

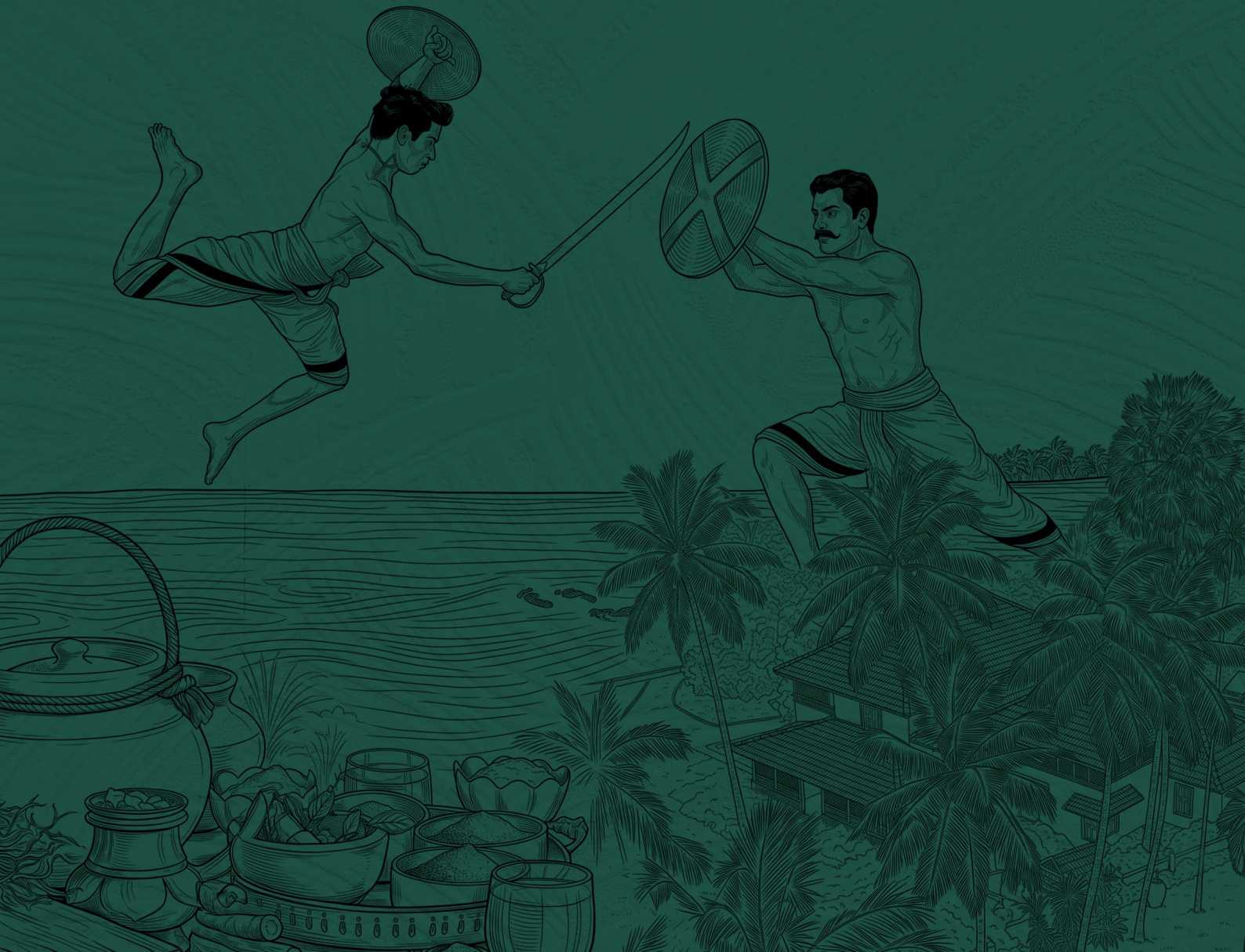


Kalappura
THE FARM HOUSE

Introducing Karkidaka Sampoorana Wellness Programme 2026

Heal • Detox • Rejuvenate • Restore

17 July 2026 - 16 August 2026





Kalappura
THE FARM HOUSE

Karkidaka Sampoorana Wellness

Kalari-based Ayurveda under certified Gurukkal



Daily Morning Yoga Routines

Rejuvenate your body and mind with gentle, therapeutic yoga sessions.



Kalaripayattu Stretching & Strengthening Systems

Ancient martial arts practices to enhance flexibility, strength, stamina and immunity.



Karkidakam Special Kalari Nutritious Foods

Ayurvedic seasonal diet with local, organic and nutritious foods to purify and energize.



Meditation & Lifestyle Management

Guided meditation and lifestyle training for mental clarity, stress relief and balanced living.

Embrace the healing wisdom of Ayurveda, Kalari and Nature this Karkidaka.

