

Shanti
MAKAAN
AYURVEDIC WELLNESS CENTRE



"Dhanvantri" - The Lord of Ayurveda

“Greetings from Rishikesh, home of ancient sages, the holy mother Ganges River and the Himalayas.”

Shanti Makaan (House of Peace), is the inspiration of Dr. Munnilal 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.

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 and skilled on-site Ayurvedic doctor and a dedicated team of therapists and staff to make you feel comfortable in your Himalayan home.



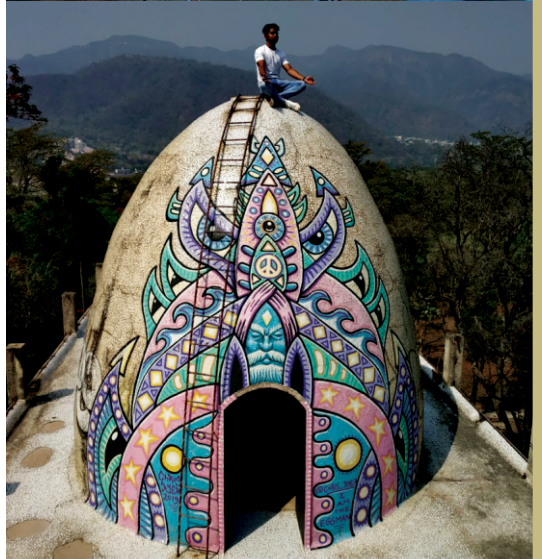
Dedicated Team of Shanti Makaan

Shanti Makaan Ayurvedic Wellness Centre



Shanti Makaan (House of Peace), is located in Jonk village, half way between the two famous suspension bridges (Ram Jhula and LaxmanJhula) that span the Ganges River in Rishikesh, is the ideal place to experience, learn and receive the benefits of the five thousand year old ayurvedic principles of natural wellness and healing.

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Dr. Maurya is a qualified Ayurveda Doctor specializing in panchakarma treatments. He has been practicing since 2005 serving clients from all over the world.

Dr. Munni Lal Maurya

In addition to Shanti Makaan Ayurveda Wellness Centre, Dr. Maurya has a well-established Ayurvedic treatment centre at Parmarth Niketan Ashram.

Dr. Maurya is an expert in panchakarma detoxification and rejuvenation, Ayurvedic therapies, pulse diagnosis, and knowledge and use of medicinal plants and Ayurvedic Dietics.

Dr. Maurya also travels to other countries to teach and provide Ayurvedic consultations, treatments and retreats.

For example he has held Ayurvedic Panchakarma retreats and delivered courses in Ayurveda Diagnosis and Treatment and Marma therapy in China, Japan and Australia, and provided education and consultations on The World Luxury Ship

*Sri Swami Atmananananda
Giri is a Homeopathic doctor
from Kerala, residing in
Rishikesh since 11 years.*

Paranyama and Meditation class conducted daily. The Guest are guided to a state of relaxation through Yoga Nidra Pranayama and Meditation to optimize the functioning of joints and glands and purification of the nadis, to help the prana flow throughout the body & deep relaxation.



