



TĀPĀSYĀ
HEALTH & WELLNESS

A unit of Chittashakti Healthcare LLP
Nimshirgaon, Tal. Shirol, Dist. Kolhapur - 416401

+91 80831 71171

contact@tapasyahealth.com

www.tapasyahealth.com





Tapasya Global center for Ayurveda, Yoga, Naturopathy

In a world where health and wellness are inundated with a plethora of options, we take a holistic approach that dates back centuries, anchored by contemporary medical science and research. Tapasya Health & Wellness is the destination for those who seek to heal, pursue fitness, and learn about cardinal values of health and well-being. It is an ecosystem founded on the scientific principles of Ayurveda, Yoga and Naturopathy (AYN) to infuse vitality in every aspect of living.

With over fifteen years of stellar experience in Ayurveda, Yoga and Naturopathy, we are the evangelists for the Indian sciences of health. With healing, we are equally focused on the quality and awareness of holistic life. They help form long-lasting connections of physical health with emotional well-being and spiritual growth.

Wellness Services

Ayurveda, Yoga, Naturopathy has given equal importance to maintain the health of a healthy individual. We have a similar process and keenness to assess the health of an individual as that of a diseased person.

It is very important to understand the health background of an individual in depth for which a person has to undergo detailed screening and body constitution (Prakruti) has to be assessed very well.

- Ayurveda and Yoga doctors to monitor and guide for fitness
- Panchakarma Detoxification - external (Like massage, pottali, dhara, steam, etc.) and internal detox (like Vaman, Virechan Basti, Nasya, Raktamokshan)
- Ayurvedic beauty and cosmetic therapies
- Yoga Kriya Detox
- Dinacharya (Daily Regimen) Management
- Rutucharya (Seasonal Regimen) Management
- Diet management
- Lifestyle Management
- Yoga - Asan, Pranayam, Meditation.
- Individualized Yoga therapies
- Fitness supplements for rejuvenation, anti-aging and aphroditic.
- CHE (Continuous health education)
- Garbhasanskar (Prenatal, antenatal, post-natal)
- Suvarna Prashansanskar for childcare
- Ayurvedic cooking

DIVYA SUBSCRIPTION	
Subscription Duration	Privileged Subscription - valid for 10 Years
Stay Type	Deluxe Nest



SUBSCRIPTION PRIVILEGES & ENTITLEMENTS	
Consultation with Doctors	50% off
Medicines and Products Purchase	10% off on all the medicines and products can be availed.
Ayurveda, Panchakarma and Naturopathy Therapies	20% off on all therapies (including Ayurveda, Yoga, Panchakarma and Naturopathy), prescribed by our expert doctors for disease care or selected by the subscriber in case of wellness care.
Stay	20% off
Food	20% off Food provided will be specially prescribed by our doctors as per your treatment plan.
Subscription Price: Indian citizen	INR 1,50,000.00
Subscription Price: Foreign Nationals	\$3,000.00
Services and Amenities	All services and amenities available by default at the Tapasya Health & Wellness can be used by the subscriber.

SADHANA SUBSCRIPTION	
Subscription Duration	Privileged Subscription - valid for 10 Years
Stay Type	Semi Deluxe Cottage



SUBSCRIPTION PRIVILEGES & ENTITLEMENTS	
Consultation with Doctors	50% off
Medicines and Products Purchase	10% off on all the medicines and products can be availed.
Ayurveda, Panchakarma and Naturopathy Therapies	20% off on all therapies (including Ayurveda, Yoga, Panchakarma and Naturopathy), prescribed by our expert doctors for disease care or selected by the subscriber in case of wellness care.
Stay	20% off
Food	20% off Food provided will be specially prescribed by our doctors as per your treatment plan.
Subscription Price: Indian citizen	INR 1,10,000.00
Subscription Price: Foreign Nationals	\$2,200.00
Services and Amenities	All services and amenities available by default at the Tapasya Health & Wellness can be used by the subscriber.

NIRVANA SUBSCRIPTION	
Subscription Duration	Accord Plus Subscription - include 10 days per year for 3 consecutive years
Stay Type	Deluxe Nest



SUBSCRIPTION PRIVILEGES & ENTITLEMENTS	
Consultation with Doctors	Consultation with all the in-house doctors shall be free of charge; Whereas honorary visiting doctors shall be charged at actuals.
Medicines and Products Purchase	10% off on all the medicines and products can be availed.
Ayurveda, Panchakarma and Naturopathy Therapies	Two major and two minor therapies of Panchakarma or Naturopathy and Yoga will be provided to the subscriber at no cost. Kindly refer to Annexure-1 for details. Extra therapies required can be availed at 20% concessional price during subscribed stay.
Stay	Cost Included in the subscription.
Food	Food provided will be specially prescribed by our expert doctors as included in the treatment package.
Subscription Price: Indian citizen	INR 1,50,000.00
Subscription Price: Foreign Nationals	\$3,000.00
Services and Amenities	All services and amenities available by default at the Tapasya Health & Wellness can be used by the subscriber.

