

Shanti Makaan Ayurvedic Wellness Centre

“Greetings from Rishikesh, home of ancient sages, the holy mother Ganges River and the Himalayas.”

Shanti Makaan (House of Peace), located in Jonk village, half way between the two famous suspension bridges (Ram Jhula and Laxman Jhula) that span the Ganges River in Rishikesh, is the ideal place to experience, learn and receive the benefits of the 5000 year old Ayurvedic Panchakarma principles of natural detox and healing.

Shanti Makaan is the inspiration of Dr M. L. Maurya who had a clear vision of creating a wellness centre where the natural and peaceful atmosphere - rarely found in the ‘hectic’ present day - would complement and enhance these ancient Ayurvedic therapies.

The forested mountains of the Himalayan foothills provide a calming ‘green-ness’ throughout the property, where all 15 en-suite rooms and relaxation mountain terrace and Mango orchid terrace to enjoy magnificent and inspiring views.

During your stay, you would enjoy professional and individual care by our highly experienced and skilled on-site Ayurvedic doctor, Meditation experts and Yoga professional with dedicated team of therapists and staff to make you feel comfortable in your Himalayan home.



Luxman Jhula



Ganga Arti

Dr. Maurya

Dr. Maurya is a qualified Ayurveda Doctor specializing in panchakarma treatments. He has been practicing for over 17 years serving clients from all over the world.

In addition to Shanti Makaan Ayurveda Wellness Centre, Dr. Maurya has a well-established Ayurvedic treatment centre at Parmarth Niketan Ashram.

Dr. Maurya is an expert in panchakarma detoxification and rejuvenation, Ayurvedic therapies, pulse diagnosis, Moxabustion, AgniKarma and use of medicinal plants.

Dr. Maurya also travels to other countries to teach and provide Ayurvedic consultations, treatments and retreats.



For example he has held Ayurvedic Panchakarma retreats and delivered courses in Ayurveda Diagnosis and Treatment and Marma therapy in China, Japan and Australia, and provided education and consultations on The World Luxury Ship.

Sri Swami Atma (Meditation Instructor)

Sri Swami Atma Jnanananda Giri is a Homeopathic doctor from Kerala, residing in Rishikesh since 15 years.

The Guest are guided to a state of relaxation and meditation through Yoga Nidra, sound, Pranayama and Chanting and taught exercises to optimize the functioning of joints and glands and purification of the nadis, to help the prana flow throughout the body.

Learners are brought to an understanding of meditation as a way of life and a means of achieving balance within themselves in a stressful and fast-paced existence, rather than exclusively as physical exercise.



Rahul Nautiyal (Yoga Instructor)

Mr. Rahul is specialized and experienced yoga trainer. He has been practicing for over 10 years serving clients from all over the world.

Customized yoga is designed as per body need by Dr Maurya.



Our Wellness Program

During their stay guest are advised to join the wellness program as shown below. Duration of program vary from one day to 30 days as advised by Dr. Maurya.

#	Wellness Program
1	Holistic Panchakarma wellness program
2	Depression-Stress relieving program
3	Weight Loss Program
4	Re-establishing Digestion program
5	Diabetes cure program
6	Chronic pain management program
7	Skin care program
8	Post Covid-19 care program
9	Skin disorder program
10	Mental wellness program

Daily Schedule

Time	Activity
6.00 AM	Wake up (please set your alarm)
6.20 AM	drink hot water 2 glass (available at the lounge) to evacuate the intestine
6.30 AM	drink Herb Tea/green herb juice ½ cup only at lounge.
7.15 AM	Yoga for joints and spine to open your body
8.20 AM	Breakfast , have fruits and poha/Daliya/Upma/Salads – comes from kitchen, Herb tea- please help yourself
9:00 – 11:00 AM 11:00 – 01:00 PM	Ayurveda consultations/Ayurveda panchakarma treatments as prescribed by Doctor
12:30 – 2:00 PM	Lunch – have Thali green vegetable, Dal Mung beans/yellow, barley/corn/millet/wheat Chapati and yellow/red/white rice
2:00 – 4:00 PM	Rest and read
4:00 PM	Herb tea at lounge
5:00 – 6:00 PM	Meditation /Yog Nidra/sound healing, please come with comfortable white Kurta Pajama or any comfortable cloth (alternate days)
6:00 PM-7:00 PM	Going out to visit Mother Ganges, Ghats, Ram jhula, Luxman Jhula, Janki bridge and Beaches, Ganga Arti
7:30 PM	Dinner at lounge, soups/dal/khichadi/green Veggies (herb for better digestion and evacuation at the lounge- 1 tea spoon mix with ½ cup water and drink) and walk
9:00 PM	Go to sleep

Facility (Actual Photo)



Well Trained Staff



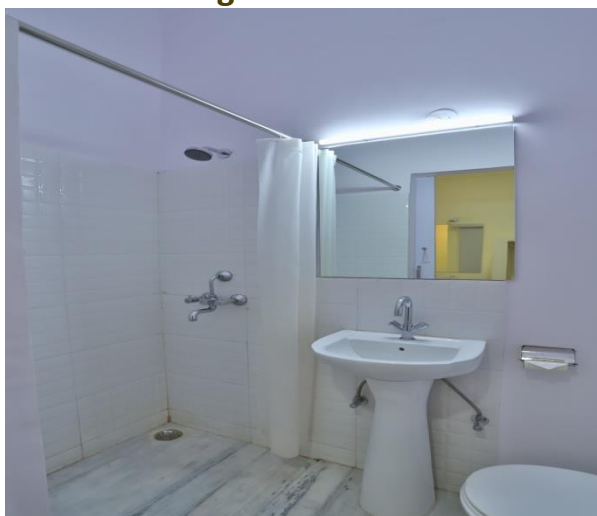
Shanti lounge



Single Bed Room



Twin Bed Room



Attached toilet & Bath room



Reception



Mountaion Garden View relaxation Terrace



Mountain mango view study Terrace



Lunch Thali



Breakfast



Shanti Hall

Activity (Actual Photo)