Packages starting from ₹17,500/-

Karkidaka Sampoorana Wellness Packages



3 Days | ₹17,500

Day 1 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam

Day 2 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam

Day 3 | Morning: Choorna Kizhi | Evening: Shirodhara

5 Days | ₹32,000

Day 1 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam

Day 2 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam

Day 3 | Morning: Ela Kizhi | Evening: Shirodhara

Day 4 | Morning: Chavutti Uzhichil | Evening: Pada Abhyangam

Day 5 | Morning: Naranga Kizhi | Evening: Ulsadhanam

7 Days | ₹40,500

Day 1 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam

Day 2 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam

Day 3 | Morning: Choorna Kizhi | Evening: Pada Abhyangam

Day 4 | Morning: Shirodhara | Evening: Shiro Abhyangam

Day 5 | Morning: Ela Kizhi | Evening: Pada Abhyangam

Day 6 | Morning: Chavutti Uzhichil | Evening: Shiro Abhyangam

Day 7 | Morning: Navarakizhi | Evening: Ulsadhanam

Karkidaka Sampoorna Wellness Packages



9 Days | ₹54,000

Day 1 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam
Day 2 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam
Day 3 | Morning: Choorna Kizhi | Evening: Pada Abhyangam
Day 4 | Morning: Shirodhara | Evening: Shiro Abhyangam
Day 5 | Morning: Ela Kizhi | Evening: Pada Abhyangam
Day 6 | Morning: Chavutti Uzhichil | Evening: Shiro Abhyangam
Day 7 | Morning: Naranga Kizhi | Evening: Pada Abhyangam
Day 8 | Morning: Kalari Marma Uzhichil | Evening: Shirodhara
Day 9 | Morning: Navarakizhi | Evening: Ulsadhanam

14 Days | ₹83,500

Day 1 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam
Day 2 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam
Day 3 | Morning: Choorna Kizhi | Evening: Pada Abhyangam
Day 4 | Morning: Shirodhara | Evening: Shiro Abhyangam
Day 5 | Morning: Ela Kizhi | Evening: Pada Abhyangam
Day 6 | Morning: Chavutti Uzhichil | Evening: Shiro Abhyangam
Day 7 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam
Day 8 | Morning: Naranga Kizhi | Evening: Shirodhara
Day 9 | Morning: Kalari Marma Uzhichil | Evening: Pada Abhyangam
Day 10 | Morning: Choorna Kizhi | Evening: Pada Abhyangam
Day 11 | Morning: Ela Kizhi | Evening: Ulsadhanam
Day 12 | Morning: Chavutti Uzhichil | Evening: Pada Abhyangam
Day 13 | Morning: Navarakizhi | Evening: Shiro Abhyangam
Day 14 | Morning: Navarakizhi | Evening: ശിരോധാര (Shirodhara)

Karkidaka Sampoorana Wellness Packages



21 Days | ₹1,25,500

Day 1 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam
Day 2 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam
Day 3 | Morning: Choorna Kizhi | Evening: Pada Abhyangam
Day 4 | Morning: Sarvanga Abhyangam | Evening: Shirodhara
Day 5 | Morning: Ela Kizhi | Evening: Pada Abhyangam
Day 6 | Morning: Chavutti Uzhichil | Evening: Shiro Abhyangam
Day 7 | Morning: Naranga Kizhi | Evening: Pada Abhyangam
Day 8 | Morning: Sarvanga Abhyangam | Evening: Pada Abhyangam
Day 9 | Morning: Naranga Kizhi | Evening: Shirodhara
Day 10 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam
Day 11 | Morning: Choorna Kizhi | Evening: Pada Abhyangam
Day 12 | Morning: Ela Kizhi | Evening: Shiro Abhyangam
Day 13 | Morning: Chavutti Uzhichil | Evening: Pada Abhyangam
Day 14 | Morning: Shirodhara | Evening: Ulsadhanam
Day 15 | Morning: Navarakizhi | Evening: Pada Abhyangam
Day 16 | Morning: Sarvanga Abhyangam | Evening: Shiro Abhyangam
Day 17 | Morning: Naranga Kizhi | Evening: Shirodhara
Day 18 | Morning: Kalari Marma Uzhichil | Evening: Shiro Abhyangam
Day 19 | Morning: Navarakizhi | Evening: Shiro Abhyangam
Day 20 | Morning: Ela Kizhi | Evening: Ulsadhanam
Day 21 | Morning: Navarakizhi | Evening: Shirodhara

Terms & Conditions

- Charges are per person.
- Advance booking is recommended, subject to availability.
- Prior consultation may be required before treatment.
- Please inform us of any relevant medical conditions before your session.
- Management reserves the right to revise the above without prior notice.

Why Karkidaka Chikitsa?

The monsoon month of Karkidakam is Kerala's traditional season for preventive healthcare, detoxification, immunity building and holistic rejuvenation. At Kalari at Kalappura, experience authentic Kalari Marma Chikitsa, Ayurveda-inspired wellness, Yoga, Meditation and the healing power of nature in a serene 7.5-acre heritage estate.



Why Kalari at Kalappura?

Authentic Healing

- Kalari Marma Chikitsa
- Experienced Gurukkal
- Yoga & Meditation
- Nature Trails
- Holistic Wellness
- Karkidaka Pathyam

Heritage Living

- Heritage Accommodation
- Valluvanadan Hospitality
- Swimming Pool
- Animal Farm
- Complete Privacy
- Peaceful Countryside



Karkidaka Chikitsa Residential Package Inclusions*

- Personalised Kalari Therapies
- Daily Yoga & Meditation
- Karkidaka Diet & Sattvic Meals
- Wellness Consultation
- Swimming Pool & Estate Access
- Nature Walks & Relaxation



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Embrace the healing wisdom of
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To Register Call +91 75105 88111

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