

Where **healing**
drifts home



KAYALORAM
Ayurveda Retreat



arogyam
Pure Ayurveda. Profound Healing.

By



UDS
HOTELS AND RESORTS



Hitahitam sukham dukhamayustasya hitahitam
Maanam cha tacha yatrokatmayurvedah sa uchyate





Floating into tranquillity.



A Living Legacy Of Healing

Kayaloram Ayurveda Retreat rests gently along Kerala's iconic backwaters, where water, land and tradition have shaped life for centuries. Once among the earliest heritage retreats of Alleppey, Kayaloram now begins a renewed chapter under the stewardship of UDS Hotels & Resorts – honouring the past while embracing refined wellness.

Here, Ayurveda is not a service offered in isolation. It is a way of living – woven into architecture, rituals, food, silence and nature. Each stay is designed to slow the body, quiet the mind, and guide guests toward lasting balance.





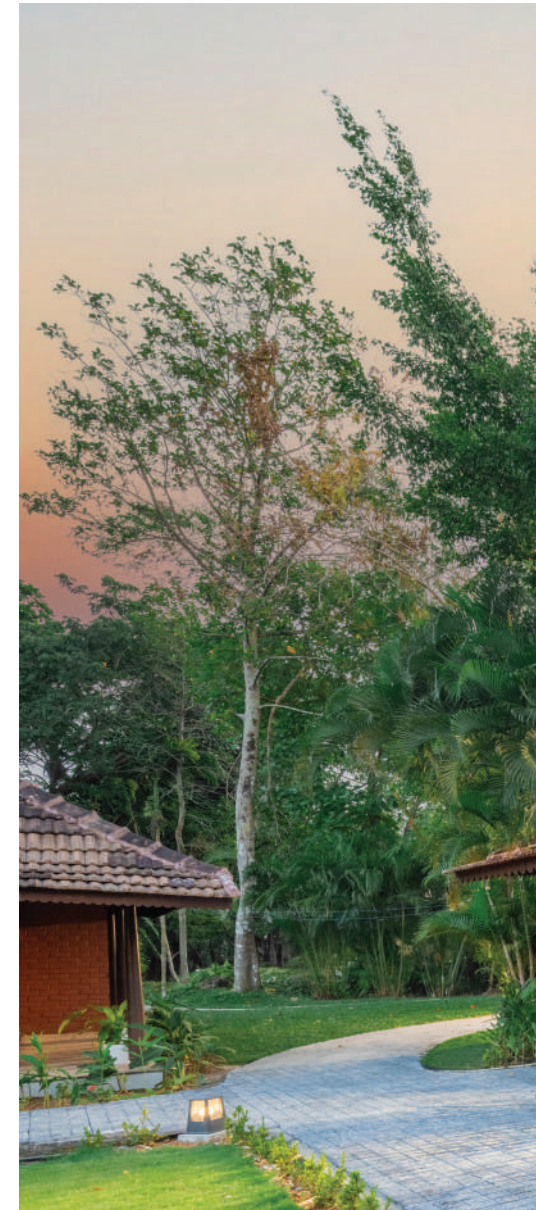


Life At Kayaloram

Life at Kayaloram follows a gentle, optional rhythm inspired by Kerala's traditional wellness practices – shaped through time-honoured rituals rather than fixed schedules. There is no compulsion – only invitations to participate, pause and align with nature.

Morning

- **Go-Seva (Feeding the Cows)** – A quiet, guided moment at the sacred cow shelter, reflecting Ayurveda's values of care, nourishment and gratitude. Participation is gentle and mindful, never obligatory
- **Garden Walk** – A guided walk through the medicinal plant garden and therapeutic vegetable beds, introducing Ayurveda as a living science rooted in the earth
- **Silent Pause at the Sarpakāvu** – A brief moment of stillness at the traditional serpent grove, symbolising protection, fertility and harmony between land and water – approached with dignity and silence
- **Yoga by the Backwaters** – Gentle movement and breathwork beside Punnamada Lake, allowing the body to awaken naturally in the early hours







- **Ayurveda Breakfast** – A light, nourishing meal prepared according to individual dietary guidance – supporting digestion and balance for the day ahead
- The remainder of the day unfolds at an unhurried pace, guided by personalised consultations, therapies, rest and reflection. Silence, sleep and stillness are treated as integral parts of healing

Evening

- **Oil-Lamp Lighting at the Serpent Shrine** – As dusk settles, a simple lighting of lamps marks the transition inward, honouring calm and continuity rather than ritual performance
- **Cultural Dance Programme** – An intimate presentation rooted in Kerala's artistic traditions, offering cultural immersion without excess
- **Early Dinner & Deep Rest** – A light evening meal followed by early repose, allowing the body to absorb the day's therapeutic work

At Kayaloram, healing is not scheduled – it is supported. Each day gently guides guests back to rhythm, rest and inner balance.