SIDDHI SUBSCRIPTION	
Subscription Duration	Accord Plus Subscription - include 10 days per year for 3 consecutive years
Stay Type	Semi Deluxe Cottage



SUBSCRIPTION PRIVILEGES & ENTITLEMENTS	
Consultation with Doctors	Consultation with all the in-house doctors shall be free of charge; Whereas honorary visiting doctors shall be charged at actuals.
Medicines and Products Purchase	10% off on all the medicines and products can be availed.
Ayurveda, Panchakarma and Naturopathy Therapies	Two major and two minor therapies of Panchakarma or Naturopathy and Yoga will be provided to the subscriber at no cost. Kindly refer to Annexure-1 for details. Extra therapies required can be availed at 20% concessional price during subscribed stay.
Stay	Cost Included in the subscription.
Food	Food provided will be specially prescribed by our expert doctors as included in the treatment package.
Subscription Price: Indian citizen	INR 1,10,000.00
Subscription Price: Foreign Nationals	\$2,200.00
Services and Amenities	All services and amenities available by default at the Tapasya Health & Wellness can be used by the subscriber.

Customised Treatment Package	Cost / Per Day	Cost / Per Day
Stay Type	Semi Deluxe Cottage (Twin Sharing Room)	Deluxe Nest
Total Amount per day	₹ 4,500.00	₹ 6,430.00

Itinerary	
Accommodation	Morning Drink like - Herbal tea / Detox drink - Room Service
Doctors' Consultation	Juice
Nursing	Breakfast - in dining
Yoga Session	Lunch - in dining
Fusion therapy of Panchakarma therapy, Yoga Therapy, Accupressure / Physiotherapy	Evening Snacks / drink - in dining
Relaxing Yoga session / Medical yoga	Dinner - in dining
Shirodhara / minor therapy / accupressure / physiotherapy etc	Health talk / group game / group discussion/ cultural event
Meditation / Pranayam	Campfire

Note: The itinerary varies person to person as per the therapy / disease / prakriti, and will be decided by our treating doctors.



Terms and Conditions

- Privileges can be availed by the subscriber as well as 5 more registered immediate family members of the subscriber.
- Subscribers are supposed to choose their preferred visiting month and have to get treated according to given month preference.
- Any of the 6 registered family members of the subscriber can avail the facilities collectively (not separately). Days will be counted on per person basis.
- More than one person can also get accommodated at the health and wellness resort as per the availability of the occupancy.
- The subscribers can avail the subscription from the commencement of the health and wellness resort or from the date of the declaration (whichever is later), on prior appointments only.
- Days of the subscription should be utilized in the decided months of the year.
- The subscriber should submit names, self-attested photocopies of Aadhar card, Pan card and one photograph of self and immediate family subscribers to be registered along with the declaration.
- Alcohol, smoking and any usage of drug substance is strictly prohibited during the stay of the subscribers.
- Outside food and beverages are strictly prohibited.
- In case of child (below the age 15 years) taking treatment, one personal care taker will be allowed to accompany the child. Caretaker will need to pay accommodation and food charges at actuals, separately.
- Subscriber will not be allowed to accompany any non-subscriber person during the stay in the health and wellness resort.
- Subscriber should strictly follow the rules and regulations of Tapasya Health & Wellness during his/her stay.
- Violation of above mentioned terms & conditions will lead to cancellation of the subscription from Tapasya Health & Wellness without refund.

Disclaimer: Tapasya Health & Wellness will not be responsible if any health issues are caused to the subscriber due to his own negligence or willful disobedience to follow the instructions given by medical practitioner during and after the treatment period.

Cancellation Policy: The charges paid towards consultation and stay shall not be refunded on cancellation.

ANNEXURE - I

- Major treatments - A therapy involving whole body is known as major treatment.
- Minor treatments - A therapy in which one part of the body or half part of the body is involved is known as minor treatments.
- Exclusions:
 - Honorary Doctors' fees are excluded.
 - Colon therapy of Naturopathy charges are excluded. Patients / person who wishes to do colon therapy will have to pay for it separately as per its then charges, whenever the facility is made available.
 - Medicines and products are excluded from the subscription packages. Subscriber should purchase it separately as per the need.



Declaration

I, the undersigned Mr./Ms. _____
am availing _____ subscription and agree to all the
terms and conditions as mentioned in this document.
Violation of the terms will lead to the cancellation of the
subscription from Tapasya Health & Wellness without
refund.

Immediate family members of Subscriber:

1. _____
2. _____
3. _____
4. _____
5. _____

Seal & Signature
of Subscriber

Seal & Signature
of Tapasya Health & Wellness

Date: _____

