



# THE POSTCARD AYURVEDA RETREAT, OLD GOA

## A Sitaram Ayurveda Experience







## THE HOTEL

Far from the bustle of Calangute and Candolim lies Old Goa — once the capital of Portuguese India and now a UNESCO-celebrated enclave of history and heritage. Amidst this quiet stands The Postcard Ayurveda Retreat, overlooking hundreds of acres of reserve forests.

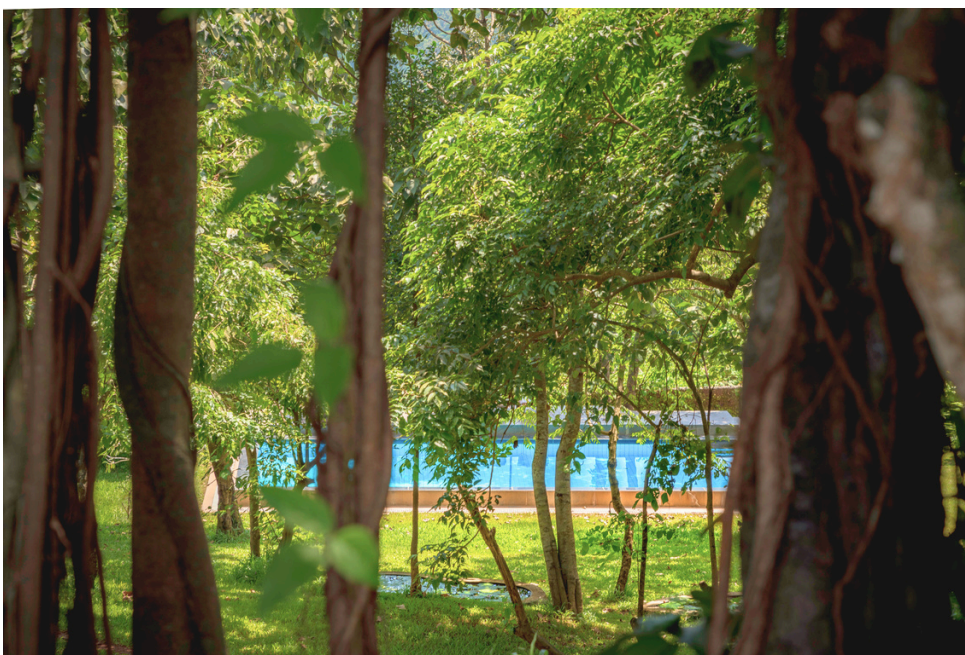
A sanctuary dedicated entirely to wellness, the retreat is centred on the healing science of Ayurveda in collaboration with Sitaram Ayurveda, whose 104-year tradition brings deep knowledge, time-tested therapies, and a commitment to nurturing true wellbeing. With just six rooms, it offers rare privacy and personalised attention, where the precision of Ayurveda meets the quiet elegance and service of The Postcard Hotel. Every stay here is an intimate journey of restoration, where authentic Ayurveda supports your path to better health and long-term balance.







Healing here is not only about treatments — it is about coming home to yourself. In a world filled with constant noise and distraction, the retreat invites you to pause, listen inward, and reconnect with your own rhythm. The wisdom of Ayurveda and the stillness of nature gently guide you to shed patterns that no longer serve you, creating space to understand what your body truly needs and what your mind longs for. From that awareness comes the freedom to cultivate balance, to form habits that nurture, and to live in alignment with your deepest self. Each day becomes an act of renewal — a conscious step towards wholeness and lasting wellbeing.



At its heart is Sitaram Ayurveda — carrying forward over a century of authentic healing with integrity and care. It is this lineage that allows each guest to journey inward, restore balance, and embrace a way of living rooted in true wellness.





## LIVING

Our sunlit rooms rest beneath a canopy of trees, each with a private balcony overlooking lush gardens and the valley beyond. At the heart of the estate stands a 300-year-old banyan tree, its presence setting the tone of calm that defines the retreat.

