



Om kalyanam Santhigiri



TAPASVI MANDALA

The sacred circle of seekers
of inner Transformation

Royal Founder
Membership
Programme





Om **kalyanam** Santhigiri



लोकाः समस्ताः सुखिनो भवन्तु

Om Kalyanam Santhigiri Wellness Resort, inspired by Santhigiri Ashram's divine vision, promotes universal peace and holistic well-being through self-realization and service. Fostering compassion, unity, and spiritual awakening, it harmonizes body, mind, and soul with divine will. Offering Ayurvedic therapies, meditation, and sacred rituals in a serene setting, this unique resort unites guests across faiths for healing, inner balance, and divine connection, shining as a beacon of clarity, purpose, and peace.





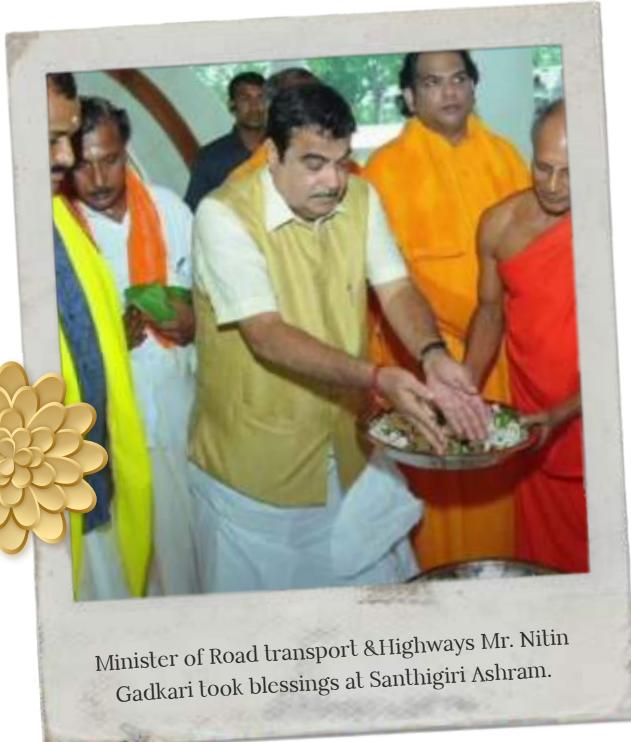


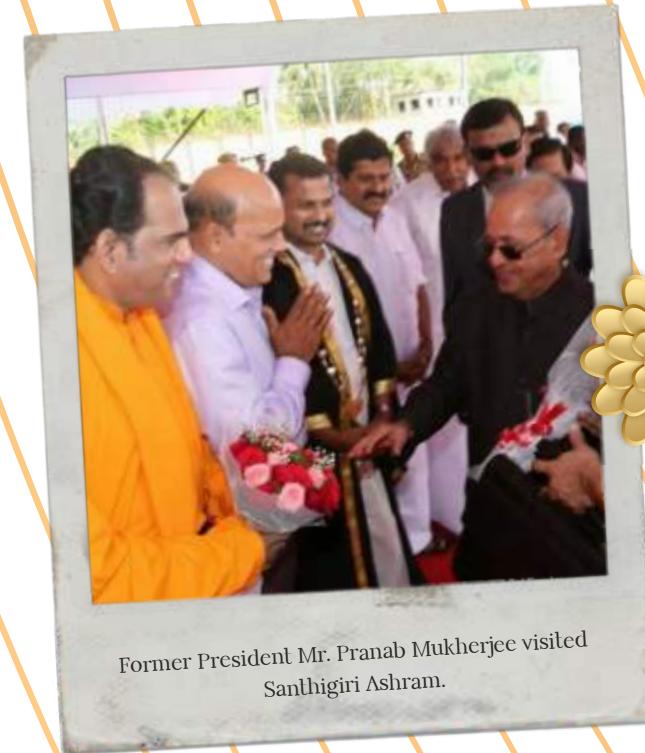
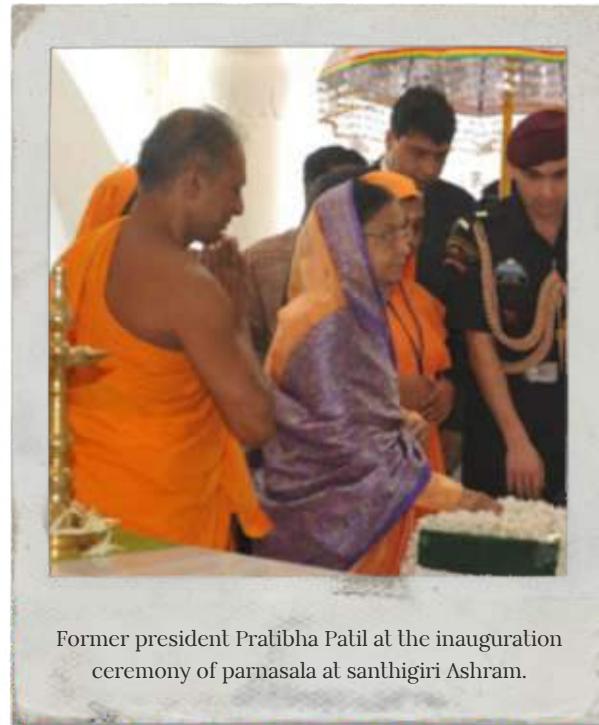
Om *kaalyanam* *Santhigiri*

