

KALARIPAYATTU

THE MOTHER OF ALL MARTIAL ARTS

WELLNESS & KALARI CERTIFIED PACKAGES

Certification : IKS Centre for
Kalaripayattu and Sidhar Tradition.
Trinity college of Engineering with
Agasthyam Kalari. Ministry of Education,
Government of India



Agasthyam - Kalari/Wellness Programs

A Holistic Approach for All Ages

Nalludal
KALARI FOR ALL AGES



7 Days - 15 Hours
₹15000/\$250

Nalludal is a unique Kalari-based health and fitness program tailored for individuals of all ages.

Benefits:

- Enhances overall physical fitness and flexibility.
- Promotes better posture and body awareness.
- Boosts cardiovascular health.
- Increases strength and endurance.
- Instills discipline and self-confidence.

Nithyam
LEARN AUTHENTIC
SOUTHERN KALARIPAYATTU



7 Days - 15 Hours
₹15000/\$250

Nithyam offers comprehensive Kalari training, starting from the base level and progressing to advanced weaponry.

Benefits:

- Develops self-defense skills.
- Increases agility and reflexes.
- Enhances mental focus and concentration.
- Builds physical strength and stamina.
- Preserves and promotes a rich cultural heritage.

7 Days - 21 Hours
₹15000/\$250



Silambam

IMPROVE WEAPON SKILLS

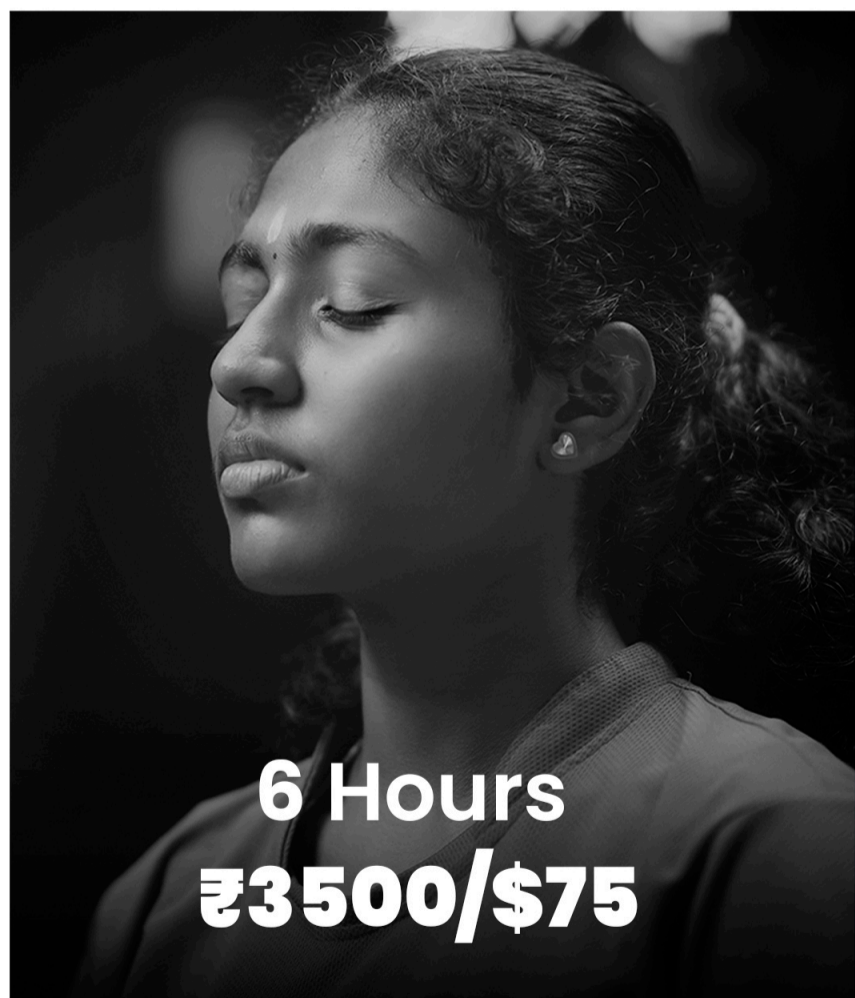
Silambam focuses on enhancing weapon skills through the ancient art of Bo staff or long stick martial arts from South India.

