

CEASE PCOD



Analyse - Arrest - Annihilate

One stop solution to your PCOS through Ayurveda

3 DAYS RETREAT PROGRAMME

Join us for a weekend of Healing and Rejuvenation



Retreat HIGHLIGHTS

- Know your prakruti & vikruti
- Daily & seasonal regimens
- Diet, Therapy & Rejuvenation
- yoga, Naturopathy & Marma chikitsa
- Informative & interactive sessions
- Do's and Don'ts



Contact: 8217525512, 9449198983

Book At: SDM Ayurveda Hospital UDUPI