Santhigiri Health and Research Organisation

Founded by Navajyothi Sree Karunakara Guru in Thiruvananthapuram, Santhigiri Ashram is a global spiritual hub promoting universal peace, holistic well-being, and self-realization through Sanathana Dharma. Led by Sishyapoojitha Amritha Jnana Thapaswini since 1999, with branches across Kerala, Tamil Nadu, Karnataka, and Delhi, it unites diverse devotees in Guru's transformative Karma and Dharma.

Ayurveda Leadership: Santhigiri pioneers holistic health with Asia's only English-medium Ayurveda education. As South India's top Ayurvedic medicine manufacturer, it offers 400+ Ayurveda and Siddha treatments at its specialty hospital, trains Panchakarma therapists, and crafts authentic products, blending tradition and modernity for global wellness.







Empanelled with the following Central & State Government

Department of AYUSH
Government of Karnataka

BSNL
Thiruvananthapuram

Airport Authority of India
Thiruvananthapuram

Nuclear Power Project
Koodamkulam, Thirunelveli

ISRO
Thiruvananthapuram

Goa Tourism
Andrapradesh Tourism

and many more government premium institutions and Navratna institutes.

Key Aspects of Santhigiri Healthcare & Research Organization



Biggest Manufacturers of Ayurveda
Medicines (South India)

250 & 150 Beded Ayurveda & Siddha
Specialty Hospital in South India

Paramedical Institute for the training
of Panchakarma Therapists

Santhigiri Healthcare & Research Organization is a unique institution that stands at the intersection of tradition and modernity, offering a comprehensive approach to health and wellness.

Direct Employment to over 6000 People

Produces 400+Ayurveda & Siddha
proprietary medicines.

Santhigiri stands as Asia's
only institute for English-
medium Ayurveda and
Siddha education.



TAPASVI MANDALA

Royal Founder Membership

The sacred circle of seekers
of inner Transformation



Become a Royal Founder of Om Kalyanam Santhigiri

Tapasvi Mandala

A Legacy Beyond Wellness

Tapasvi Mandala is the sacred circle of Royal Founder Members—visionary souls who feel called to walk the higher path of conscious living, collective healing, and timeless wisdom.

By joining this intimate fellowship, you become a co-creator in the spiritual legacy of Om Kalyanam Santhigiri—a sanctuary where ancient healing, emotional awakening, and soul transformation come together in harmony.

This is not just a membership. It is a heartfelt offering to the world—and a divine return to your true self.