Benefits:

- Improves hand-eye coordination.
- Enhances reflexes and balance.
- Cultivates discipline and focus.
- Boosts self-defense capabilities.
- Preserves a centuries-old martial tradition.

Akam

EXPLORING THE INNER WORLD



6 Hours
₹3500/\$75

Akam or Agasthyam Kriya is a program designed to awaken the mind and delve into the inner world

Benefits:

- Explores mindfulness and self-awareness.
- Facilitates stress reduction and emotional well-being.
- Enhances creativity and problem-solving abilities.
- Promotes inner peace and balance.
- Unlocks the potential of the mind.

Sampradayam

The Path to Mastery (Residential Teachers Training Program)

Introducing Sampradayam, our esteemed 6-month Certified Teacher Training Program (2 months residential), meticulously designed to mold dedicated individuals into proficient Ashans. These instructors will be not only well-equipped with the knowledge and skills to carry forward the Agasthyam Kalaripayattu tradition but also poised to inspire and guide future generations.

Benefits:

- Delve deep into an immersive 6-month training program.
- Attain certification as a Kalari instructor upon successful completion.
- Master Kalaripayattu techniques, philosophy, and its rich history.
- Acquire advanced teaching methodologies and pedagogical skills.
- Benefit from the mentorship of highly experienced Gurukkals.
- Carry the mantle of preserving and perpetuating this sacred martial art form for generations to come.

Choose Sampradayam and embark on a built a career and transformative journey to become a certified guardian of the Agasthyam Kalaripayattu legacy. Empower yourself and others with the profound art of Kalaripayattu.





Kalari Heritage Experience

Exploring Traditional Kalari

A Day at Kalari

- Experience the 127 year old kalaripayattu center with 18 siddhas museum exploring kalari history and techniques with Gurukkal Dr S Mahesh
- Introduction to Kalaripayattu weapons and fundamentals.
- Experience the oldest and largest kalaripayattu center and Sparkling Performances.

Wellness Packages

3-Days Kalaripayattu Experience

Day 1: Introduction Training

- Welcome session with an introduction to Kalaripayattu, history and its significance.
- With experienced instructors, Focus on basic techniques, stances, and postures

Day 2: Immersive training

- Morning training begin with advanced breathing session to prepare your body for kalaripayattu.
- Intensive practice focusing on basic self defence steps and Locks.

Day 3: Mastery and Farewell

- Advanced kalaripayattu training, emphasizing combat sequences and advanced forms.
- Evaluation of progress and personalized feedback
- farewell session with witnessing sparkling performance



7-Day Kalaripayattu Immersion

(Incl. Ministry of Education & IKS certification)

Day 1: Welcome and Orientation

Welcome and orientation session to Kalaripayattu and its significance with training schedule

Day 2 to 6 : Progressive Training

- Daily morning and afternoon Kalaripayattu training sessions.
 - Progress from basics to advanced forms.
 - Focus on advanced breathing techniques
- Basic chuvadukal (Combat steps)
Introduction to animal postures
Advanced locks and techniques
Basic stretching exercises

Day 7: Valedictory Ceremony

- Final Kalaripayattu training and assessment of progress
- Personalized feedback
- Farewell dinner and Kalaripayattu performances.



CERTIFIED
PROGRAM

₹25,000/
\$425



**CERTIFIED
PROGRAM**

**₹30,000/
\$500**

Unleash Your Inner Warrior : 15 day Certified Kalaripayattu Training

Day 1 to 14 : Introduction to Kalaripayattu

Morning and Evening Intensive Training Session with Body conditioning, Flexibility and Endurance Training
Combine with Basic 3 Chuvadukal (Combat Steps)
and Ashta Vadivu (8 Kalari Animal Flows)
Introduction to Advanced Locks and Techniques to apply effectively in combat

Day 15: Valedictory Function

Final assessment of Performance
Certification of Completion
Feedback and Group photo session

Package Inclusions:

- 15 days of rigorous Kalaripayattu training.
- Professional instructors with expertise in Kalaripayattu.
- All required training equipment provided.
- Meals and accommodations for the duration of the program.
- Certificate to acknowledge your achievement.

Kalaripayattu Odyssey: 30 Days of Mastery, Weapons, and Martial Arts Magic

Week 1: Foundation and Chuvadu Mastery

- Days 1-2: Introduction to Kalaripayattu principles and history.
- Days 3-7: In-depth Chuvadu training focusing on stances, postures, and transitions.

