veerendra Heggade

Padma Vibhushan and philanthropist, Dr. D Veerendra Heggade as part of many path-breaking contributions to social, economic and cultural development of society actively promotes systems of yoga & naturopathy through institutions such as Kshemavana.

www.kshemavana.com

Kshemavana

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and Yogic Sciences

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