Why Become a Royal Founder of Tapasvi Mandala?

Because some journeys begin with a deeper knowing... that you were meant to be here.

Be Part of a Living Legacy

Leave your mark on a sacred space rooted in ancient healing and timeless purpose.



Be Remembered, Forever

Your name and energy become part of a sanctuary that lives beyond lifetimes.



Receive Lifelong Blessings

Enjoy exclusive access, spiritual privileges, and heartfelt honors that grow with time.



Create Ripples of Healing

Your presence helps awaken peace, wellness, and transformation in others—near and far.



Belong to a Soul-Chosen Circle

Join a handpicked family of seekers and visionaries walking the path of inner truth together.



You're not just becoming a founder.
You're becoming a part of forever





Your belief, your presence, and your partnership are the cornerstone of this sacred endeavor. Step into the Tapasvi Mandala and claim your legacy as a Royal Founder, where your vision becomes our reality, and together, we create a sanctuary of divine harmony and transformative healing.

Dimensions that shape Transformational Wellness



All dimensions of wellness at Om Kalyanam are delivered through immersive workshops, transformative rituals, and experiential training programs—ensuring a deep, lasting impact on your holistic well-being.

Physical Wellness

Detox

Cleanse your body, refresh your spirit, and renew your energy through guided detoxification therapies.

Weight Management

Adopt a balanced lifestyle through personalized plans and our signature therapies, designed to support sustainable weight management.

Chronic Pain Management

We offer individualized care plans using integrative approaches to reduce pain and restore mobility.

Rejuvenation

Experience full-body rejuvenation with our holistic natural therapies and revitalizing treatments.

Anti-Aging

Science-backed anti-aging solutions designed to restore vitality, skin health, and confidence.

Yoga

Enhance flexibility, reduce stress, and improve physical and mental well-being through regular yoga practice.

Fitness & Movement Therapy

Engage in tailored fitness routines and movement therapy for strength, endurance, and mobility.

and several others.



2

Emotional & Mental Wellness

Stress Management

Your journey to inner calm begins with stress relief techniques rooted in mindfulness and neuroscience.

Emotional & Mental Health

We support emotional resilience and mental clarity for a well-balanced life.

Sleep Enhancement

Improve your sleep quality with personalized guidance and restorative techniques.

Emotional Healing & Self-Discovery

Unlock deeper emotional transformation through reconnecting with your authentic self, fostering self-acceptance, and embracing emotional intelligence.

Art & Expressive Therapies

Utilize creative expression to access and process emotions for deeper healing.

and several others.



3

Immune & Biological Wellness

Hormonal Balance

Restore harmony with personalized hormonal support through lifestyle, nutrition, and integrative therapies.

Women's Health

Honor the rhythms of a woman's body with holistic care tailored to every life stage.

Gut Health

Cultivate digestive health with nutrition, functional diagnostics, and microbial balance strategies.

Integrative Diagnostics

Use advanced tools and bio-assessments for comprehensive health analysis.

and several others.

4

Spiritual Wellness

Connection with Nature

Reconnect with the wisdom of nature to rediscover simplicity, presence, and inner peace.

Spiritual Balance

Align your inner world through energy healing, breathwork, and conscious spiritual practices.

Meditation & Silence Retreats

Enter sacred silence to quiet the mind, open the heart, and deepen spiritual insight.

Inner Peace & Mindfulness

Cultivate presence and clarity through mindfulness practices.

Sacred Rituals & Ceremonies

Participate in ancient and modern spiritual ceremonies to awaken sacred consciousness.

and several others.

5

Lifestyle & Preventive Wellness

Reset Your Belief System

Rewire limiting beliefs to unlock a mindset of expansion and transformation.



Attract Overall Abundance

By learning the art of gratitude and living with intention, you invite abundance into all aspects of your life.

Manifestation

Learn the art of conscious creation to bring your aspirations to life.

Nutrition & Healthy Eating

Nourish your body with mindful, balanced, and personalized nutrition plans.

