

Shanti MAKAAN AYURVEDIC WELLNESS CENTRE

JONK VILLAGE | TAPOVAN



Lord Dhanvantri
The God of Ayurveda



Dr. Munni Lal Maurya

Dr. Maurya is a qualified Ayurveda Doctor specializing in Panchakarma treatments. He has been practicing and teaching since 2005, serving clients from all over the world.

In addition to residential Shanti Makaan Ayurveda Wellness Centre, Jonk Village & Tapovan, 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, and the knowledge and use of medicinal plants and Ayurvedic dietetics.

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

He has conducted Ayurvedic Panchakarma retreats and delivered courses in Ayurveda Diagnosis and Treatment and Marma Therapy in China, Japan, Australia, Brazil and many other countries. He has also provided educational classes and consultations aboard the luxury cruise "The World."

Shanti Makaan Ayurvedic Wellness Centre



Dedicated Team of Shanti Makaan

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

”Shanti Makaan (House of Peace), is the inspiration of **Dr. Munnilal 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, Yoga, meditation and Panchakarma.

The forested mountains of the Himalayan foothills provide a calming 'greenness' throughout the property, where all seventeen and nineteen en-suite rooms and relaxation areas enjoy magnificent and inspiring views at Jonk Village and Tapovan respectively.

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



Archita Singh, is a specialized and experienced yoga and meditation trainer. She has been practicing for over 5 years, serving clients from all over the world.

The guests are advised to attend daily yoga classes as instructed by Dr. Maurya, based on their wellness program.

Yoga at Shanti Makaan is customized according to each guest's health concerns.

You will learn and practice yoga & meditation under the full attention and guidance of experienced experts.

Residential & Walk-in Programs

Our Wellness Residential Program

Every residential wellness retreat begins with an in-depth pulse diagnosis (Nadi Pariksha) & systemic body scan by an Ayurvedic Doctor to tailor therapies as per your prakriti (body constitution) & health issue.

- **Holistic Detox with Panchakarma Program (3/7/14/21 days).**

A traditional Ayurvedic detox program that gently eliminates toxins, restores balance, and rejuvenates body and mind.

- **Weight Loss with Panchakarma Program**

Achieve sustainable weight management through personalized Ayurvedic therapies, diet, and lifestyle guidance.

- **Mental Health with Ayurveda Program**

Enhance emotional well-being, reduce stress, and promote inner calm through holistic Ayurvedic healing.

- **Digestive Health with Ayurveda**

Restore digestive strength, improve gut health, and support optimal metabolism with personalized Ayurvedic care.

- **Diabetes Control with Panchakarma**

Support healthy blood sugar management through Ayurvedic detoxification, herbal therapies, and lifestyle modifications.

- **Geriatric Rasayana Program (Rejuvenation & Anti-aging)**

Revitalize the body, improve vitality, and promote healthy aging with classical Rasayana rejuvenation therapies.

- **Chronic Arthritis & Pain Management Program**

Relieve joint pain, improve mobility, and reduce inflammation through targeted Ayurvedic treatments and therapies.

Daily Ayurvedic Therapies for Walk-in Guests

We warmly welcome walk-in guests every day. Whether you're visiting Rishikesh for a short trip or staying nearby, you can enjoy our authentic Ayurvedic therapies and wellness treatments through individual sessions to restore balance, relaxation, and well-being. You can also book a doctor consultation for thoughtfully designed & tailored Ayurvedic Therapies.

Deepen your understanding of Ayurveda through our globally recognized educational programs. Shanti Makaan offers intensive, hands-on residential certification courses ranging from 35 to 140 hours, conducted by Dr. Maurya and our experienced faculty.

Residential Certification Courses

- **Ayurvedic Massage (Abhyanga) Certification** – **7 Days**
Master the traditional techniques of Abhyanga through intensive hands-on practical training.
- **Ayurvedic Therapist & Consultant Certification** – **14 Days**
Develop professional skills in Ayurvedic therapies, consultations, and holistic patient care.
- **Diploma in Ayurveda & Panchakarma** – **21 Days**
Gain comprehensive knowledge of classical Ayurveda and authentic Panchakarma therapies
- **Diploma in Ayurveda Panchakarma & Medicinal Herbs** – **28 Days**
Learn the identification, properties, and therapeutic applications of Ayurvedic medicinal herbs.
- **Diploma in Marma Therapy** – **7 Days**
Master the ancient science of Marma Therapy to restore balance, relieve pain, and promote natural healing through vital energy points.

Online Learning Program

- **Basic Ayurveda Course** – **6 Months**
Build a strong foundation in Ayurvedic principles, lifestyle, nutrition, and preventive healthcare.
- **Advanced Ayurveda Course** – **12 Months**
Explore advanced Ayurvedic diagnostics, therapies, and clinical applications through comprehensive online learning.



www.udemy.com

Daily Schedule

During your stay, guests are requested to follow the daily wellness schedule outlined below. The schedule may be customized according to individual health requirements and the recommendations of the Ayurvedic Physician.

6:00 AM	Wake up (please set your alarm).
6:20 AM	Drink 2 glasses of warm water (available in the lounge) to support natural bowel cleansing.
6:30 AM	Enjoy ½ cup of herbal tea (available in the lounge).
7:00 AM	Yoga session focusing on joint mobility, spinal flexibility, and body activation.
8:00 AM	Breakfast: Seasonal fruits with Poha /Daliya /Upma /oats. <i>Herbal tea is available for self-service.</i>
9:00 AM – 11:00 AM 11:00 AM – 1:00 PM	Ayurvedic consultation and Personalized Panchakarma therapies as prescribed by the Ayurvedic Doctor.
12:30 PM – 2:00 PM	Lunch: Wholesome Ayurvedic meal including seasonal green vegetables, moong dal, barley, corn, millet chapati, and the prescribed variety of rice.
2:00 PM – 5:00 PM	Rest, relaxation & self-reflection. Free time to explore banks of Maa Ganga, Ashrams or bathe in Maa Ganga.
5:00 PM – 6:00 PM	Meditation, Yoga Nidra & Pranayama. Please wear comfortable white kurta-pajama or any loose, comfortable clothing.
6:30 PM	Dinner at the lounge: Light Ayurvedic meal including soup, dal, khichadi, and seasonal green vegetables.
7:00 PM	Consume the prescribed digestive herbal preparation (available in the lounge): Mix 1 teaspoon with ½ cup of warm water, drink, and enjoy a gentle walk.
9:00 PM	Retire for the night to ensure adequate rest and restorative sleep.



Well Trained Staff



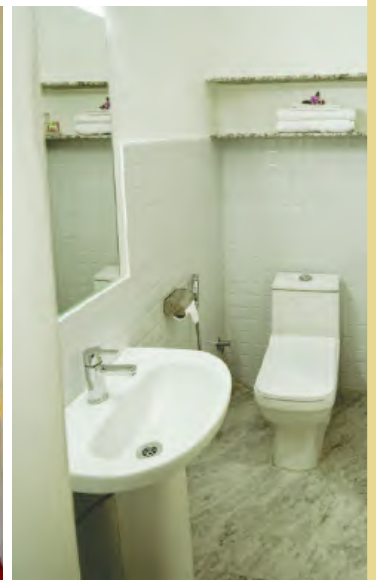
Cozy Dining Lounge



Twin Bed Room



Single Bed Room



Washroom



Lobby



Garden View Terrace



Mountain View Terrace



Meal Served



Breakfast served



Shanti Hall



Yoga on Banks of River Ganga Ji



Ayurvedic Doctor Consultation & Pulse Diagnosis



Garden at Shanti Makaan, Tapovan

Therapies



Shirodhara



Abhayanga



Potli Massage



Steam bath



Netra Basti (Tarpan)



Greeva Basti

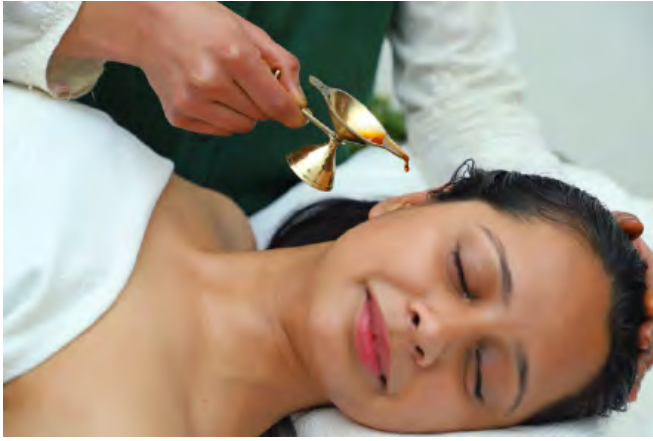


Janu Basti



Kati Basti

Therapies



Karnapooran



Nasya



Foot Reflexology



Marma Therapy



Therapy Room



Head Massage



Dhoomrpan



Ramjhula



Parmarth Shiva Statute



Ganga Aarti



Kunjapuri Temple



Bajrang Setu



Beatles Ashram

Location, Travel & Distances

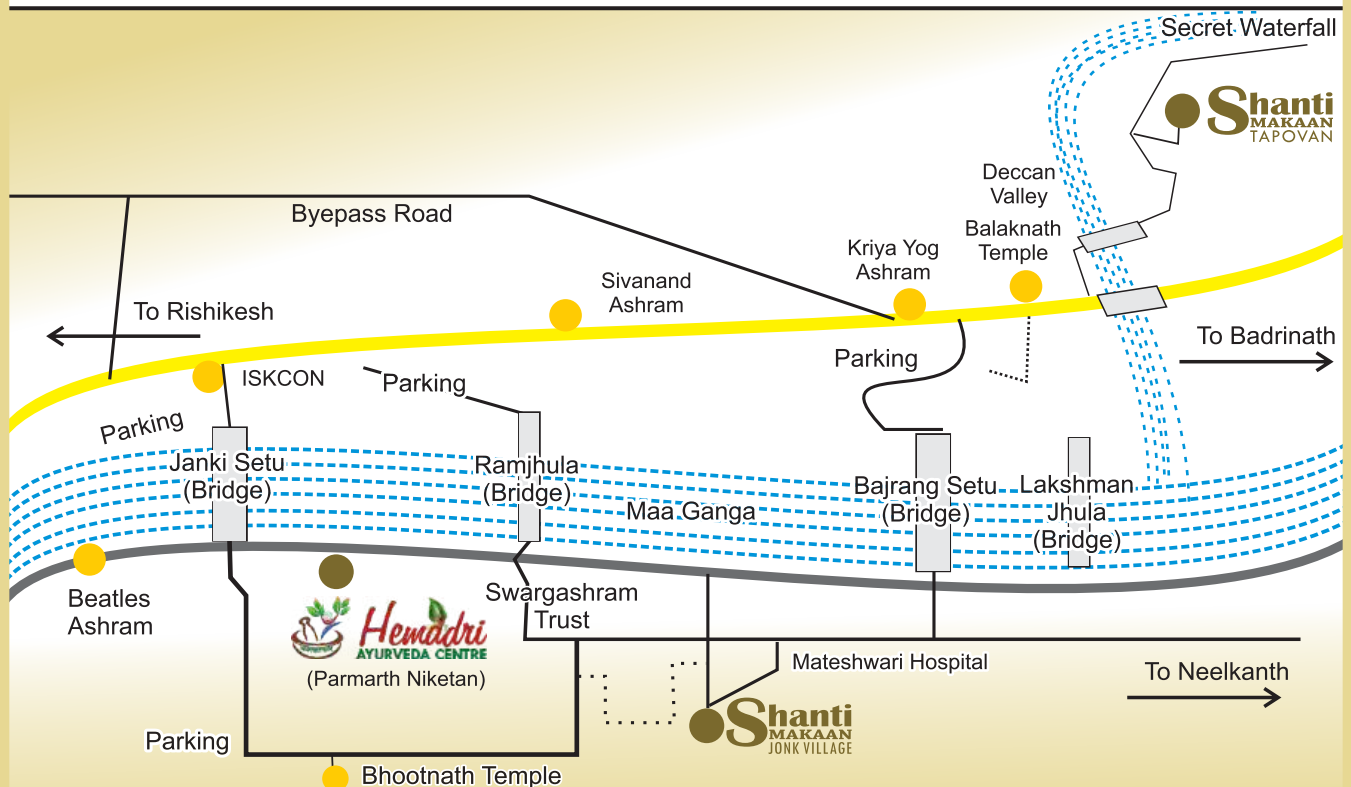
Shanti Makaan is thoughtfully located on both the East and West Banks of the sacred River Ganges, offering two unique wellness destinations, each surrounded by the natural beauty and spiritual heritage of Rishikesh. Shanti Makaan is located on both East & West Banks of Ganges.

JONK VILLAGE

Our original wellness centre is nestled in Jonk Village on the eastern bank of the Ganges, conveniently situated between the iconic Ram Jhula and Lakshman Jhula. Surrounded by lush greenery and the majestic Shivalik Hills, it offers a tranquil retreat where guests can relax, rejuvenate, and experience the timeless wisdom of Ayurveda, Yoga, and holistic healing traditions that have been nurtured in India for over 5,000 years.

TAPOVAN

Our newest wellness retreat is located in Tapovan, along the scenic Secret Waterfall Road, overlooking the beautiful Shivalik Hills. Surrounded by landscaped gardens, open terraces, and a serene natural environment, it provides the perfect setting for Panchakarma therapies, Yoga, Meditation, and mindful living.



Distance From Jonk Village / Tapovan

Rishikesh ISBT : 16 kms. / 5 kms. Yog Nagri Railway Station : 17 kms. / 8 kms.
Jollygrant Airport : 31 kms. / 23 kms. Haridwar Railway Station : 40 kms. / 30 kms.

Nearby Attractions

Bajrang Setu, Ram Jhula, Parmarth Ganga Aarti, Triveni Ghat, Veerbhadra Temple, Vashisth Gufa, Patna Waterfall, Neer Waterfall, Neelkanth Temple, Kunjapuri Temple



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Reviews
Jonk Village



Reviews
Tapovan

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