Week 2: Animal Flows and Flexibility

- Days 8-10: Introduction to 8 animal flows, emphasizing grace and agility.
- Days 11-14: Meypayattu flexibility training to enhance your range of motion.

Week 3: Advanced Techniques

- Days 15-17: Advanced locking and grappling techniques.
- Days 18-21: Intensive Silambam weapon skill training, including staff and sword.

Week 4: Combat Mastery and Graduation

- Days 22-25: Advanced Combat Training with a focus on real-world scenarios.
- Days 26-28: Integration of all skills learned during the month.
- Day 29: Final assessment and evaluation of your overall performance.
- Day 30: Grand Graduation Ceremony with certificates of completion.



Package Inclusions:

- 30 days of comprehensive Kalaripayattu training.
- Expert instructors specializing in Kalaripayattu.
- All required training equipment.
- Meals and accommodations throughout the program.
- Graduation certificates to acknowledge your achievements.



Note:

1. ***Preferable Timings*** : Explore our destinations during the serene hours of the morning, from 8:00 AM to 1:00 PM, when nature is at its most captivating.

2. ***Daily Meals for Wellness Packages*** : Indulge in the goodness of our wellness packages, which include wholesome daily meals that nourish both body and soul.

3. ***Group Booking Discounts*** : Travel with friends and family to unlock amazing discounts. Groups of 10 or more members enjoy up to 20% off on our packages.

4. ***Kalari Massage Experience*** : For the ultimate relaxation, treat yourself to our Kalari Massage experience. Please note that this service incurs an additional charge.

5. ***1 Meal 1 Refreshment Per Day***: Enjoy the convenience of one meal one refreshments included daily with our Wellness Packages.

Revitalize Your Health and Fitness with Our Unique Kalari-Based Program for All Ages

Embark on a life-changing journey towards improved health and fitness with our exceptional Kalari-based Health & Fitness program. Designed by Gurukkal Dr. S. Mahesh, a distinguished master in the ancient Indian martial art of Kalaripayattu, this program is tailored to enhance your physical and mental wellness, instill unwavering confidence, and revolutionize your lifestyle. Accessible globally, our program offers live online classes and offline center sessions, ensuring its reach to individuals worldwide.





What is Kalaripayattu?

Kalaripayattu, the ancient Indian martial art, stands as the cornerstone of combat techniques and self-defense systems worldwide. Join us on a journey through time as we uncover the story of how Kalaripayattu, through the legendary Bodhidharma, became the mother of all martial arts. With a 2500 year legacy, Kalaripayattu stays relevant in 21st century as a healthy vigorous lifestyle that produces flexible, calm, fearless warrior minds.



Gurukkal Dr. S Mahesh

Gurukkal Dr. S Mahesh is an Indian Martial Arts Guru, renowned for his expertise in this ancient Indian martial arts kalaripayattu. He is a fifth-generation Kalaripayattu Guru, Who leads Agasthyam Kalaripayattu, boasting a remarkable legacy of 127 years. Beyond martial arts, he is also a Filmmaker, Media personality, and Writer, with a strong commitment to promoting Kalaripayattu as a foundation for a healthy lifestyle. Gurukkals' innovations in Kalaripayattu, including programs like Nalludal and Prana for breath control, along with his training of over 1000 women in Sakthi self-defense, have significantly enriched this ancient martial art. His contributions are both impressive and empowering.

Agasthyam Kalaripayattu - A 127-Year Legacy

Agasthyam Kalari proudly carries a lineage spanning an impressive 127 years. Our commitment to preserving and evolving this ancient artform has solidified our place as the oldest and largest Kalaripayattu center in Kerala.

Unveiling our unique kalaripayattu center in Kerala
Our dedication to preserving the authenticity and essence of this art form makes us a beacon for enthusiasts from around the world.

Agasthyam Kalari is the operating partner for the Indian Knowledge System Center for Kalaripayattu at Trinity College of Engineering under the Ministry of Education, Government of India. We are proud of the several national champions in Kalaripayattu nurtured by Agasthyam. Witness their dazzling performances while you visit.





Connect With Us

For inquiries, enrollment, and to witness the power of Kalaripayattu firsthand, please contact us at:

Address:
Agasthyam Kalaripayattu,
Nemom. P.O, Thiruvananthapuram, Kerala