Sleep Hygiene

Adopt healthy habits to fall asleep faster and enjoy deeper, more restorative sleep.

Digital Wellness

Reclaim focus and presence by creating healthy boundaries with technology.

and several others.



6

Social Wellness

Meaningful Connections

Build lasting bonds through shared healing journeys, compassionate communication, and authentic community experiences.

Healing Together Retreat

Deepen family relationships through nature-based, mindful activities.

Mindful Parenting & Child Wellness

Support emotional development and creativity in children through conscious parenting approaches.

Holistic Community Practices

Engage in group yoga, rituals, and wellness activities that foster unity and joy.

Heart-Centered Dialogue

Authentic conversations and pure confessions that nurture empathy and understanding in a presence-filled environment.

Purposeful Service

Experience fulfillment through community engagement and meaningful contribution.

and several others.



7

Environmental Wellness

Deepens connection with the Earth – by reconnecting with natural rhythms and grounding energy.

Reduces stress & anxiety – through serene, nature-rich environments that calm the nervous system.

Boosts immunity – as nature's elements support physiological balance and inner resilience.

Promotes restful sleep – by aligning the body with natural light cycles and earthy stillness.

Awakens spiritual insight – through quiet reflection in expansive, open natural spaces.

and several others.



8

Corporate Wellness

Leadership Renewal Programs

Cultivate visionary and compassionate leadership through mindfulness and wellness retreats.

Work-Life Synergy Workshops

Redefine success by integrating productivity with personal fulfillment and vitality.

Biohacking for Peak Performance

Explore innovative wellness strategies to boost mental focus, energy, and resilience.

Emotional Intelligence & Team Harmony

Develop emotional mastery and collaborative synergy within teams.

Wellness Strategy Design for Entrepreneurs

Tailored programs to align personal and business health goals for sustainable success.

and several others.



9

. Financial Wellness

Abundance Consciousness Workshops

Shift your mindset toward prosperity through spiritual and practical money practices.

Mindful Money Rituals

Reframe your financial habits with intentional, value-driven spending and energy exchange

Balance & Simplicity

Explore how simple, meaningful living brings both financial peace and inner abundance at Om Kalyanam.

and several others.





Wellness Experiences that Awaken the Soul

Each experience is more than a therapy—it is a sacred journey inward, rooted in the timeless sciences of Ayurveda.

Blending naturopathy and spiritual healing with modern science, emotional care, and therapies like sound, energy, and neuro-healing—our approach restores balance, clarity, and inner peace.

Naturopathy

Harnessing the 5 elements of nature to heal the body naturally

- Therapy (Abdomen & spinal packs)
- Hydrotherapy (hip bath, spinal bath, jet bath)
- Steam and sauna bath
- Cold compress and wet sheet pack
- Foot and hand detox socks
- One-fruit diet and fasting schedule for each week

and many more.

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Ayurveda

Ancient science of life in its purest, most effective form

- Daily abhyanga (herbal oil massage)
- Shirodhara (oil pouring on forehead)
- Nasya (nasal cleaning & immunity boost)
- Basti (weekly detox enema therapy)
- Udvartana (powder massage for detox and weight loss)
- Kizhi and Pizhichil therapies (pain, stiffness and rejuvenation)

and many more.

Emotional & Mental Wellness

For inner clarity, resilience and emotional freedom

- Daily guided journaling sessions (emotional, gratitude, vision)
- Group NLP sessions for reprogramming throughs
- Sound healing therapy with Himalayan bowls
- Breathwork for emotional release
- Aum Meditation

and many more.

.



Yoga

Movement and breathe as daily medicine

- Morning asana flow (customized for flexibility, strength or healing)
- Ashtang Yoga
- Artistic Yoga
- Hath Yoga
- Aqua Yoga
- Sunset Yin Yoga or restorative yoga
- Laughing yoga (Community Connection)

and many more.