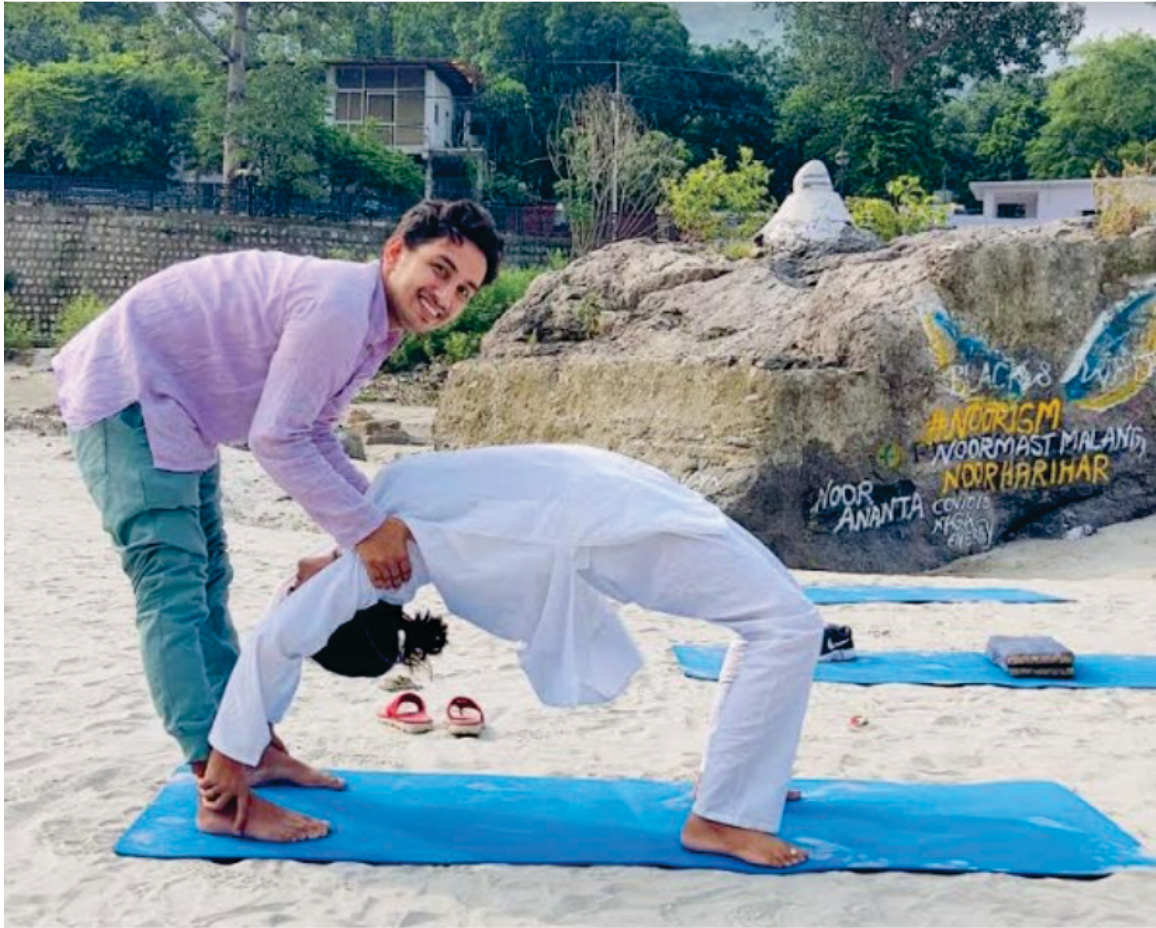
Sri Swami Atmananananda

Guest are brought to an understanding of meditation as a way of life and a means of achieving balance within themselves in a stressful and fast-paced existence, rather than exclusively as physical exercise.

Yogi Upendra is international teacher. He teaches all about how to breath deep and improve your lung capacity, brain oxygen supply and overall complete oxygenation of body and mind. To get deep relaxation with meditation is his specialities which helps to detox, relaxes and balance your body mind and spirit.



Rahul Nautiyal (Yoga Instructor)



Mr. Rahul is specialized and experienced yoga trainer. He has been practicing for over 7 years serving clients from all over the world.

The Guests are advised to attend daily Yoga classes as instructed by Dr. Maurya based on wellness program.

Yoga classes are conducted in yoga hall or banks of River Ganga ji depending up batch size.

Yoga in shanti makan is customized according to problems. You will learn and practice yoga at home even after your stay at shanti makan.



*During their stay guest are advised to join the
"Wellness program" as shown below.
Duration of program vary from one day to 30 days as
advised by Dr. Maurya.*

- ❖ Holistic Panchakarma wellness program
- ❖ Purification of 5 senses program
- ❖ Weight Loss Program
- ❖ Hypertension(BP) management program
- ❖ Diabetes cure program
- ❖ Chronic pain management program
- ❖ Skin care program
- ❖ Post Covid-19 care program
- ❖ Gastro wellness program
- ❖ Mental wellness program



Daily Schedule

*During their stay guest has to follow the
"Wellness program Daily Schedule " as shown below.
Schedule may vary as per needs of guest or as required.*

