



Kshemavana joins Healing Hotels of the World

A space for transformation, offering workshops, consultations, and healing experiences.



Fostering the nourishment of mind, body and spirit, to achieve lasting change and wellbeing.

13 March, 2024, Cologne, Germany -- Healing Hotels of the World is pleased to announce its latest new member: Kshemavana SDM Institute of Naturopathy and Yogic Sciences. Situated amidst 23 acres of lush tropical greenery, Kshemavana offers an authentic Indian wellness experience rooted in ancient healing traditions. Through its personalized wellness programs, which incorporate naturopathy, yoga, meditation, and a Sattvic diet, Kshemavana provides guests with a transformative journey towards optimal health and vitality.

Kshemavana boasts 142 thoughtfully designed rooms across four types of accommodations, including secluded cottages, spacious suites, and comfortable rooms overlooking the gardens. Cottages and treatment rooms provide guests with privacy and serenity, creating an ideal environment for relaxation and rejuvenation. Additionally, thoughtfully designed courtyards and inviting common areas foster connections among guests. All areas are designed with tranquility in mind, featuring large windows that let in plenty of natural light, open courtyards that bring the outdoors in, and water features that add a soothing element.

Elisabeth Ixmeier, CCO and Co-Founder of Healing Hotels of the World says, “Authenticity is key and this wellness retreat center offers a deep and well-rounded exploration of traditional Indian healing practices in a modern setting.”

At Kshemavana, guests can indulge in a wide range of healing therapies and treatments, including naturopathy, yoga, meditation, hydrotherapy, massage, and mud therapy. These holistic offerings are tailored to each guest's unique needs, promoting physical rejuvenation, mental clarity, and spiritual wellbeing. From pilates and emotional freedom techniques to nature walks and aqua aerobics, Kshemavana offers a diverse array of

activities aimed at nurturing the mind, body, and spirit. Guests can immerse themselves in transformative experiences that promote relaxation, rejuvenation, and personal growth.

"We believe in merging tradition with innovation, creating a sanctuary where healing is not just a practice but a profound experience. At Kshemavana, we endeavor to nurture the essence of holistic healing, integrating ancient wisdom with modern science. By joining Healing Hotels of the World, we are excited to connect with a like-minded community and share the transformative power of our unique experience with a wider audience." states Dr. Narendra K Shetty, Chief Wellness Officer at Kshemavana.

Committed to environmental stewardship, Kshemavana incorporates sustainable practices throughout its operations. From energy-efficient design and solar panels to organic farming and comprehensive waste management, the resort strives to minimize its ecological footprint and promote harmony with nature. Kshemavana's culinary offerings also reflect its commitment to wellbeing and sustainability. Three restaurants serve a grain-free vegetarian Sattvic diet, featuring locally sourced, organic ingredients prepared with care and intention. Guests can savor nourishing meals that support their journey toward optimal health and vitality.

About Healing Hotels of the World

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, the two collections of Urban and Resort Healing Hotels around the world bring holistic healing travel based on specific Healing Excellence Standards to life. Member hotels are Healing Certified, ensuring that the wellbeing of each guest is taken to a deeper dimension through their holistic program offering. Healing Hotels of the World provides expert consulting and training, empowering hoteliers to fully embrace the healing guest experience. With the online magazine JUST BREATHE MAG and the yearly HEALING SUMMIT, the leading event for the healing hospitality and holistic lifestyle community, Healing Hotels of the World has found unique ways to express and share its vision of enabling travel guests to become whole in body, mind and soul.

www.healinghotelsoftheworld.com

Kshemavana SDM Institute of Naturopathy & Yogic Sciences

Kshemavana, a division of the SDM Educational Society, boasts a network of 53 diverse establishments spanning Karnataka, encompassing educational institutions, naturopathy hospitals, ayurveda hospitals, museums, and beyond. Leveraging three decades of steadfast operation, Kshemavana benefits from robust support from its affiliated institutions, constituting a formidable foundation for its continued growth and service to the community.

[WEBSITE](#)

To find selected photo material accompanying this press release, please click [here](#).

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