Meditation

The mindfull pause, Realigning with your core

- Morning silence meditation in nature
- Guided Meditation (deep rest meditation)
- Trataka (gazing at diya or symbol)
- Antar mouna (inner silence technique)
- Mantra meditation with Om Chanting
- Full Moon Sound Bath

and many more.

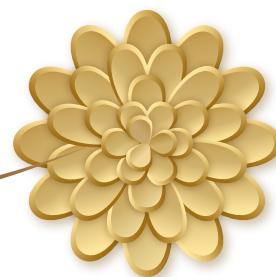


Modern Therapies

Tech- powered healing that merges with nature

- HBOT - Hyperbaric Oxygen Therapy (Cellular regeneration)
- Infrared Sauna (detox & metabolism boost)
- IV Nutrition Therapy (energy, immunity, glow)
- Cryotherapy (fatigue, inflammation relief)
- Ozone therapy

and many more.



Alternative Therapies

Uniting modern science and ancient energy practices

- Acupressure & Sujok therapy.
- Cupping therapy.
- Aromatherapy for sleep, energy and clarity
- Crystal and colour healing sessions.
- Reflexology walks and hand / Foot pressure therapy

and many more.



Therapeutic Food

Food as medicine, as vibration, as transformation

- Satvik, Vegan, Gluten- free meal plans
- Ayurveda-based food with seasonal herbs & spices
- Daily detox shots (Wheatgrass, turmeric-ginger, giloy aloevera)
- Functional food combinations (gut-friendly, skin-glow, weight-loss)
- Personalized meal planning (Dosha balancing)
- Functional food combinations (gut-friendly, skin-glow, weight-loss)
- Food meditation

and many more.

Spiritual Practices & daily rituals

Connect with the divine essence inside you

- Om Dhyana
- Tai-chi & Qi-Gong
- Fire ritual
- Hoponopono
- Manifestation
- Affirmation
- Sacred Structure that makes each day soulful
- Sunrise gratitude
- Morning Havan in Havan shala (fire ceremony for purification)
- Ganga Jal Abhishek in morning rituals
- Navagraha Nakshathra walk
- Evening Aarti (divine chanting in community space)
- Sacred silence hour post dinner for digital detox & inner reflection
- Group Chanting

and many more.

Wisdom Miracle

Programs

Inner Transformation Workshops

- Conscious Manifestation Sessions
- Daily Affirmation Rituals
- Vision Alignment Ceremonies
- Emotional Empowerment Circles
- Spiritual Intention Mapping
- Quantum Focus Techniques

and many more.

Environmental Healing

In honoring the Pancha Tattva, we heal ourselves and the Earth

- Nature Meditation
- Star gazing Rituals
- Nature Walks
- Forest Bathing

and many more.



Soulful Transformation Programme

Rare healing journeys that touch your heart,
awaken your spirit, and stay with you forever.



- **PRANIC HEALING**
Supports physical healing, promotes emotional well-being, and enhances mental clarity
- **HYPNO THERAPY**
Utilizes hypnosis to address various psychological issues.
- **TAI CHI and Qi- Gong**
Improves balance, flexibility, and mental well-being.
- **PLR (Past life Regression)**
Aids in understanding personal behaviors and resolving past traumas.
- **LAW OF ATTRACTION**
Encourages Positive thinking, Happiness, Health, wealth and Abundance.
- **NLP (Neuro-Linguistic Programming) / Mind Power Program**
Enhances communication skills and personal development.
- **PARENTING**
Strategies and practices to support effective child-rearing.
- **EFT (Emotional Freedom Technique)**
Reduces emotional distress and promotes healing.
- **BCST (Biodynamic Craniosacral Therapy)**
Supports nervous system regulation and promotes relaxation.
- **ACCESS CONSCIOUS BAR**
Aims to release mental blocks and promote relaxation.
- **BOWEN THERAPY**
Relieves pain, improves mobility, and supports musculoskeletal health.
- **THETA HEALING**
Combines meditation and spiritual philosophy to promote healing.