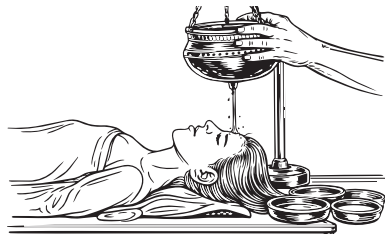
Sacred Landscapes Of Healing

Kayaloram is envisioned as a living Ayurveda ecosystem. Medicinal plant gardens, vegetable patches for therapeutic cuisine and Nakshatra (Star Tree) gardens allow guests to connect healing with the earth itself.

Sacred tradition spaces – such as the serene cow shelter and the protected serpent grove – honour Kerala’s cultural relationship with balance, gratitude and protection. These spaces are presented with dignity and simplicity, offering insight without intrusion.

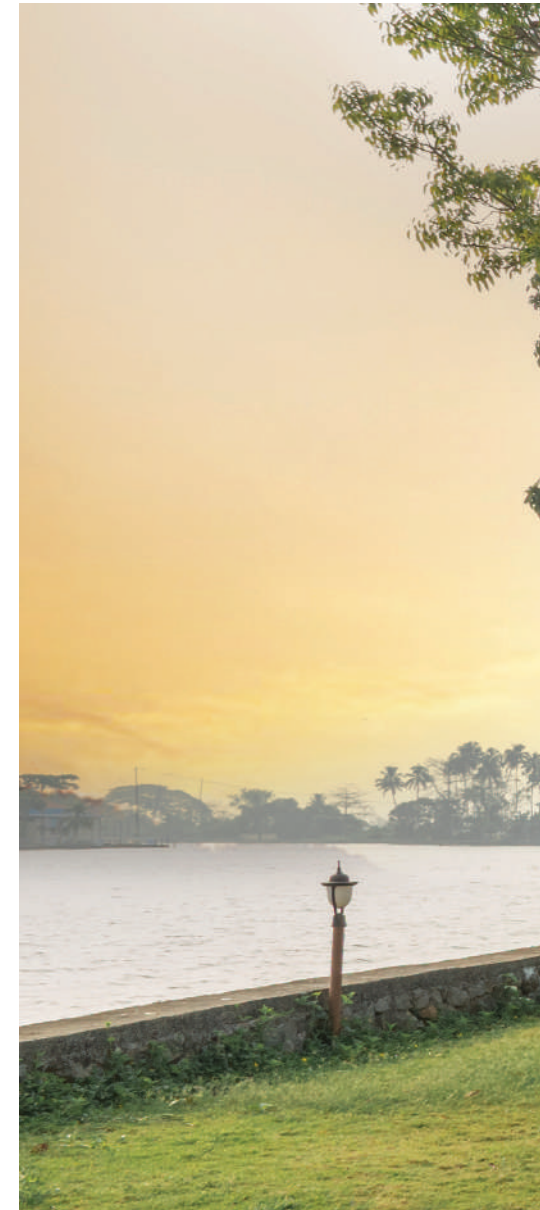






Wings Of Kayaloram: Ayurveda Through India's Living Heritage

Each wing at Kayaloram represents a distinct healing philosophy drawn from India's diverse traditions. Architecture, ambience and storytelling align subtly with therapeutic intent – allowing the stay itself to support the healing journey.