Minimal in design yet refined with thoughtful touches, the rooms are bathed in natural light and dressed in warm, understated interiors. They are more than restful spaces — they extend your healing journey. Every detail reflects Ayurveda's philosophy of balance: uncluttered spaces that ease the mind, natural materials that soothe the senses, and fresh air that rejuvenates the body.









## AUTHENTIC AYURVEDA EXPERIENCE

Rooted in over a century of Sitaram's healing legacy, the retreat is a doctor-led centre for authentic Ayurveda. Every guest's journey begins with a personal consultation with resident physicians, who design a programme tailored to individual constitutions (doshas) and health needs. With attentive care and medical insight at every step, each path is as unique as the guest undertaking it.



Days then unfold in the rhythm of this plan: prescribed Ayurvedic treatments, restorative yoga guided by experienced teachers, meditation practices that calm the mind, and nourishing meals that are integral to the healing process. The retreat goes beyond surface-level wellness to address lifestyle concerns such as stress, fatigue, sleep disorders, digestive imbalances, hypertension, and chronic pain — offering a holistic path to recovery and renewal.

Stays begin with a minimum of 7 nights, while 14 to 21 nights are recommended for deeper restoration and more enduring results. This is not a conventional holiday, but an immersion into Ayurveda, where every element of the day — from treatment to diet to rest — is aligned with harmony, balance, and lasting wellbeing.









## DINING



Food at the retreat is more than nourishment; it is therapy. Guided by Ayurvedic principles, every meal is designed in consultation with physicians, prepared with seasonal produce, and tailored to your dosha to support your treatment plan.



Meals are served at specific times, aligned with the body's natural rhythms for optimum benefit. Light, fresh, and restorative, dining here embodies Ayurveda's philosophy that food is medicine. Enjoyed in serene pavilions that open to the Mandovi River, each meal becomes as calming and healing as the cuisine itself.



# WELLNESS, HOUR BY HOUR

## 6:00 am | Rise with Rituals

Begin your day with traditional Ayurvedic cleansing practices — such as oil pulling and copper tongue purification — to awaken your senses and prepare your body for healing.

## 6:30 am - 6:45 am | A Mindful Nature Walk

Step into the serenity of nature. As you walk amidst lush greenery and listen to the early morning birdsong, the fresh air grounds you in stillness and presence.

## 6:45 am - 7:45 am | Soulful Group Yoga

Flow through a restorative yoga session with our expert practitioners. The gentle asanas, breathwork, and stretches invite balance, clarity, and vitality for the day ahead.

## 8:00 am - 9:30 am | Nourishing Breakfast

Savor a wholesome Ayurvedic breakfast, freshly prepared with seasonal ingredients to balance tastes and energies while replenishing and energizing you. The spread includes red rice poha with paneer and seasonal vegetables, savoury high-protein waffles topped with green tomato chutney and papaya preserve, homemade granola with coconut yoghurt, and steamed corn puttlu served with black gram curry. Fresh seasonal fruits accompany the meal, along with a selection of herbal teas and warm infusions.

## 9:30 am - 12:00 pm | Personalised Therapies & Doctor Consultations

Your healing continues with one-on-one consultations with our resident Ayurvedic doctor. Treatments are designed specifically for your health needs, whether it is Abhyanga (therapeutic oil massage), Shirodhara (gentle oil pouring for deep relaxation), or specialized cleansing therapies like Vamana (guided detoxification through therapeutic emesis, offered only when recommended).

## 12:00 pm - 2:00 pm | Wholesome Ayurvedic Lunch

Enjoy a thoughtfully prepared meal that is light, nourishing, and crafted to harmonize digestion and energy. The lunch features vegetable and paneer shakshouka, snake gourd stir-fry with basil, quinoa with cucumber and chickpea sprout salad, bamboo rice with tofu and seasonal vegetables, and babaganoush with pomegranate pearls, alongside a comforting serving of cashew ven pongal.



