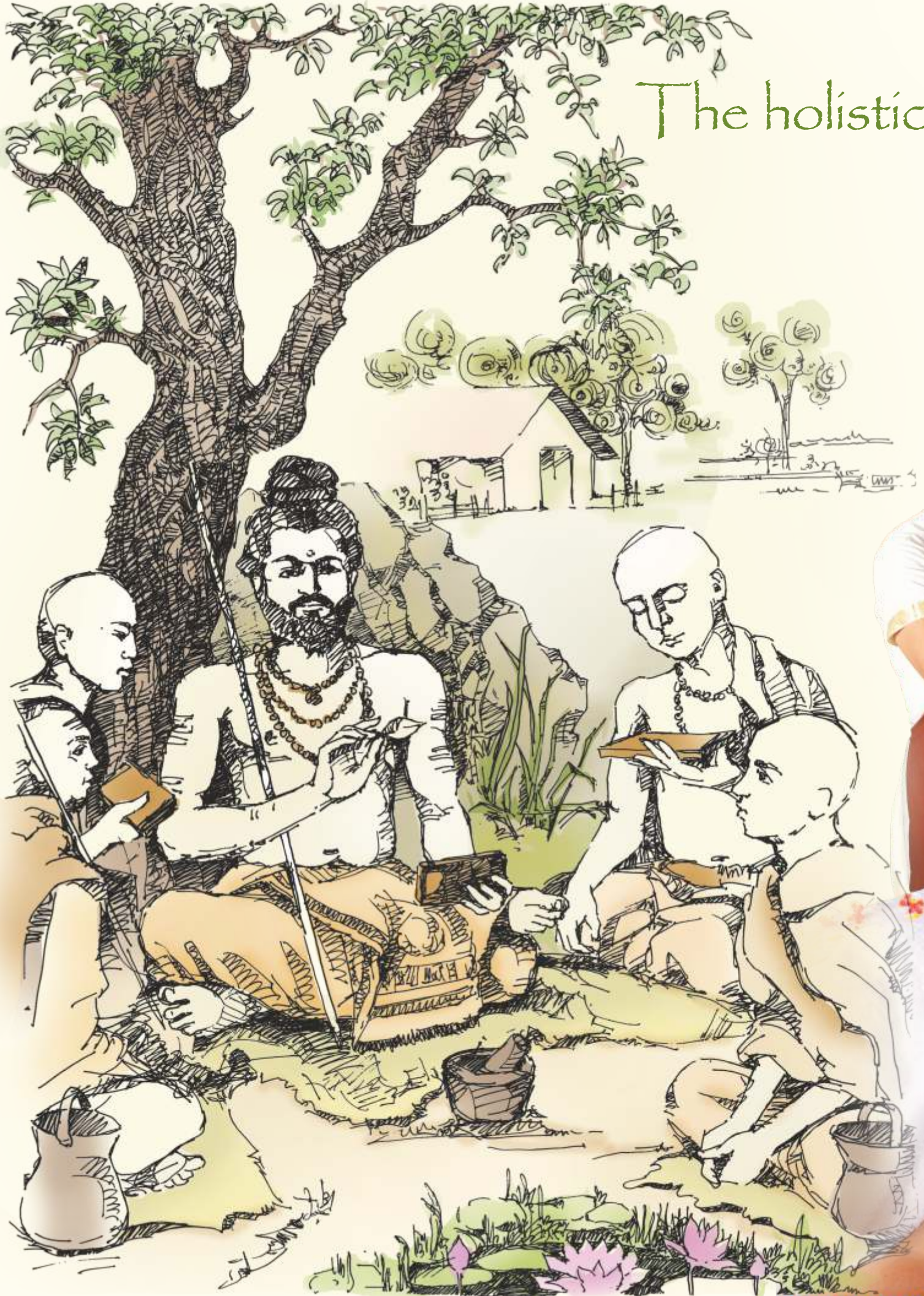




Ayurveda, Yoga and Meditation
in India.

The holistic I



Legacy of humankind

In ancient India the science of well-being and healthy life originated and developed in the wake of the rational and spiritual stirrings of the Vedic civilisation, manifest in the oldest surviving books in the world, the Vedas.



Baby Mathew

Chairman and Managing Director

Welcome to **Somatheeram Ayurveda Group** in Kerala, India. We are the foremost Ayurveda resort group in the world for authentic Ayurvedic treatments, Yoga and Meditation.