Kayaloram Ayurveda Retreat

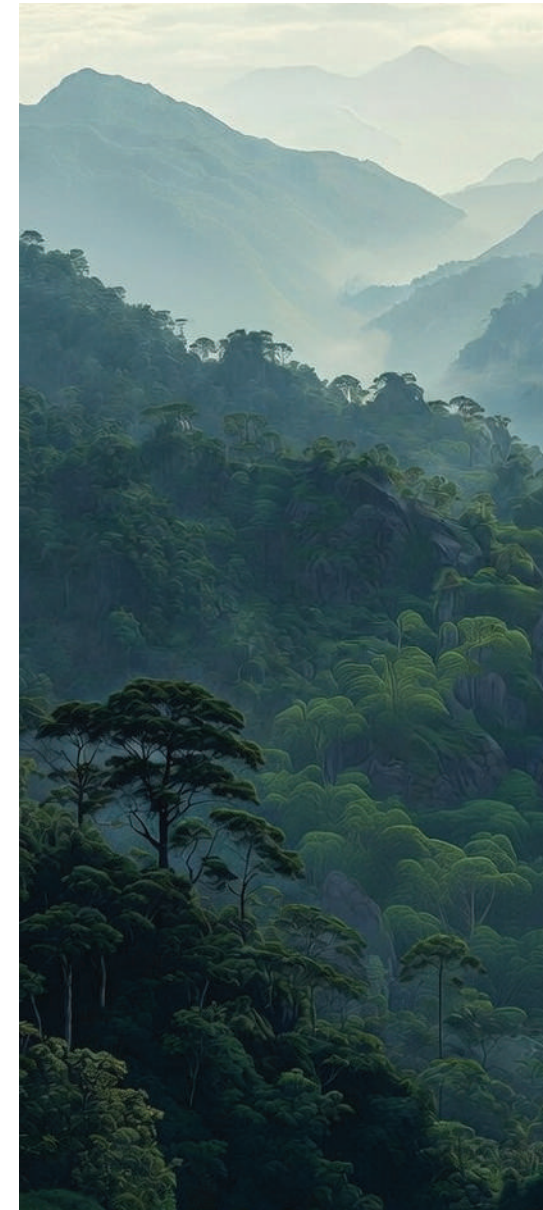


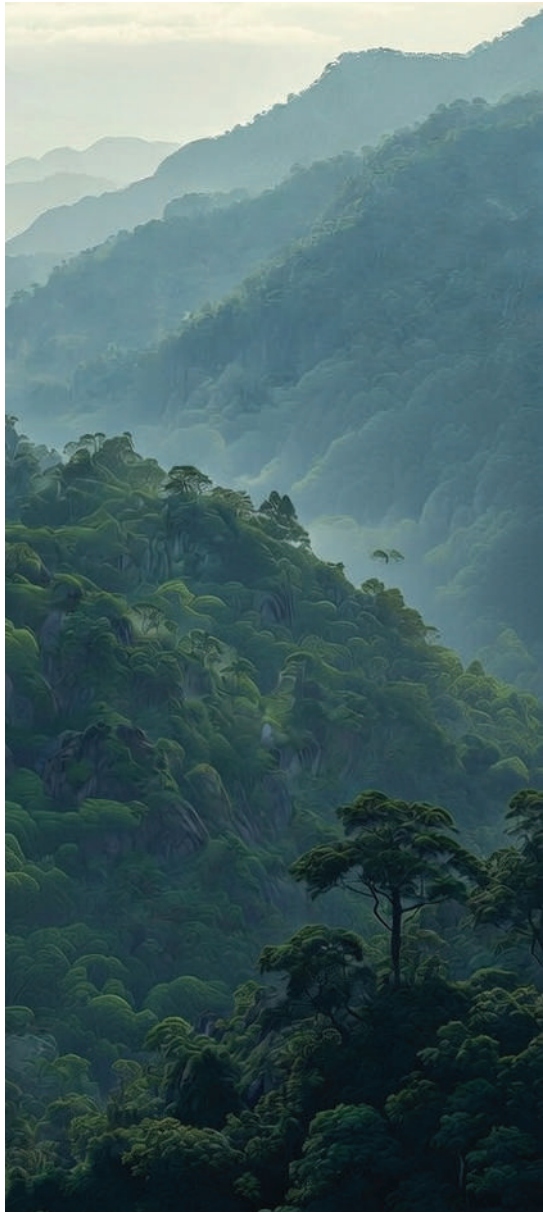
The **Sou**l Of Kerala Ayurveda

Born from the mist-laden Western Ghats, SAHYA reflects the birthplace of authentic Kerala Ayurveda. Nourished by monsoon rains, sacred herbs and generations of vaidyas, this wing embodies balance learned directly from nature.

Warm wood, softened light and gentle herbal notes create an atmosphere that feels unhurried and grounding. Healing here begins not with intervention, but with remembrance.

In SAHYA, healing flows the way rain returns to the forest – quietly, naturally.





