



Discover the Philosophy of Ayurveda

**Immerse yourself in the world of Ayurveda
and discover rituals that promote
inner harmony and mindful well-being.**

The programme includes:

- facial self-massage techniques
- natural relaxation methods
- everyday rituals that support overall well-being

The workshops will be led by Jagan Rajamoni
– a certified master of traditional Indian manual therapies
and co-founder of an Ayurvedic clinic in Kerala.

**The workshops will take place every Saturday
from 12:00 to 3:00 p.m., from 19 September to 31 October 2026**

Participation is complimentary for Hotel Guests.