Somatheeram - The world's first Ayurveda resort founded by Baby Mathew in 1985, today we have five deluxe Ayurvedic resorts in Kerala and enchanting houseboats in the backwaters. **The mission of the Group is "to offer the essence and soul of the ancient medical science of Ayurveda and the art of Yoga and Meditation."**

The Group is internationally renowned for the effort it makes towards the health of humanity, its social responsibility and its environmental preservation.

The Somatheeram has **six times been awarded "India's Best Ayurvedic Resort"** (by the **India Government**). It has **eleven times been awarded "Kerala State's Best Ayurvedic Resort"** (by the **Kerala Government**). Somatheeram has now won 35 major International and National awards for excellence in the Ayurveda & Yoga sector.

Somatheeram & Soma Manaltheeram Hospitals are accredited with **NABH (National Accreditation Board for Hospitals and Health Care providers)**. NABH is given by Quality control (Government of India), it is the highest grading in India for hospitals and health care providers. Also it is accredited with **Green Leaf** (Government of Kerala), **HACCP - Food safety** (British standard institute - UK) and **Ayurveda SPA Europe certificate** (European Audit Institute Wellness & SPS e.V. - Germany)

"Somatheeram" here people from different nationalities and cultures come together to share the glory of an ancient wisdom – Ayurveda, Yoga & Meditation-which ensures a harmonious balance between your body, mind and soul.



Ayurveda

or the science of longevity

In pursuit of eternity the human spirit realised at some point of time that a healthy body with a long life is required to satiate the search for a timeless existence.

Thence started Ayurveda, the science of longevity. The preservation of the body in a lively condition is an ancient science perfected by Indian sages.



It is generally believed that **Ayurveda originated from the Vedas**, particularly **Atharvaveda**, wherein many diseases and cures are mentioned. The earliest surviving treatises on Ayurveda are on internal medicine and surgical techniques, **Charaka Samhita and the Sushruta Samhita** respectively, both dating back to at least **3000 years old**.

Though we have lost some early sources, a concise compilation was made more than 1000 years ago, which is the most referred Ayurveda text book in today's world—**Ashtanga Hridayam**.



In the modern world, Ayurveda is considered an alternative medical system and increasingly made use of in all parts of the world, particularly in Western countries. The popularity of Ayurveda is spreading fast in Europe as well, particularly in Germany.

Ayurveda's efficacy in all age-related diseases (e.g. arthritis) has been tested and proven. Another popular Ayurveda therapy is **Panchakarma, which is a detoxification therapy** that supplements body's vital constituents and **revitalises the body and mind**.



Is **Yoga** a spiritual exercise?

For those who have some practical knowledge of **Yoga**, its benefits are self-revelatory. It optimizes the functions of the organs, muscles, bones, nerves, blood vessels and other components of the body through scientific postures (**asanas**) and combines these with breathing techniques. Meditation, or the technique to make the mind still, is also an integral part of Yoga.



However, Hatha-Yoga is just one of the multitude of streams of **yogic tradition** that ultimately flow back to one single ocean, comprising a holistic system generally called Yoga.

Yoga for body and mind

What is generally called Yoga today is Hatha-Yoga, the most popular physical exercise regime of the contemporary world.



Whatever might be the physical benefits of Yoga, one can hardly ignore its spiritual origins. Its etymology speaks of "**union**". The union of the body and the mind, the union of the subject and the object, the merging of the seer and the seen.

All streams of Yoga originate from Samkhya-Yoga. While Samkhya represents the theoretical basis, Yoga concerns itself with the practices to achieve the objective. Patanjali's *Yoga Sutra* is based on this ancient philosophy.

"There is no wisdom like Samkhya,



Hatha-Yoga exercises are meant for the initial conditioning of the body and are considered as a preparatory stage of physical purification that the body practises to qualify for higher meditation or Yoga.



no power like **Yoga.**" - Mahabharata, an Indian epic.



Ayurveda and Yoga form a wholesome pair and play a major role in the alleviation of maladies that afflict the mind and body in the course of life. Somatheeram embraces the same philosophy of Yoga and Ayurveda—taking care of the whole being than just treat the symptom of a malady.

Yoga and Ayurveda go hand in hand at Somatheeram.

Thus Somatheeram fulfils the basic needs of a human being for a holistic, wholesome and natural life.

