

# Shanti MAKAAN AYURVEDIC WELLNESS CENTRE

Shanti Makaan (House of Peace), is the inspiration of Dr. Maurya who had a clear vision of creating a wellness centre where the natural and peaceful atmosphere - rarely found in the 'hectic' present day - would complement and enhance these ancient Ayurvedic therapies with Yoga & Meditation.

The forested mountains of the Himalayan foothills provide a calming 'green-ness' throughout the property, where all seventeen en-suite rooms and relaxation areas enjoy magnificent and inspiring views.

During your stay, you would enjoy professional and individual care by our highly experienced, skilled and dedicated team of on-site Ayurvedic doctors, therapists, Yoga Teachers to make you feel comfortable in your Himalayan home.



Well Trained Staff



Cozy Lounge



Mountain View Terrace



Twin Bedroom



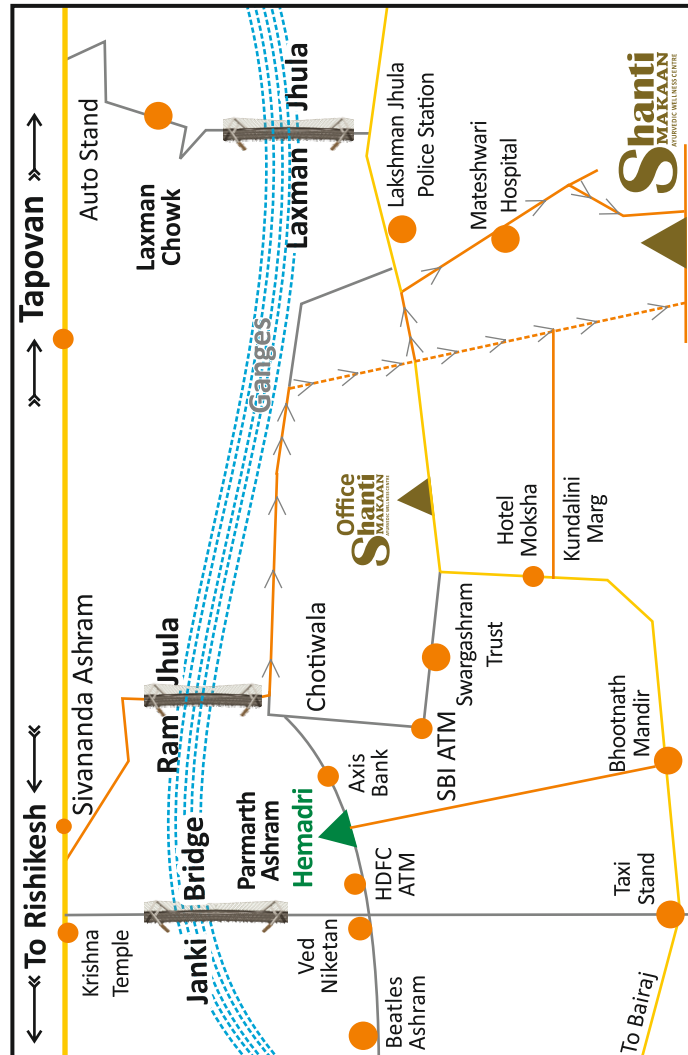
Yoga, Meditation & Pranayam



Ayurvedic Healthy Diet



- Ayurveda Therapy Panchakarma Course.
- Ayurveda Marma Therapy Certificate Course.
- Certificate in Ayurveda basics; Introductory Course.
- Herbalism Course, Ayurvedic Medicine Preparation Course.
- Herbalism course, Ayurveda Medicinal Plants Course.



# Hemadri AYURVEDA CENTRE

Ayurvedic Treatments, Teachings & Yoga



Lord Dhanwantri



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Right to left: Dr Maurya, Mr Babloo Gupta, Mr Ravi Kothari, Miss Shivangi Trivedi, Mrs Munn, Mrs Rekha Pundir, Mrs Rani Gupta



Dr. Maurya is a certified Ayurveda Doctor specializing in Panchakarma treatments, detoxification, rejuvenation, Ayurvedic therapies, pulse diagnosis (Naadi Pariksha), knowledge and use of medicinal plants and Ayurvedic dietetics. He has been practicing since 2005 serving clients from all over the world. Dr. Maurya also travels round the globe to teach and provide Ayurvedic consultations, treatments and retreats.



Promoting Ayur-vedic way of lifestyle, Ayurvedic medicines, Panchakarma detox, Ayurvedic therapies, yoga therapy, meditation and natural therapies to cure the illness and to maintain the overall physical mental and spiritual health. We are well experienced in the field of Ayurveda with Doctors, Ayurvedic technicians, yoga therapist and meditation teacher.

**Please come and experience the effect of  
Ayurvedic Well being**



Shirodhara



Abhyanga Therapy



Steam Sauna



Neck Treatment



Spine Treatment



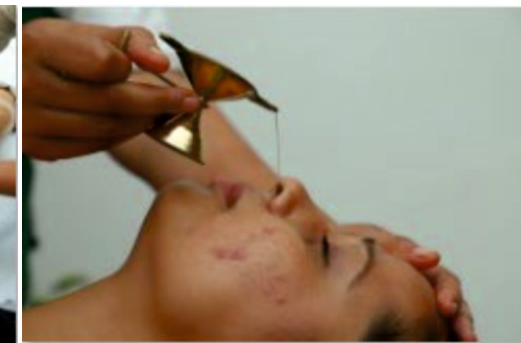
Knee Treatment



Potli Massage



Foot Reflexology



Eye Therapy



Ear Therapy



Nose Therapy