

## **Aarogyamantra UK**

**Aarogyamantra UK is the trading name of Aarogyamantra Ltd, a company, registered in England and Wales since 2017, Registration number 10771326.**

**Aarogyamnatra UK provides Yoga sessions at the Lake View Yoga Studio every Sunday evening by Prince Philip Punnoose.** Prince completed his Foundation Course with British Wheel of Yoga (BWY), 2022 and Yoga Alliance Teacher Training Program with Lucy Leslie at Sussex Yoga Training in October 2024.

The Lake View studio is owned and run by Lucy Leslie, who is a well known Yoga teacher who provides Yoga training programs and conducts classes along with other Yoga teachers. Lake View Yoga studio is situated on an island in the middle of a lake in Sussex. Warm, clean, bright & with 360 degree views of the lake & surrounding countryside, it has its own car park for 20+ cars & is a quiet, calm place to practice yoga. To book your Yoga classes at Lake View studio, please click on the link below.

<https://www.yogaonthelake.uk/schedule/>

### **Rejuvenating Yoga and Wellness Retreat in India (January 2026)**

**Prince Punnoose** will be conducting a Yoga and wellness Retreat at his family business, Aarogyamantra Integrated Healing Pvt Ltd, in India from January 11<sup>th</sup> -18<sup>th</sup> 2026. Escape to the serene village of Manjoor South in Kottayam District, Kerala, and immerse yourself in a transformative experience at Aarogyamantra. This integrated healing centre harmoniously blends Naturopathy, Ayurveda, Yoga, Meditation and Spa therapies, inviting you to rejuvenate your body, mind and soul.

### **Discover Aarogyamantra- India**

At Aarogyamantra, we take a holistic approach to health, offering tailored detoxification and wellness packages that nourish not only the body but also the mind and soul. With our dedicated team of qualified doctors and therapists, each guest receives personalised care that restores balance and promotes vitality.

+44 7481165626  
E: [yogaretreats@aarogyamantra.com](mailto:yogaretreats@aarogyamantra.com)  
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### **Culinary Delights at Amrit**

Indulge in the exquisite flavors of our in-house restaurant, Amrit, where every meal is a celebration of nutritious vegetarian cuisine. Savour fresh fruits, homemade yogurt, and sumptuous three-course dinners crafted from local ingredients, all designed to nourish and delight.

### **Invigorating Retreat Schedule**

- 06:30 - Awakening morning yoga
- 08:00 - 09:00 - Nourishing breakfast
- 10:00-12:00- Treatment or use of Pool, steam and sauna or just relax in room
- 12:30 - 13:30 - Wholesome lunch
- 15:00-17:00- Treatment or use of Pool, steam and sauna or just relax in room
- 17:00 - Refreshing chai & tiffin
- 17:30 - Restorative afternoon yoga
- 19:00 - 20:00 - Delicious dinner

**Highlight:** Thursday features a scenic houseboat trip with lunch served onboard, allowing for a unique experience in the heart of Kerala.

### **Embark on a Journey of Yoga**

Our beautifully equipped Yoga studio is the perfect sanctuary for all levels. Daily sessions blend asana, pranayama, and meditation, fostering a deep connection with your inner self and empowering you to leave feeling revitalised.

### **Explore the Enchanting Surroundings**

Take leisurely walks through lush landscapes, unwind in our tranquil gardens, Extend your exploration even further after the retreat and discover Kerala's rich culture and stunning sights.

### **Comfort and Care**

Our accommodation offers air conditioned rooms with balconies facing the garden, and indulge in life-enhancing Ayurveda or Naturopathy treatments every day. It is a perfect balance of comfort and relaxation, complemented by attentive housekeeping services. Optional laundry services are available, and we provide essential medical support to ensure your wellbeing throughout your stay.

**Treatments included in the package: (1 treatment per day)**

Full Body Abhyangham- Ayurveda

Pizhichil- Ayurveda

Shirodhara- Ayurveda

Full Body Swedish massage-Naturopathy

Mud Therapy- Naturopathy

Head massage and Reflexology- Naturopathy

**Cost: £1,200 per person for shared accommodation in a double room;  
£1,500 for single occupancy.**

**Deposit: Secure your place with a £300 deposit, with the balance due by  
October 31, 2025.**

Included: Airport pick up/drop off, Luxurious accommodations, three daily meals, invigorating yoga sessions, 1 treatment per day and an unforgettable houseboat adventure.

