

The hospital is equipped with state-of-the-art equipments. The treatment areas, physiotherapy and rehabilitation section, yoga hall, yoga studio, spa, kitchens, sports court, laundry section and cleaning equipment for Hygiene, gardens and all machinery installations are high-end and best as per standards.

Accommodation details for the bookings:

The residential block caters to modern day comforts like a resort. All rooms provide comfortable ergonomic beds along with attached toilets providing toiletry kits and beautiful traditional copper bathing vessels as well as modern day shower facility. We have these categories of rooms: **Special Rooms, Deluxe Non-AC Rooms, Deluxe AC Rooms, Semi Cottages and Cottages.**



Come, carry remembrances
lasting a lifetime.

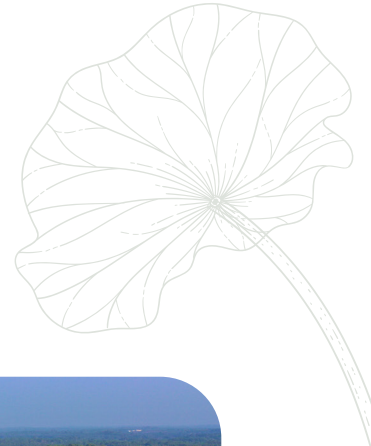


BOOK NOW

Sarvah Kshema Hospital & Research Foundation
Yoga Bana, Moodu Giliyaru, Kota Post.,
Udupi District, Karnataka - 576 221
+91 96060 31231 / 96060 31232 | info@shrfyoga.com
www.shrfyoga.com



LOCATE ME



Sarvah Kshema Hospital & Research Foundation

**A World of Yogic Healing,
Ayurveda & Nature Cure**

www.shrfyoga.com





SHRF Yoga Bana

**A Yoga, Ayurveda & Naturopathy
Hospital In The Lap Of Mother Nature
For "LIFE LOVERS"**

SHRF Yoga Bana is a holistic healing hospital, the Yoga wing of Divine Park, Udupi. It brings the 5000 year old practices of Yoga, Ayurveda, Naturopathy and spiritual alignment through its programs to people from all walks of life. A unique hospital for natural and divine healing through scientific yogic and medical practices, manned by eminent doctors with their extensive in-depth research and established methodologies. Yoga education, Yoga therapy and Yoga research are important key components of practices at the hospital.

Yoga Bana has special features and offerings like:

- ✓ Certified green campus.
- ✓ Temple architecture with sanctum sanctorum of Sri Gururji Swami Vivekananda's statue in coherence with the Vastu Purush Mandala and open space with step seating circumventing it.
- ✓ Statue is majestically positioned in the core, the Garbha Graha of the campus with lotus petal shaped pond holding beautiful lotus flowers blooming as an offering at Swamiji's lotus feet. The 35 feet tall statue is the tallest statue of Swami Vivekananda in the world.
- ✓ There are Mandala walking tracks for movement medicine apart from pleasure walks. There are three walking tracks circling around the inner and outer parts of the buildings. It is a scientifically proven fact that, when one walks on circular pathways, the mind falls into a rhythm and it contributes to well-being.
- ✓ Vast expanse of greenery, flora and fauna creates moments of joy and mindful observation of nature. There are special grass and stone walking tracks keeping in mind principles of reflexology.

Our Programs:

Choose from our 3, 5 or 7 - day specially curated wellness programs. Scan the QR code on the last page to book your health package in advance.



Our package entails:

- ✓ Treatment through one-to-one consultation and counselling.
- ✓ Special therapies like Yoga therapy, Ayurveda, Naturopathy, Nature therapy, Diet therapy, Music therapy, Silence therapy, Spiritual therapy, Physiotherapy, Movement medicine, Pranayama and Meditation under continuous supervision from the medical team and practitioners.
- ✓ There are health talks, discourses and lectures on yoga, health, health education and wellbeing conducted by the doctors and yoga teachers.
- ✓ Diet Therapy, where food is prepared with utmost care and nutritional value as well as portion servings, detailed in consultation with the nutritionists.
- ✓ A dedicated time to indulge yourselves in both outdoor as well as indoor games at the premises to unwind.
- ✓ Special cycling facilities that are a delight for the guests.
- ✓ Cultural activities: A day of outing to the town, beautiful seashore of Arabian Sea and a boat ride make the outing day - a day to create happy cultural and travel memories.



Our Specialized Wellness Services:

- Scientific Weight Loss Guidance
- Pain Relief for Back, Waist, and Joints
- Management of Diabetes and High Blood Pressure
- Solutions for Insomnia and Depression
- Stress and Tension Relief Techniques
- Anger Management
- Journey to Better Health
- Opportunities to enjoy quality family time and personal relaxation

Special attention to breathing practice and techniques to achieve harmony of mind, body and soul for a healthy being.

All activities are carried out under the guidance of Dr. Vivek A Udupa, Medical Director, CEO, SHRF Yoga Bana. An MD in the field of Yoga and rehabilitation, a Bachelor's in naturopathy and yogic sciences, Dr. Udupa was a recipient of Jindal Gold medal for four years during his bachelor's studies.

SHRF Yoga Bana has been created as an offering grounded in the practice of fortitude, dedication and sadhana based on the principles of Swami Vivekananda. It is an extension of Divine Park, an inspirational center of spiritual and medical excellence, established by Rev. Dr. A Chandrashekhara Udupa, (Doctorji), a gold medalist and renowned medical practitioner, a humanitarian, and a spiritual master working towards nation building and service of mankind.