Somatheeram prepares you to meet the tall demands of modern life with a cool mind and a lively body. Learn the basics of Yoga, consolidate what you have learned and explore what more is offered. Get familiar



Ayurveda and Yoga



- Winner of National Award From Government of India as "India's Best Ayurveda Wellness Centre".
- Winner of State Award from Government of Kerala as the "Best Approved And Classified Ayurveda Centre In Kerala".



with the principles of Ayurveda, obtain treatment for a malady, or prepare yourself for a longer and healthier term of life through the rejuvenation and anti-aging therapies offered by Ayurveda at Somatheeram.

Qualified and experienced Ayurveda physicians will be of assistance to you in your search for an enhanced quality of well-being and good health. Likewise, you can rely on qualified and attentive **Yoga Guru's** to coordinate and attune postures and exercises.



Come, sample what we have in store for you here! Most of the traditional food served here come from the local farms and emphasis is laid on natural and healthy food that is organically grown.



at Somatheeram





Health filled **Ayurvedic** Holidays.

Located at Chowara Beach on a hillock 9 km south of the famous Kovalam Beach, Thiruvananthapuram, Kerala with over 15 acres of greenery all around.

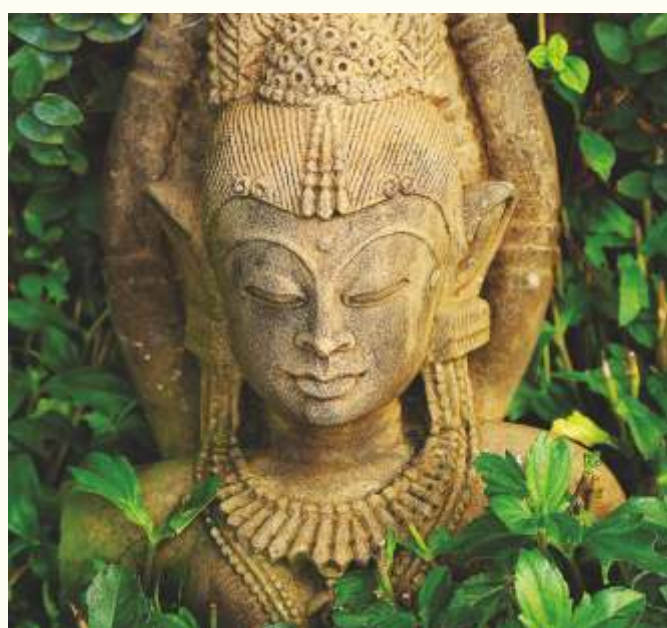
Somatheeram Ayurveda Village, the first Ayurveda Resort in the world is unique in every aspect. A complete resort with Tradition, Culture, History, Yoga, Ayurveda, Beach and Nature.



The cottages offered are the most cosy and comfortable retreat. The winding pathways across the courtyards leading to the houses are fringed with granite sculptures, all merging with the beauty of the land.

Finest features of traditional Kerala architecture make each building a unique piece of art.





Somatheeram is an architectural archive, a unique harmony of tradition and elegance.

Somatheeram spreads over an incredible expanse of greenery, sloping down to the sandy beach. Where the noontide is cool. The breeze robs the heat away. Bathe in the brilliant sun on the beach. Ethereal calm pervades the place at sunset and soft music flows like fragrance far out in the sea. A thousand lights gleam from the fishing rafts, matching the heavens lit by countless stars.



- Fully equipped Ayurveda Centre
- Open-air facility for Yoga and Meditation
- Meditation hall
- Indoor Yoga hall
- Lawn
- Ayurveda lectures
- Ayurvedic cuisine

