



Carnoustie 
Ayurveda & Wellness Resort

WELLNESS TEAM

Our Team of Experts

We are passionate and dedicated to promoting total well-being of body, mind and soul.



HIGHEST CLASSIFICATION
for Ayurveda Centre
by Govt. of Kerala. 2022



AYURVEDA, MARMA CHIKITSA YOGA AND PRANIC HEALING

DR. MOBI OMMEN

- Bachelor of Ayurveda Medicine and Surgery.
- Graduated from Government Ayurveda College at Trippunuthara in 1989
- Expert in Gynecological conditions, Paediatric problems and Skin diseases.
- Several years of practice in ancestral Ayurveda Vydhyashala.
- Good knowledge of Panchakarma and formulation of Ayurveda Medicines.

SPECIALIZATION

PCOD, Dysmenorrhoea, Amenorrhoea, Leucorrhoea, Fibroids, Endometriosis, Anti natal care, Menopause care, Urinary tract infection, Vaginitis, Low back pain, Cellulitis, Cadidiasis, Psoriasis, Ringworm infections, Scabies, Acne vulgaris, Dermatitis.

DR SIMSY K SIMON

- Bachelor of Ayurveda Medicine and Surgery.
- Graduated from Dr.M.G.R.Medical University, Chennai.
- More than 8 years of Experience as Ayurveda Physician.
- Good knowledge of Yoga, Panchakarma and Formation of Ayurveda Medicines.arma and formulation of Ayurveda Medicines.

SPECIALIZATION

Panchakarma treatments, Rheumatoid and Osteo Arthrities, Psoriasis, PCOD, Back pain, Gynecological Disorders, Anti- natal care, Ayurveda Cosmetology.



DR. ARSHA. M.U

- Bachelor of Ayurvedic Medicine and Surgery.
- Graduated from Amrita School of Ayurveda in 2010.
- Specialized in kalari marma chikitsa in 2012.
- Post Graduation in Panchakarma from SDM Ayurveda college in 2015.
- More than 12 years of clinical experience in Ayurvedic medicine and more than 10 yrs of experience in Kalari Marma Chikitsa.
- Specialized in Osteo Arthritis, Low Back Pain, Cervical Spondylitis, Knee Injuries, Sciatica, Tennis and Golfers Elbow, IVDP, Rheumatoid Arthritis, Sports Injuries, Anti Natal and Post Natal Care, Menopausal Care, PCOD, Leucorrhea, Dysmenorrhea, Menorrhagia, Endometriosis, Urinary Tract Infections, Psoriasis, Acne Vulgaris, Ringworm Infections, Dermatitis, Candidiasis, neuro-muscular Disorders, Gastro-intestinal Malfunctions, Obesity, Hypertension, Diabetes and Lifestyle Diseases.

SPECIALIZED IN KALARI MARMA CHIKITSA

More than 12 years of clinical experience in Ayurvedic medicine. Specialized in Osteo arthritis, low back pain including IVDP, anti natal and post natal care, menopausal care, leucorrhea, dysmenorrhea, menorrhagia, urinary tract infections, psoriasis, acne vulgaris, ringworm infections, dermatitis and candidiasis.

DR. ATHUL T.S

- Bachelor of Ayurvedic medicine and Surgery
- Graduated from Rajiv Gandhi University of health science Bangalore
- Have worked under the guidance of Dr. Gurukul Prakasan (Dr Gurukul Prakasan is a legendary figure in the field of kalari and Marma Chikitsa)



- Detailed knowledge on folklore medicines
- specialized in marama and kalari chikitsa from(Thirumoolar varmalogy), And having direct experience from Dr A.k Prakashan
- Gurukul (great expertise in the field of marma chikitsa in kerala

SPECIALIZATION

LBA, Sciatica, Non Surgical Management of joint disorders, IVDP Fibromyalgia, Posturals coliosis, sports injuries lumbar and cervical spondylosis.

DR. SHONA ANTONY

- Bachelor of ayurveda medicine and surgery.
- Graduated from kerala university of health sciences.
- Registered in travancore medical council.
- Clinical experience under CRAV (certificate of rashtriya ayurved vidyapeeth) Delhi.
- Specialised in Marma therapy.
- More than 6 years of clinical experience.



YOGA AND PRANIC HEALING

DR. V. P. RAJASEKHARAN

- Head, Spiritual & Psychic Healing Yoga at Carnoustie Ph.D in Yoga, M.D in alternative medicine, T.T.C in transcendental meditation, M.I.I.N.T in Naturopathy, Diploma in Pranic healing, Reiki grandmaster (USU1, KARUNA, NEW LIFE & TERA MAI.)

SPECIALIZATION

Yoga Professor, Reiki Master, Pranic healer, Trainer in stress-management

- Affiliated teacher of BIHAR SCHOOL OF YOGA.
- Head of Yoga Centre, Kovalam under I.T.D.C. from 1972 to 1992.
- Visiting European Countries since 1992 for seminars and workshops.
- Conducted Radio and TV Programs in India and abroad.
- Authored twelve books and about two hundred articles.
- Yoga Therapy for common diseases.
- Conducts sessions on stress management through yoga.
- Promotes yoga education for children (for memory and learning skills), women and girls.
- Expert in Five Tibetan Rites (for reversing age).
- Conducts Workshop in Reiki I, II and III-B (Master/Teacher).
- Aids holistic healing for all physical and mental problems.

GOPAL AKRISHNA PILLAI

- M.Sc yoga, Master Course in SKY (Simplified Kundalini Yoga).
- B.Ed. (Bachelor of education).



- Astute Yoga Professional with 54 years of Yoga teaching experience.
- Holds Master's degree; trained in Hatha and Ashtanga Yoga from World Community Centre, Chennai.
- