

# Visiting Wellness Practitioner Dr. Vinod Kumar Karicheri

18<sup>th</sup> August – 30<sup>th</sup> September 2025

Dr. Vinod Nair Karicheri is an integrative doctor with over 16 years of experience in healing arts. He combines both Western and Eastern diagnostic methods—such as iridology, facial and pulse diagnosis, and sleep and dream analysis—to create personalized healing programs. His treatments incorporate Marma bodywork, meditative yoga, and the traditional Kerala martial art of Kalaripayattu. Dr. Vinod holds a degree in Natural Medicine and Yoga from Rajiv Gandhi University of Health Sciences, India



Meet Dr. Vinod for a complimentary consultation and discover how integrative healing can support your well-being.

- ✧ Meditative Kalari Yoga
- ✧ Intense Kalari Strengthening Sequence
- ✧ Kalari Marma Massage
- ✧ Marma Bodywork
- ✧ Acupuncture and Marma Puncture

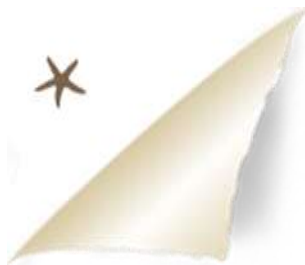
Join Dr. Vinod for Hatha Yoga to start your day ahead

**Monday and Friday**

**Time: 07:30 -08:15 a.m.**

**Venue: Yoga Champa**

(Complimentary)



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## Meditative Kalari Yoga

This unique practice combines the ancient Indian martial art Kalari Payattu with traditional Hatha Yoga. Sessions are customized to your Ayurvedic body type and include practicing with closed eyes to enhance inner awareness and control of the senses.

**Benefits:** Enhances longevity, cognitive functions, neuroplasticity, and overall health.

## Intense Kalari Strengthening Sequence

A dynamic and challenging session inspired by the ancient Indian martial art Kalarippayattu. Tailored to your fitness level, it's perfect for anyone seeking a powerful and transformative workout.

**Benefit:** Develops power and endurance. Balance and physical awareness. Stimulates metabolic rate for enhanced vitality.

## Kalari Marma Massage

A deep-tissue massage from the Kerala martial art Kalarippayattu, using special techniques to help treat and prevent injuries, chronic pain, and movement issues.

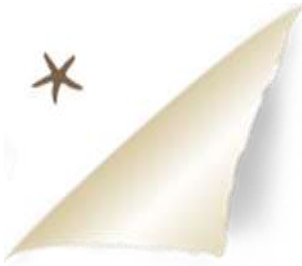
**Benefits:** Enhances healing and anti-inflammatory responses, and supports strenuous training by focusing on lymph drainage and venous return.

## Marma Bodywork

A subtle yet profound therapy that integrates Ayurveda, Kalari Marma vital energy points, and acupuncture techniques to release blocked energy.

**Benefits:** Reduces stress, improves sleep, alleviates pain, and boosts overall health by harmonizing the body's energy flow.

## Acupuncture and Marma Puncture



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These targeted therapies utilize fine needles and gentle pressure on specific Marma and acupuncture points. Tailored to your constitution and health conditions, these sessions aim to stimulate energy flow, relieve blockages, and restore balance.

**Benefits:** Addresses a wide range of health concerns, from physical pain to emotional stress, promoting deep healing and well-being.

## Bespoke Integrative Wellness Programs

Each program begins with a comprehensive integrative consultation, blending Western diagnostics with traditional holistic practices to gain deep insight into your unique health profile. This ensures personalized and effective experience. The 6-day program includes 6 wellness activities and 12 treatments. To further enhance your journey, an optional focus on therapeutic nutrition can be added to support lasting vitality and balance.

### The Integrative Longevity Program (Anti-Aging)

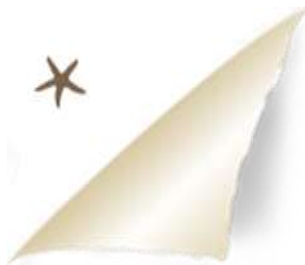
This focused program is designed to boost vitality and support healthy aging. Based on my research in aging, the protocol targets key factors at the cellular level, supporting cell health, improving brain function, and helping the body heal and renew naturally.

### The Gut Reset & Microbiome Restoration

This program is designed to restore and support a healthy gut, which is key to overall health, mental clarity, and strong immunity. It combines Ayurvedic nutrition, targeted abdominal and body treatments, and mindful practices to ease digestion and boost your overall well-being.

### Advanced Pain Management & Structural Realignment

This program is for anyone dealing with chronic pain, movement issues, or recovering from physical stress. Using deep massage techniques from the Kalarippayattu martial art, along with energy work and strength-building exercises, it helps reduce



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pain and inflammation, prevent injury, and improve body awareness and mobility.

Meditative Kalari Yoga

60 minutes

\$ 150

Intense Kalari Strengthening Sequence

60 minutes

\$ 150

Kalari Marma Massage

60 | 90 minutes

\$ 250 | \$300

Marma Bodywork

60 | 90 minutes

\$250 | \$ 300

Acupuncture and Marma Puncture

90 minutes

\$ 300

The Integrative Longevity Program (Anti-Aging)

6 days

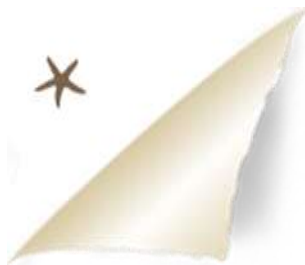
\$ 4,200

The Gut Reset & Microbiome Restoration

6 days

\$4,200

Advanced Pain Management & Structural Realignment



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6 days

\$4,200

Advance reservation is essential please contact your Friday or spa at 5457  
Price are quoted in USD dollar are subject to service charge and goods and service tax