

Booking and Information

For Ayurvedic Panchakarma
and Wellness in...




Atmasantulana Village

Life in Balance

Founder - Dr. Shri Balaji Tambe

www.santulan.in



Booking and Information for Ayurvedic Panchakarma & Wellness in Atmasantulana Village

Index	Page No.
Atmasantulana Village - Introduction	3
Santulan Panchakarma Package	3
Santulan Wellness Package	3
Visiting Atmasantulana Village	3
Accommodation	4-5
Package Rates	6
Advance Booking	7
Accompanying Persons and Day Guests	8
Information before starting the Journey	8
General Information	8
Beach 'Get-Away'	9
Educational Courses	9
Contacts	9
Rules & Regulations	10



Welcome to Atmasantulana Village !

We are pleased that you have chosen to experience the Santulan Panchakarma or Santulan Wellness Programme in Atmasantulana Village.

Our village is situated between the two metro cities Mumbai and Pune, 650m above sea level, close to the Indrayani River. Atmasantulana Village, surrounded by beautiful mountains and lush greenery, is built according to Vaastu principles (Indian Feng Shui).

We are sure, that our team of qualified and dedicated staff, combined with the relaxing atmosphere of our centre, will help you to become rejuvenated and revitalised.

Dr. Shri Balaji Tambe, one of today's most popular and renowned Ayurvedic Practitioners, is the inspiration and guide for all activities carried out at Atmasantulana Village.

The Holistic treatment programmes include Yoga, Meditation, Healing Music, interactive discourses and a range of Ayurvedic products as well as delicious Indian vegetarian diet meals.

Santulan Panchakarma Packages

This intense cleansing treatment helps to rejuvenate and revitalise the body, by removing all the accumulated toxins and impurities. These packages are especially advisable for those troubled by chronic diseases. Our treatment programmes are of 10, 15, 22 and 30 days duration. Longer packages are more effective for regeneration and rebuilding of the body tissues.

Santulan Wellness Packages

A revitalising and relaxing package that will help you to take a break from the stressful daily routine and regain a balance in your life. Our Wellness programmes are of 10, 15, 22 and 30 days duration.

For detailed information about Atmasantulana Village and our Santulan Treatment programmes please refer to the brochure entitled, 'Ayurvedic Panchakarma and Wellness in Atmasantulana Village'.

Visiting Atmasantulana Village

Everybody is welcome to visit our centre. Visiting hours are from 10.30 am to 4.30 pm. The centre is closed on Thursdays & public holidays. We offer Meditation at 6.50 pm every day of the week, which is open to all. Passes are required which can be obtained from the Dispensary Reception until 6.00 pm.

The Village is situated just off the Mumbai-Pune road and is easily accessible by road and train.

By train: Nearest railway stations are at Lonavala at 7 km and Malavli at 3 km away from the centre. Autorickshaws are available at both places.

By road: When coming from Mumbai, take exit Lonavala/ Karla/ Kamshet on the Express highway towards Pune. On the old Mumbai-Pune highway turn right at the sign for ' Dr. Balaji Tambe, Atmasantulana Village' (about 7km from Lonavala, towards Pune).

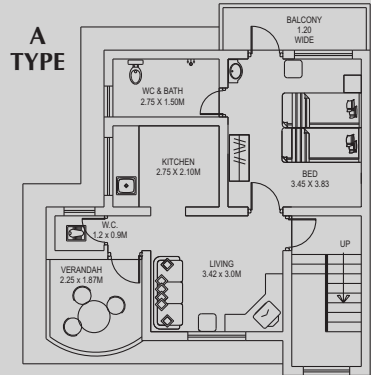
Accommodation

We offer a wide range of accommodation:

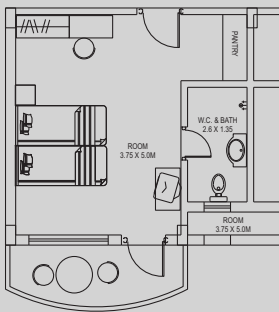
Type A

(for 1-2 persons, 6 Apartments)

Apartment with a lounge and a bedroom, TV, ensuite bathroom / WC, Kitchenette with water kettle, terrace.



B1 TYPE



Type B1

(for 1-2 persons, 19 Rooms)

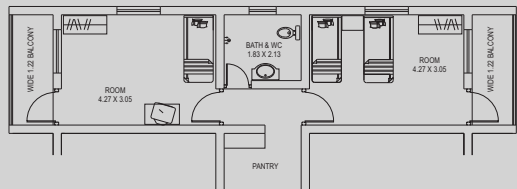
A spacious room, TV, ensuite bathroom / WC, pantry with water kettle, balcony.