6:00 AM	Wake up (please set your alarm)
6:20 AM	drink hot water 2 glass (available at the lounge) to evacuate the intestine
6:30 AM	Drink Herb Tea/green herb juice ½ cup only at lounge.
7:00 AM	Yoga for joints and spine to open your body
8:30 AM	Breakfast, have fruits and poha /Daliya / Upma / Salads – comes from kitchen, Herb tea- please help yourself
9:00 – 11:00 AM	Ayurveda consultations/Ayurveda
11:00 – 01:00 PM	panchakarma treatments as prescribed by Doctor
12:30 – 2:00 PM	Lunch – have Thali green vegetable, Dal Mung beans / yellow, barley / corn / mellet / wheat Chapati and yellow/red/white rice
2:00 – 4:00 PM	Rest and read



Daily Schedule Continued...

- 4:00 PM Herb tea at lounge
- 5:00 – 6:00 PM Meditation/Yog Nidra/Pranayama, please come with comfortable white Kurta Pajama or any comfortable cloth
- 6:30 PM Dinner at lounge, soups / dal / khichadi / green Veggies
- 7:00 PM (herb for better digestion and evacuation at the lounge- 1 tea spoon mix with ½ cup water and drink) and walk
- 9:00 PM Go to sleep



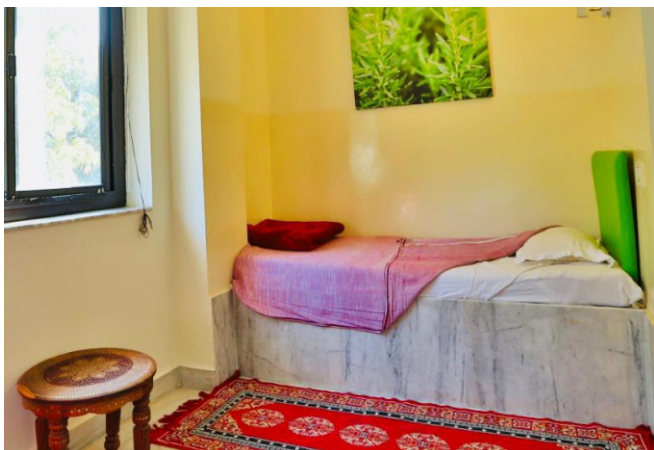
Facilities



Well Trained Staff



Cozy Dining lounge



Single Bed Room



Twin Bed Room



Attached toilet & Bath room



Loby

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Facilities



Garden View Terrace



Mountain View Terrace



Food served



Breakfast served



Yoga Hall



Yoga on Banks of River Ganga Ji



Dr. Consultation

Panchkarma



Shirodhara



Knee Treatment



Steam sauna



Neck Treatment



Spine Treatment



Abhyanga Treatment

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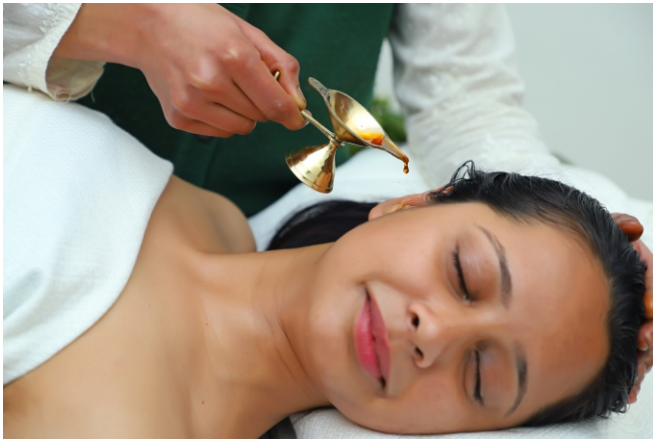
Panchkarma



Eye Therapy



Nose Therapy



Ear Therapy



Nose Therapy



Back Therapy



Foot therapy

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www.rishikeshayurveda.com



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Site Tour

(View online video of Shanti Makaan)