## 2:00 pm - 5:30 pm | Healing Therapies & Holistic Sessions

The afternoon unfolds in two carefully designed sessions, offering a deeply personalized path to healing.

A private time with our yoga practitioners — who are also qualified naturopathy doctors — in sessions tailored to your unique needs. These may include therapeutic yoga, breathwork, lifestyle therapies, or techniques such as acupuncture and acupressure, all intended to restore balance and vitality.

A personalised treatment under the guidance of our Ayurvedic doctor. Based on your individual health requirements, therapies may include herbal medicine, detoxification therapies, or restorative practices from Panchakarma — a cornerstone of Ayurveda that works to cleanse, rejuvenate, and bring the body back into harmony.

## 5:30 pm - 6:30 pm | Evening Meditation & Yoga Nidra

As the day winds down, immerse yourself in calming practices of meditation, pranayama, and yoga nidra. This collective session quiets the mind and restores inner harmony.

## 6:30 pm - 8:30 pm | Light & Soothing Dinner

Conclude your day with a balanced evening meal, carefully curated to support digestion and ensure deep, restful sleep. Dinner includes farmer's broth with vegetables and tofu, sautéed vegetables in sun-dried tomato pesto, gluten-free pasta in tomato basil sauce with garlic-ghee quinoa buns, and a creamy mushroom preparation with seasonal vegetables. The spread is completed with tempeh and mixed vegetable Thai curry, along with stir-fried mushrooms infused with basil.

## 8:30 pm | Reflection & Rest

As night falls, retreat into stillness. Reflect on your journey, journal your thoughts, and gently prepare to rest — allowing body and mind to absorb the day's healing.







# CONDITIONS & TREATMENTS

## Conditions

Stress | Burn Out | Depression | Fertility Issues | Weight Management | Rheumatoid Arthritis | Osteoarthritis | Fibromyalgia | Geriatric Disorders | Cervical Spondylosis | Lumbar Spondylosis | Lower Backache | Dermatological Conditions | Repetitive Stress Injuries | Migraine | Sinusitis | Psoriasis | Eczema | Allergies

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## Therapies

Snehapanam | Narangakizhi | Elakizhi | Dhanyamlakizhi | Aavikizhi | Podikizhi | Kizhi | Swedhana | Abhyangam | Karnapooranam | Lepam | Upanaham | Pichu | Urovasthi | Kadeevasthi | Januvasthi | Avagaham | Thalapothichil | Talam | Sirovasthi | Kashayadhara | Dhanyamladhara | Netradhara | Utsadanam | Shirodhara | Takra Dhara | Udwarthanam | Pizhichil | Nzjavarakizhi |  
Panchakarma: Nasyam | Vamanam | Virechanam | Vasti | Raktamokshana

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If your specific concern is not mentioned above, we invite you to book a pre-arrival consultation with our resident doctor, who will create a personalised treatment plan for your needs.



*Inaugral Price*

## 7 NIGHTS

Single Occupancy: INR 3,40,000

Double Occupancy: INR 4,50,000

## 14 NIGHTS

Single Occupancy: INR 6,50,000

Double Occupancy: INR 8,75,000

## 21 NIGHTS

Single Occupancy: INR 9,75,000

Double Occupancy: INR 12,75,000

## AN ALL INCLUSIVE JOURNEY

Your stay is thoughtfully designed to include every detail of your wellness journey. The prices are inclusive of applicable taxes and airport transfers, along with all aspects of the retreat—daily meals and beverages, personalised Ayurvedic therapies, prescribed medications during your stay, private consultations with our doctors, and restorative yoga sessions.

\*Prices are exclusive of laundry services.

\*A discretionary service charge of 5% will be applied to your stay.

\*Airport transfers are included from Dabolim (Goa International) or Mopa (Manohar International) airports.

### PLEASE NOTE

The minimum stay is 7 nights, allowing the body to ease into a natural rhythm of healing. For deeper or condition-specific care, doctors may recommend a personalised duration, which can be discussed during a pre-booking consultation. Stay packages of 14 or 21 nights may also be customised, guided by medical advice and the time you have available.

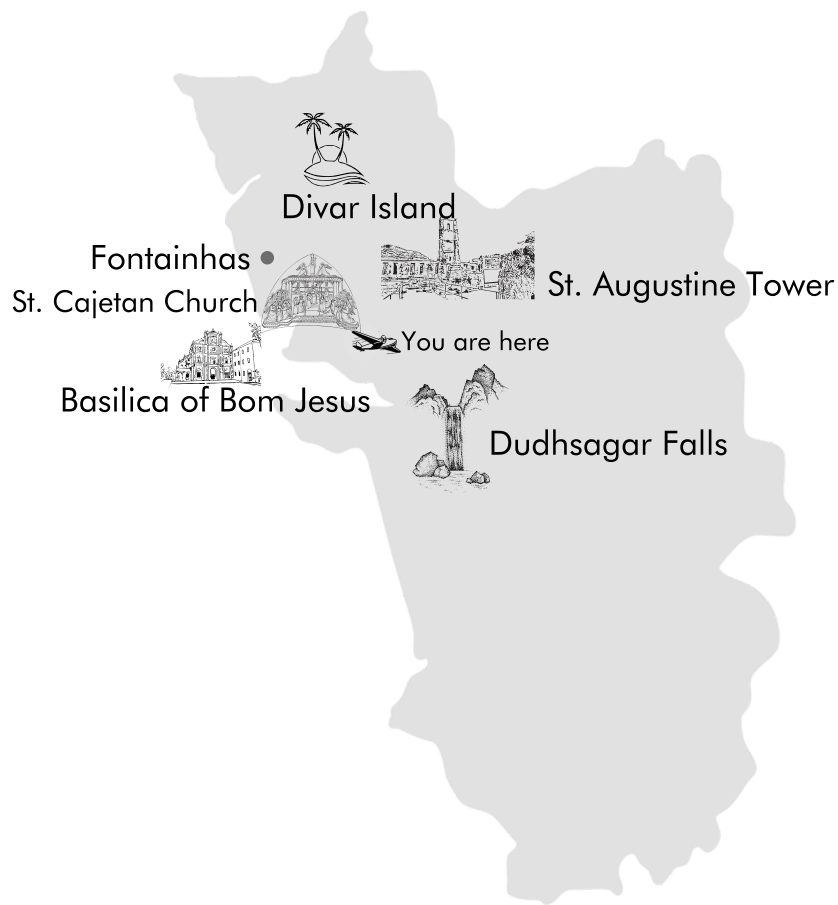
A stay at the retreat is not only for those seeking treatment. Rooted in the essence of Ayurveda, it also supports those in good health — strengthening immunity, restoring balance, and nurturing habits for lifelong wellbeing.

Due to its natural terrain, the retreat may not be suitable for guests with mobility concerns, a history of stroke, or cardiac conditions. As emergency care is not available on-site, it may not be the right fit for those who require immediate medical support.

Wheelchair access is unfortunately not possible given the rugged landscape. While inclusivity is deeply valued, the retreat recognises the limitations of its natural setting.



15.5024153°N • 73.9179524°E



## Where to find us

*Tap to view*

Dabolim International Airport

Distance- 30 km

Drive time- 45 min

Manohar International Airport  
(MOPA)

Distance- 41 km

Drive time- 50 min





THE POSTCARD  
HOTEL

sitarām  
ayurveda experience

To book your stay call us at +91 79995 55222 or write  
to us on [ayurvedicwellness@postcardresorts.com](mailto:ayurvedicwellness@postcardresorts.com)