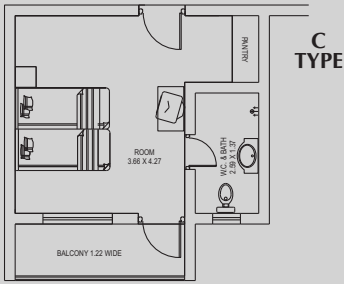
Type B2

(for 1-2 persons, 4 Apartments)

Two bedroom apartment, TV, Lobby with pantry platform, water kettle, ensuite bathroom / WC, attached balconies

B2 TYPE





Type C (for 1-2 persons, 8 Rooms)

One bedroom, TV, kitchen platform with water kettle, ensuite bathroom / WC, balcony.

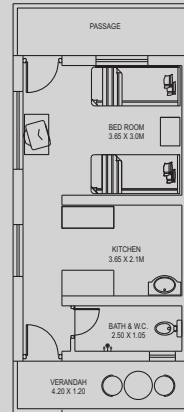
D TYPE

Type D (for 1-2 persons, 6 Rooms)

One room (in simpler, older building), TV, small kitchenette with water kettle, ensuite bathroom / WC, balcony (only 1st floor).

Please note:

We will try to provide the type of accommodation requested, however, as this is subject to availability, please give at least two preferences when you book.



Children

Parents with children are welcome to stay in Atmasantulana Village. However, they remain under parental responsibility at all times.

It may be possible to employ a nursemaid for about Rs. 1800 - Rs. 2500 per month.

Booking

If you wish to visit Atmasantulana Village it is advisable to make the booking as early as possible, preferably 3 months in advance if you wish to come between November and April.

We ask you to read this leaflet carefully before making your booking.

Please note:

For guests visiting us from overseas and suffering from a chronic disease our doctors advise you to come two days before the Panchakarma therapy begins and stay for one day afterwards*.

For guests from overseas, choosing the Wellness Package, it is advisable to keep a day for acclimatisation before commencing*.

**For those extra days, only the room charges apply.*

Rates for Panchakarma and Wellness Packages

10 Days	Rooms	Therapy	Total
Type			
A Non-A/C	Rs. 14200	Rs. 13600	Rs. 27800
A A/C	Rs. 18200	Rs. 13600	Rs. 31800
B1, B2 Non-A/C	Rs. 14000	Rs. 13600	Rs. 27600
B1, B2 A/C	Rs. 18600	Rs. 13600	Rs. 32200
C Non-A/C	Rs. 9700	Rs. 13600	Rs. 23300
C A/C	Rs. 12700	Rs. 13600	Rs. 26300
D Non-A/C	Rs. 8350	Rs. 13600	Rs. 21950
15 Days	Rooms	Therapy	Total
Type			
A Non-A/C	Rs. 20750	Rs. 19500	Rs. 40250
A A/C	Rs. 26750	Rs. 19500	Rs. 46250
B1, B2 Non-A/C	Rs. 19500	Rs. 19500	Rs. 39000
B1, B2 A/C	Rs. 25950	Rs. 19500	Rs. 45450
C Non-A/C	Rs. 14180	Rs. 19500	Rs. 33680
C A/C	Rs. 18680	Rs. 19500	Rs. 38180
D Non-A/C	Rs. 12200	Rs. 19500	Rs. 31700
22 Days	Rooms	Therapy	Total
Type			
A Non-A/C	Rs. 28600	Rs. 27550	Rs. 56150
A A/C	Rs. 37400	Rs. 27550	Rs. 64950
B1, B2 Non-A/C	Rs. 26500	Rs. 27550	Rs. 54050
B1, B2 A/C	Rs. 34400	Rs. 27550	Rs. 61950
C Non-A/C	Rs. 19600	Rs. 27550	Rs. 47150
C A/C	Rs. 26200	Rs. 27550	Rs. 53750
D Non-A/C	Rs. 16900	Rs. 27550	Rs. 44450
30 Days	Rooms	Therapy	Total
Type			
A Non-A/C	Rs. 32500	Rs. 34150	Rs. 66650
A A/C	Rs. 44500	Rs. 34150	Rs. 78650
B1, B2 Non-A/C	Rs. 32750	Rs. 34150	Rs. 66900
B1, B2 A/C	Rs. 43500	Rs. 34150	Rs. 77650
C Non-A/C	Rs. 22300	Rs. 34150	Rs. 56450
C A/C	Rs. 31300	Rs. 34150	Rs. 65450
D Non-A/C	Rs. 19300	Rs. 34150	Rs. 53450

A/C - Air Conditioning

Single day rooms rates : A- Non A/C- Rs 1600, A- A/C- Rs 2000, B- Non A/C- Rs 1300, B- A/C- Rs 1700, C- Non A/C- Rs 1100, C-A/C- Rs 1300, D- Non A/C- Rs 950.