Vaidhya
BY KAYALORAM

The Healer's Path

VAIDHYA draws from the ancient Tamil lands, where healing was a sacred duty and medicine a disciplined science. Inspired by temple towns and Siddha wisdom, this wing reflects structure, clarity and composed strength.

Stone textures, subtle geometry and ordered forms create a space where certainty calms the mind as much as treatment restores the body.

VAIDHYA stands like a lamp in a temple corridor – steady, unwavering.







Kayaloram Ayurveda Retreat

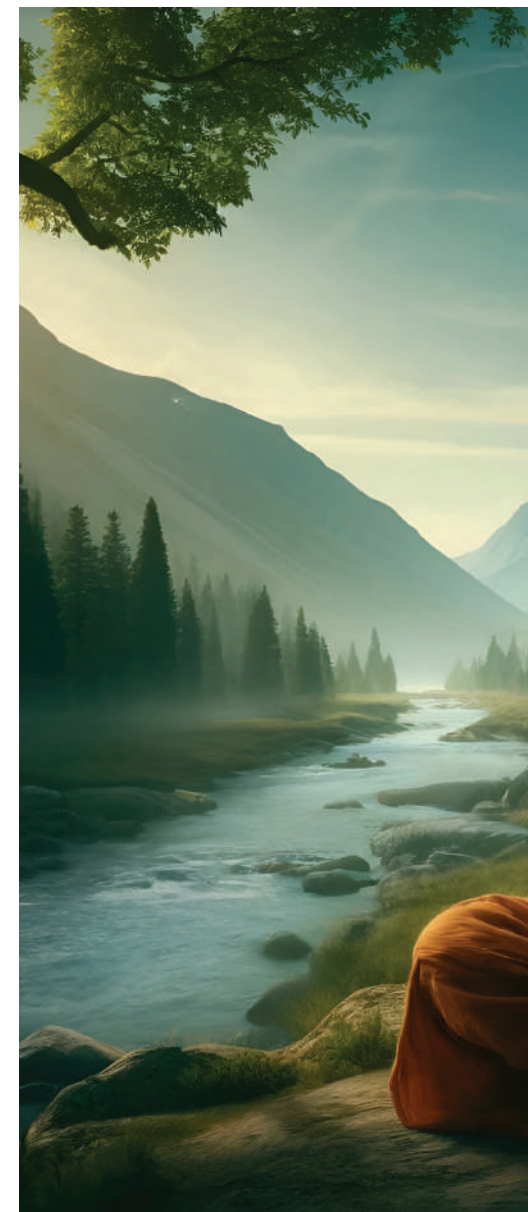


The **Way** Of The Sage

RISHYA is inspired by Himalayan and Vedic traditions, where Ayurveda emerged from contemplation and cosmic alignment. Silence, breath and stillness become powerful tools for healing.

Light-filled spaces and minimal design invite the mind to slow without effort. Here, healing unfolds from within.

RISHYA heals like breath in still air – unseen, effortless.







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Where **Healing** Flows From The Earth

DHĀRA honours forest and tribal healing traditions – raw, instinctive and deeply ecological. Rooted in soil, water and lived observation, this wing reconnects the body to its natural strength.

Organic textures and grounded tones encourage awareness of posture, breath and presence.

DHĀRA heals like bare feet on soil – steady and grounding







Personalised Journeys Of **Wellness**

Each Ayurveda package at Kayaloram begins with a detailed consultation, allowing treatments to be customised to individual constitution and needs.

Packages

7/8 Days Rejuvenation	14/15 Days Deep Renewal	22/23 Days Transformational Healing
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Inclusions span daily therapies, yoga and meditation, therapeutic cuisine, guided walks and lifestyle guidance for continued wellbeing.





Taking **Healing** Beyond The Stay

Healing at Kayaloram does not end with departure. Guests leave with a deeper understanding of balance, simple practices to continue at home and the memory of a place where time moved gently.



KAYALORAM
Ayurveda Retreat
Alleppey, Kerala, India



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www.kayaloramayurveda.com

An invitation to return to rhythm, heritage and wholeness.



Scan the QR Code

Our Properties

Uday Suites Airport Hotel, Cochin
Cochin International Airport

**Wagamon Hill
Resort**, Idukki

Uday Backwaters, Alappuzha

**Kayaloram Ayurveda
Retreat**, Alappuzha

Uday Suites, Thiruvananthapuram
Thiruvananthapuram
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Uday Samudra, Kovalam

■ Upcoming Projects