**Not Included:** Flights, visa fees, travel insurance, and additional Ayurveda treatments.

We invite you to join us for an extraordinary week dedicated to your wellness and rejuvenation. For any inquiries or further details, please don't hesitate to reach out—we can't wait to welcome you!

Download a booking form [here](#) or contact us for further information on:  
yogaretreats@aarogyamantra.com.



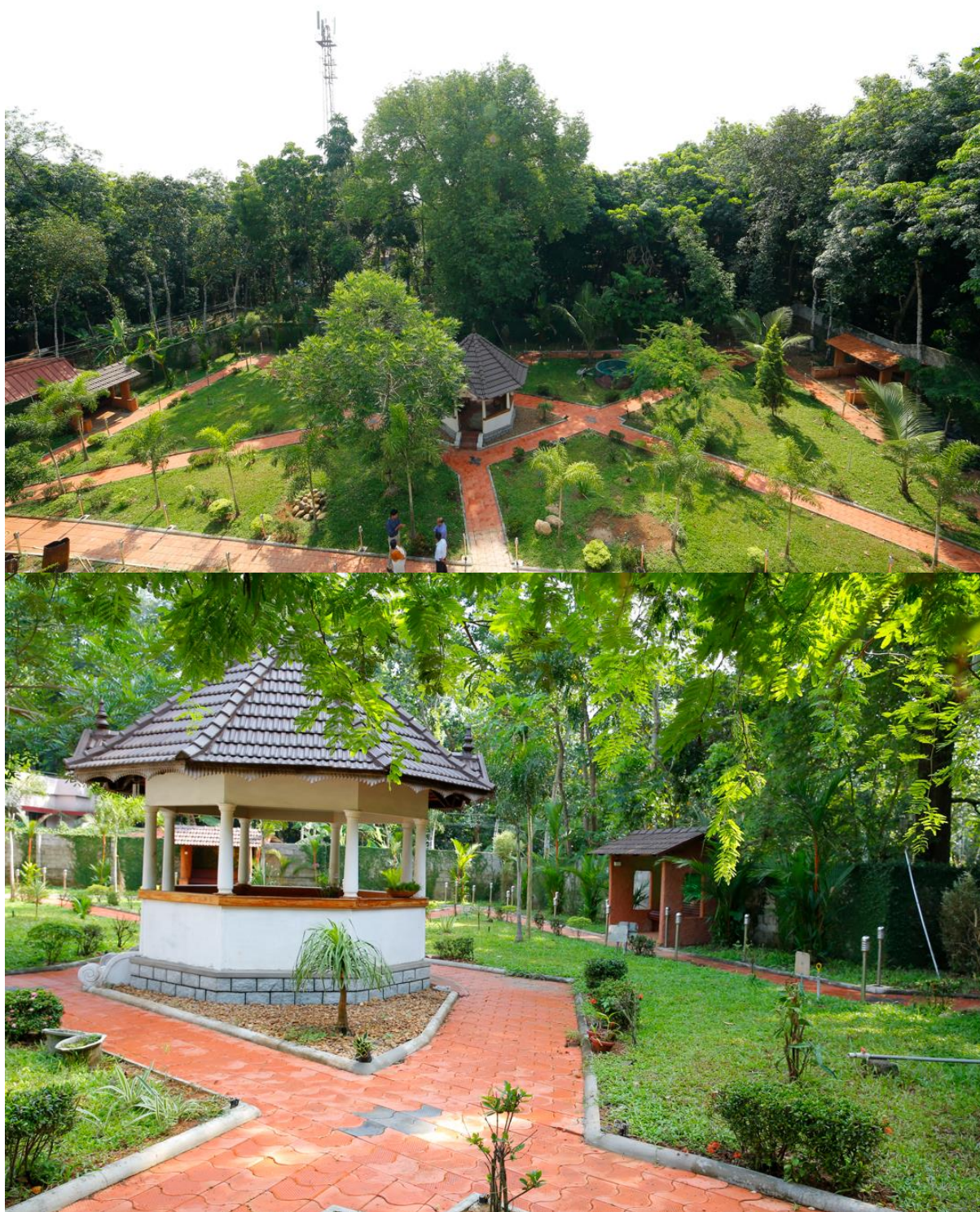
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