The therapy rates include meals, participation in Yoga & Meditation sessions and other programmes.

Extra treatments, which are not included in the standard package, will be charged at Rs. 1000 - each. The charge for 2 Uttar Basti will be Rs. 1760.

Children up to 4 years of age are free of charge. Any extra person in the room will be charged Rs. 300/- per day.

Prior to your booking, please see our detailed 'Booking Information Brochure' for all further information. Please read rules and regulations at the end of the brochure.

Special therapies, which are not included in the standard package, may be suggested by the doctor and will be charged at an additional fee.

Bookings at short notice are possible (subject to availability) -however, you may have to change the room midway due to prior bookings.

We recommend that you contact Atmasantulana Village before making your booking to check the availability at any given time.

Please note:

- When booking the Santulan Treatment, please enclose a brief medical history.
- Our centre does not have facilities for emergency medical treatment. If your sickness is such that emergency treatment may be necessary, the nearest hospitals are in Lonavla (8 km), Pune (50 km) or Mumbai (150 km).
- The type of therapy and treatment to be given for serious diseases can only be decided after you have been checked here, in Atmasantulana Village, by our doctors and therapy staff.
- There is no room or nursing service available. If you require nursing, please bring an attendant who can see to your personal needs.
- In Atmasantulana Village we are observing certain practices during menstruation as part of a natural Ayurvedic lifestyle. This also includes, that women cannot be given treatment during the first 3 to 4 days of their period. This should be taken into consideration while planning the length of stay. (A detailed brochure is available on request)

Rainy Season Discount

Why not take advantage of this special offer. Pack your raincoat and umbrella and enjoy the lush greenery of the Indian monsoon! We offer a discount of 10% on room charges for bookings from 15th June to 31st August.

Advance Booking

In order to make a booking, an advance payment of 30% of the room and therapy charges has to be made.

Information about altered or cancelled bookings is given at the rear of this leaflet under 'Rules and Regulations'.

Advance booking payment with Atmasantulana Village

The booking can be made with Atmasantulana Village and advance payments can be paid by cash, cheques, TCs, DDs or credit cards (Master, Visa, Maestro, Visa Electron).

In case of payment by cheque or demand draft, the booking will be only confirmed once the bank has cleared the payment. All cheques and demand draft payments should be written out to 'Shri Balaji Health Foundation' to any nationalised bank payable at Pune, or to deposit cash / cheque directly in any branch of HDFC Bank to the

A/c. Name : 'Santulan Ayurveda Pvt. Ltd. to

A/c No. 04742560000418.

The patient may apply for concessionary fees for economic reasons only. The person should make a separate application and provide proof of residence and salary details together with slip or other proof.

While transferring the money please write the purpose as Santulan Panchakarma Package or Santulan Wellness Package.

After making the payment, please forward the booking form plus two passport-sized photos to Atmasantulana Village. You will receive a written acknowledgement of your booking.

Please note:

The remaining payment can be made in Atmasantulana Village by:

- **Cash** - Rupees only
- **Credit Cards** - Visa, Master, Maestro and Visa Electron (charges applicable) on the first day after arrival, before the treatment starts.

Accompanying Persons and Day Guests

At the time of booking, the patient may register one or more accompanying guests who may take meals at our centre and participate in the Village activities such as Yoga, Satsang and evening Meditation.

The charges for the accompanying guests are as follows:

Entrance fees: Rs 50.- per day (after registration, an entrance pass will be given from the Dispensary Reception)

Meal charges: Adult: Rs 350.- full day, Rs 180.- half day
Children: Rs 80.- per meal.

If any patient or guest observes special food restrictions, or requires fasting food, facilities are provided on request, depending on the feasibility and the discretion of the Centre.

We offer following treatments for day guests: Abhyanga Massage, Kundalini Massage, Facial, Padabhyang, Netra Basti, Shirodhara.

Information before starting your Journey

● **Seasons and Temperatures:**

Hot season: March to early June; also October; approx 28-35°C.

Rainy season: Mid June to September; approx 20-25°C. Light rubber sandals and clothes that dry easily are advisable.

Cold season: November to February, approx 10-25°C. The days are pleasantly warm, but the nights become cold.

- **Banking facility:** Money can be withdrawn conveniently in the ATMs (24 hours) of UTI or HDFC Banks available in Lonavala.