Dr. Consultation



Yoga on Banks of River Ganga

Panchakarma Treatments (Actual Photo)



Shirodhara head oil therapy



Kati basti Knee Treatment



Steam sauna



Greeva basti -Neck Treatment



Kati basti - Spine Treatment



Patra potali Treatment



Abhayangam Massage



Foot therapy

Sense Organ Treatments (Actual Photo)



Netra tarpan - Eye Therapy



Nasyam - Nose Therapy



Karna pooran - Ear Therapy



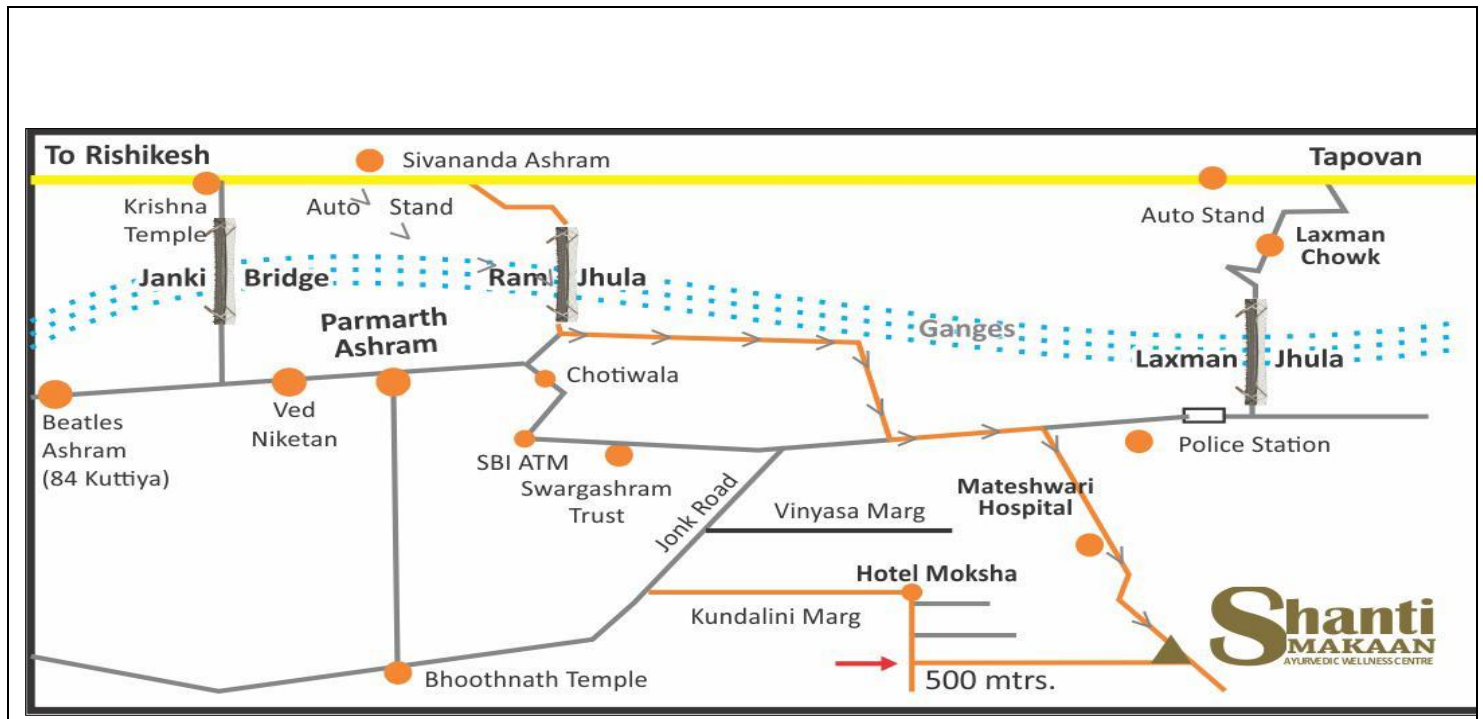
Dhoompaan Therapy

Important Info	URL (Link)
Web Site	https://shantimakaan.com https://rishikeshayurveda.com
Online Dr. Consultation	https://online.shantimakaan.com
Site Tour (View online video of Shanti Makaan)	https://youtu.be/-5h6CTG9yQw
Online Courses	https://www.udemy.com/user/shanti-makaan-ayurvedic-wellness-centre 1) Ayurveda Therapy Panchakarma Course 2) Ayurveda Marma Therapy Certificate Course 3) Certificate in Ayurveda basics, Introductory course 4) Herbalism Course, Ayurvedic Medicine Preparation Course 5) Herbalism course, Ayurveda Medicinal Plants course

location

1) Shanti Makaan Wellness Centre

Jonk Village Swargashram, Rishikesh - 249304, Uttarakhand



Shanti Makaan is located between Ram Jhula and Laxman Jhula. Walkable distance from river Ganga Ji

2) Hemadri Ayurveda Center, Parmath Niketan, P.O. Swargashram

Rishikesh, Uttarakhand – 249304 (India)