

Sitaram Beach Retreat



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Sitaram Beach Retreat

At Sitaram, our purpose is to show you the path to connect to your Highest Self and transform on a physical, emotional, and spiritual level. While our treatments help you cleanse and rejuvenate on a physical level, our way of life helps you take a break from your normal and experience an ayurvedic way of life to reach your breakthrough. We strive to help people realise that health is a necessary choice which needs a conscious effort to achieve and maintain. Located on the shores of the Arabian Sea, Sitaram Beach Retreat is a destination for holistic healing experience. Our 100 years of legacy, tradition and diving healing also separates us from the other Ayurveda resorts in Kerala. The core of our work is about guiding you to find your path of healing and connecting to your Highest Self.

While the AYURVEDIC TREATMENTS help you cleanse and rejuvenate on a physical level, the AYURVEDIC WAY OF LIFE helps you take a break from your normal, shed old patterns and find the space to choose new habits. Here, transformation and healing happen on a physical, emotional, and spiritual level. [Link details :]

For more details, please visit <https://www.ibizexpert.com/detail/sitaram-beach-retreat-thrissur-355452>