General Information

- Check-in is at 11.00 a.m. and check -out is at 9.00 a.m.
- Atmasantulana Village has a weekly holiday on Thursdays (except our daily meditations, there are no other activities).
- A public telephone booth and fax facilities are available for those staying with us. If a person needs to be contacted in case of an emergency a phone or fax message can be left with the office.
- The medium of communication in our centre is English. However, many staff members speak Hindi, Marathi, Gujarathi languages.

- It is possible that electricity is not always available for all the 24 hours. A generator provides the minimal requirements - such as street and room lighting, but some electrical devices cannot be used during this time such as A/Cs, water heaters, etc.
- Any extra medicine or tests, which may be required, will be charged separately.
- We do not have any facility to treat psychiatric patients.
- Smoking and alcohol are not permitted in Atmasantulana Village.

Beach Get-Away

You can be our guest at a facility in a sunny beachside guesthouse around 160 km. from Karla on the western coast in a true rural Indian setting.

The guesthouse is directly at the beachfront, surrounded by beautiful mountains and tropical nature. We offer accommodation in comfortable double bedrooms and Indian vegetarian meals. The tranquil atmosphere makes it an idyllic escape, to relax and enjoy nature at its best.

Please contact us for further information.

Educational Courses

Atmasantulana Village offers various short term and long term courses in Ayurved, Massage, Yoga, Ayurvedic Physiotherapy and Panchakarma.

It is also possible to stay at the centre to practise Yoga and Meditation. Please contact us for further information.

Contacts

Additional information is available at:

Atmasantulana Village

Near M.T.D.C. Holiday Resort

Karla 410 405, India

Tel: (+91) (0)2114 282232 / 282152, Fax: 282203

atma@santulan.com

Atmasantulana Village Rules & Regulations

Changes in the Accommodation and Santulan Treatment Booking:

If the Accommodation and Santulan Treatment Booking is altered or cancelled, for whatever reason, 31 days or more before the confirmed date, 80% of the advance booking payment is refunded. If notification of the changes is received less than 31 days in advance, the following conditions apply:

30 days to 17 days in advance - 40% of the advance payment is refunded.

16 days to 5 days in advance - 10% of the advance payment is refunded.

4 days or less in advance - no refund.

Refunds are made after deducting Bank commission.

The date of arrival may be postponed for 1-2 days by informing the Centre in advance and receiving confirmation of the revised date. The period of delay will be charged at 70% of the single day rate.

If the period of the booking is shortened after starting the treatment, the charges will be made for the amount of days of treatment and stay, plus four days additional charges. Please note that new rates will be calculated according to the revised period. This will apply in case of discontinuation of therapy for whatever reason including discontinuation on advice of the doctor. It is advised to consult our doctors before booking in case of all serious ailments.

If the individual fails to arrive on the first day of the confirmed booking without informing the Centre in advance, the booking will be held open for 3 days. However, full charges apply from the first day of the confirmed booking date. After 3 days the booking is cancelled and there is no refund of the complete advance payment.

Extension of Accommodation Booking:

According to the availability of accommodation, it may be possible to extend the length of stay after arrival in Atmasantulana Village. In such cases, the additional charges are calculated per day.

Extension of Santulan Treatment:

If the treatment is extended due to menstruation, room charges will be applicable for the additional days, but there will be no additional treatment charges (women are not given treatments during the first 3/4 days of menstruation)

Please note:

- Atmasantulana Village reserves all rights regarding the administration of the treatment. The treatment schedule is decided at the discretion of Atmasantulana Village. Treatment may be refused to any individual, for whatever reason, either before or during the treatment. If the treatment is discontinued, the charges will be calculated according to the above mentioned rules regarding changes in the treatment booking.
- Any changes in bookings are confirmed only on receipt of notification. Atmasantulana Village accepts no responsibility for letters, faxes or e-mails, which do not arrive on time.
- All bookings are non-transferable and applicable to the named person only.
- All disputes are subject to Pune jurisdiction.
- Rates are subject to change without notice.
- Rates on the day of arrival are applicable, irrespective of rates at the time of advance booking.

w.e.f. 1.09.06

**Atmasantulana Village is dedicated
to a meditative and natural way of life.
We look forward to meeting you soon.**



"Ayurveda is more than just a medicine;
it is purification, rejuvenation and the entire art of living"
Dr. Shri Balaji Tambe



Atmasantulana Village

Near M.T.D.C. Holiday Resort, Karla 410 405, INDIA

Booking and Information :

Tel. (+91) (0) 2114 282232 / 282152

Fax: 282203

E-mail: atma@santulan.com

Office Timings:

Fri-Wed

10.00 am to 6.30 pm

www.santulan.in