## Sitaram Beach Retreat

Sitaram Beach Retreat - Ayurvedic Resort in Thrissur
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Company logo

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**WELCOME TO SITARAM BEACH RETREAT AN NABH ACCREDITED**

# AYURVEDIC RETREAT BY THE BEACH

At Sitaram, our purpose is to show you the path to connect to your Highest Self and transform on a physical, emotional, and spiritual level. While our treatments help you cleanse and rejuvenate on a physical level, our way of life helps you take a break from your normal and experience an ayurvedic way of life to reach your breakthrough. We strive to help people realise that health is a necessary choice which needs a conscious effort to achieve and maintain. Located on the shores of the Arabian Sea, Sitaram Beach Retreat is a destination for holistic healing experience. Our 100 years of legacy, tradition and diving healing also separates us from the other Ayurveda resorts in Kerala.

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