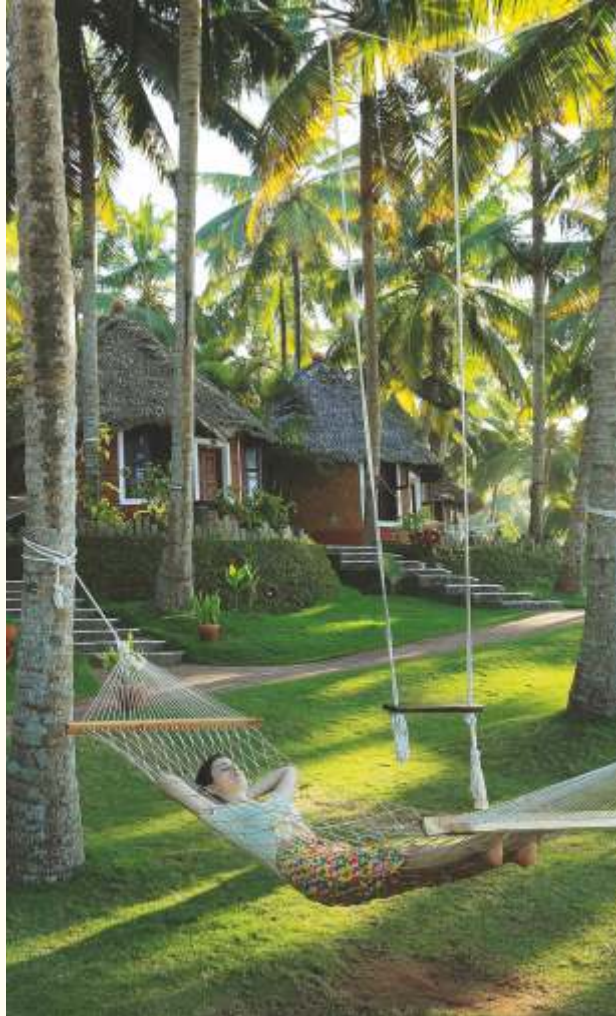


Body is considered the
temple of the spirit
in all ancient cultures.



Manaltheeram, the Beach Village, situated at Chowara, a stone's throw away from Somatheeram Ayurveda Village.

Manaltheeram gives you an opportunity to pamper yourself with a heavenly experience. The rejuvenating and healing energy of the sun and sea breeze welcome your body to the path of relaxation and health.



The huts are set on the margins of a paved path along which one can amble to the cliff edge or down to the beach.

The paths are lined by the yellow of marigolds, the fluorescent green of "pisonia" and other medicinal herbs which make up a healthy environment for healthy breathing.







Manaltheeram offers a variety of therapeutic packages for all seasons including the monsoon, which according to Ayurvedic system, is the most appropriate season for thorough medical care. The programmes include rejuvenation therapy, various clinical treatments and beauty care. A menu consisting of 250 vegetarian dishes made from an assortment of vegetables, raw salads and fruit juices are available.

The purification and alleviating therapies of Ayurveda leaves no

room for your system to fail.

Manaltheeram with its complex of thatched huts overlooking the ocean fills your days with the caring and sharing of a village life. Each hut that you occupy is an independent entity where modernity and architectural ethnicity join together to relax your mind and body. The environs of Manaltheeram cocoons you in an oasis of green and coolness while offering you the brilliant world of tropical sun and sea.



- Fully equipped Ayurveda Centre
- Indoor yoga hall
- Open-air facility for Yoga and Meditation
- Beach-side Yoga facility
- Meditation hall
- Lawn
- Ayurveda lectures
- Ayurvedic cuisine



Your Perfect Gateway to Luxury & Authentic Ayurveda



AyurSoma, the latest edition of Somatheeram Ayurveda Group, provides guests with luxury beyond compare and offers natural, restorative, and rejuvenative ayurveda treatments based on traditional and authentic methods. This Ayurveda-Yoga luxury resort is committed to guide you to the holistic healing and ayurvedic way of living and well-being. It showcases the best of Ayurveda and provides well qualified physicians and therapists.

Ayurvedic organic cuisine is yet another feature that distinguishes this resort from others. Every dish is prepared in the old style that is according to the ancient ayurvedic diet text.

AyurSoma welcomes guests all over the world to experience the soothing and mesmerizing Ayurvedic tradition that withstood the test of time.

Architecture

Kerala Temple and Palace Architecture:

Dominated by the stamp of Kerala style of architecture, AyurSoma showcases ancient craftsmanship and aesthetic beauty that has been slowly receding from public life in Kerala. The style of exquisite details displayed here is discernible only in few ancient temples and palaces spread out in the region.

Rooms & Other Facilities: Each room in this building has been carefully appointed through able craftsmanship and aesthetic sense to make day to day experience luxuriously as worthwhile and memorable. The ornate pieces would take you back through the centuries and transport you to a romantic

period in Kerala's golden history and culture.

The rooms are luxuriously appointed combining modern amenities with the charm of traditional architecture. You can select from a number of accommodation facilities according to your needs.



AyurSoma is considered as one of the scintillating facets of the Somatheeram Group. Designed as the flagship of the group, AyurSoma offers good health and vitality to all its guests.