<https://youtu.be/-5h6CTG9yQw>



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ONLINE COURSES



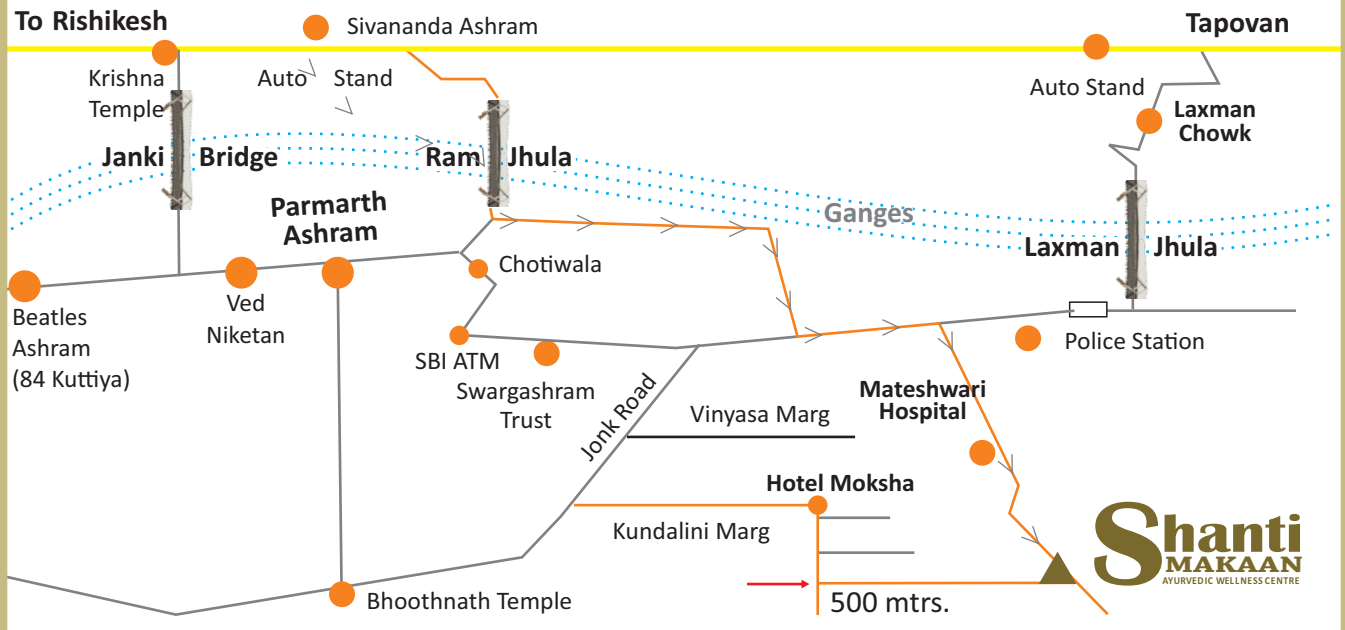
Online Dr. Consultation

www.online.shantimakaan.com

- ❖ 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

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How to Reach us?



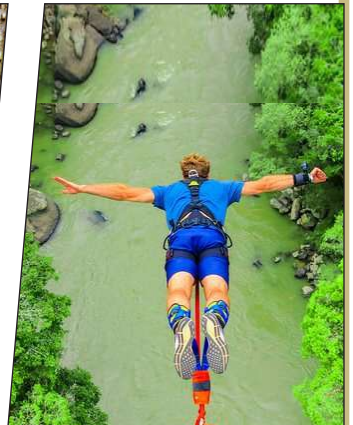
Distance From :

Rishikesh ISBT via Bridge	: 3.5 kms.
Rishikesh ISBT via Car	: 16 kms.
Yog Nagri Railway Station	: 17 kms.
Jollygrant Airport	: 31 kms.
Haridwar Railway Station	: 33 kms.

Nearby Attractions :

Laxman Jhula	:	1 kms.
Ram Jhula	:	1kms.
Patna Waterfall	:	7 kms.
Bungy Jumping	:	17 kms.
Neelkanth Temple	:	55 kms.
Kunjaburi Temple	:	72 kms.

For Travel Assistance & Sight Seeing Contact Reception



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Google Maps

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