- **AKASHIC RECORD**
Accesses soul records to understand life patterns and challenges.
- **BACH FLOWER REMEDY**
Addresses emotional imbalances using flower essences.
- **SOMATIC EXPERIENCE**
Gently addresses trauma by guiding awareness to the body and releasing deep-seated stress.
- **TIBETAN PULSING**
Releases emotional blockage, Restores energy flow, Supports healing and inner peace.
- **SHAMANIC HEALING**
Facilitates spiritual healing and deeper transformation.
- **HOLOTROPHIC BREATHWORK**
Facilitates emotional release, deepens self-awareness, and aids in trauma healing.



- **QUICK HEAL TECHNIQUE (QHT)**
A fast-acting healing method that uses breath, intention, and energy work to support rapid physical and emotional recovery.
- **STRESS BUSTER (SB)**
Techniques designed to reduce stress and promote relaxation.
- **PUMPJACK BREATHING TECHNIQUE (PBT)**
Deepens self-awareness, and aids in trauma healing, spiritual connection and insight.
- **FROG BREATHING TECHNIQUE (FBT)**
Healing Through Consciousness, Self-Awareness & Insight.
- **7 COBH TECHNIQUE (7 COBHT)**
Experience deep transformation through chakra opening, balancing and healing to restore harmony in your body, mind, and spirit.
- **OM DHYANAM**
Reduces stress and anxiety, improves concentration, and promotes relaxation.



Om Kalyanam Signature Programme

A rare collection of soul-nourishing journeys—seamlessly blending ancient healing sciences with modern ease. Thoughtfully curated for all age groups, each programme is a gateway to inner balance, emotional freedom, and spiritual elevation.

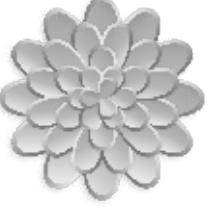




TAPASVI MANDALA

Royal Founder Membership
Programme Plans



| | | Years | Days | Room Category | Rates (per day) | Total Price |
|---|----------|-------|------|--|--------------------|-------------|
|  | Silver | 3 | 30 | Condo (15) + Cottage (15) | 21000 | 630000 |
|  | Gold | 5 | 50 | Condo (25) + Cottage (25) | 19250 | 962500 |
|  | Platinum | 7 | 70 | Cottage (50) + Presidential Suites (20) | 17500 | 1225000 |

Disclaimers

- Prices mentioned are exclusive of GST and applicable taxes.
- Benefits and inclusions may evolve to serve you better.
- Om Kalyanam reserves the right to update offers to enhance member experience.



How to Use Your Membership

Stay and Access

- Nights are valid throughout your membership duration.
- You may use your nights in parts or all at once, as per your convenience.
- Each visit allows 2 adults to access the retreat and its core services.

Gifting and Sharing

- You may gift or share your nights with friends, family, or other
- Gifting includes all core inclusions (meals, therapies, yoga, meditation, nature experiences).
- A confirmation email must be sent from the registered email ID, along with a valid government ID of the guest.

What's Included

(Per Person, Per Day)

- 3 saltvic meals and wellness beverage
- 2 Ayurvedic therapies curated by our in-house doctor
- Yoga & meditation sessions
- Nature trails, stargazing, and spiritual circles
- One pick & drop (Dehradun airport/ Railway station.) per visit
- Laundry for resort-provided garments
- Doctor-prescribed additional therapies available at special discounted rates.
- Enjoy special rates on our modern and signature therapies.

How to Book

- Book your stay in advance through our Reservation Team
- Subject to availability; early bookings recommended for peak seasons.
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A Gift to Yourself, Your Family and Your loved ones.

Tapasvi Mandala is more than a membership—
it's a promise to pause, to breathe, to begin again.

A sacred invitation to nurture your soul, restore harmony,
and embrace life's essence.

A legacy of healing, love, and possibility—
this is your moment to shine, to grow, to live fully.

-OM KALYANAM SANTHIGIRI FAMILY