Special features:

- Ayurveda hospital with 25 treatment rooms.
- Two Yoga and Meditation halls & one open air Yoga platform, all with sea & beach view.
- All rooms are spacious with sea view (except hill view category which is facing towards the cliff).
- All rooms are having spacious bathrooms with bathtub and walk-in shower.
- Ceramic coated steel bath tub in every room to provide Ayurveda herbal bath facility (as per Doctor's direction).
- Suite rooms are having treatment room, steam bath room and flower bath facilities.
- All rooms are having spacious balcony / veranda.
- 24-hour coffee shop.
- Restaurant & Open air restaurant with sea view.
- Swimming pool with sea view.
- Directly connected to Somatheeram by lift.
- Mini seminar hall.



Accommodation Highlights:

- All rooms are spacious with sea view except hill view category which is facing towards the cliff.
- All the rooms are having spacious balcony/veranda.
- Suite rooms are having treatment room, steam bath room and flower bath attached.
- All rooms have spacious wardrobes.
- Spacious bathrooms with bath tub and walk-in shower.

- Ceramic coated steel bath tub in every room to provide Ayurveda herbal bath facility.
- Suite rooms with steam bath & flower bath facilities to provide Ayurveda bath.
- Free unlimited high-speed wireless internet access.
- Televisions with premium Channels.
- Mini refrigerator in all rooms.
- Tea/Coffee maker ● Locker facility



An idyllic holiday resort by the beach, Soma Palmshore has everything you need to take a break from the mundane – to relax, to refresh and to relive every moment.

Located at the Kovalam Light House Beach in Kerala, which is popular the world over for its palm-fringed beach, the sun, the sand and the surf, Soma Palmshore offers you much more than just a beach vacation. A comfortable stay, a delightful cuisine, the rejuvenating experience of Ayurveda, the soothing effect of Yoga, an experience of the local tradition and culture ... and much more!

- Fully equipped Ayurveda Centre
- Rooftop Yoga hall
- Beach-side facility ● Lawn



Soma Birds lagoon

Birds Nature Ayurveda



Black-naped oriole
(*Oriolus chinensis*)



Indian roller
(*Coracias benghalensis*)



Soma Birds Lagoon located at Thattekkad, near Kochi in Kerala, is generously gifted with a natural beauty that is rich in culture, tradition, nature and Yoga. The Soma Birds Lagoon is near the Salim Ali Bird Sanctuary, by far the most idyllic location for tranquil birdwatching. It is the largest Tropical Bird Sanctuary in India. Its quiet and mesmerising ambience is ideal for meditation and Yoga. The place also hosts an organic farm that produces most of the food for Somatheeram's guests.



- Cave for meditation
- Guided tours
- Butterfly garden
- Birding gears
- Open air Yoga platform
- Organic farming



Ceylon frogmouth
(*Batrachostomus moniliger*)



Loten's sunbird
(*Cinnyris lotenius*)



Paradise Flycatcher
(*Terpsiphone paradisi*)



Ethnic Voyages

Soma Houseboats is an interlinking brand of Somatheeram Ayurveda Group. Soma Houseboats started 25 years ago and pioneered the development of backwater tourism by introducing innovative ideas such as Bio-toilet, Eco friendly and Responsible tourism practices.



Soma
houseboats

Where the time
stands still.



Retreating into the cuddling arms of nature is not only just sheer pleasure. Immerse yourself in the cosmic rhythms that you perceive in the endless swaying of coconut palms, countless waves of the ocean, and the eminent silence of the rain forests. Let go of yourself to the eternal magic of Somatheeram and let the arms of nature take you in her care.



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Accredited by



National Accreditation Board for Hospitals & Healthcare Providers
 Quality Control of Government of India



AWARDS & ACCOLADES

NATIONAL AWARDS:

- 6 TIMES NATIONAL AWARD WINNER FROM GOVERNMENT OF INDIA, AS THE "BEST AYURVEDA CENTER IN INDIA".
- The one and only Ayurveda Retreat honoured with "HALL OF FAME" by Government of India.

KERALA STATE AWARDS:

- 11 TIMES STATE AWARD WINNER FROM GOVERNMENT OF KERALA as the Best Approved and Classified Ayurveda Center in Kerala.

ACCREDITATIONS:

- NABH - National Accreditation Board for Hospitals & Healthcare Providers.
- "Ayur Diamond" by Govt. of Kerala.
- Quality Management System by British Standard Institution (ISO 9001:2015).
- HACCP - Food Hygiene & Safety certification from British Standard Institution (ISO 22000).
- Ayurveda Europe Certification by Europe Audit Institute, Germany.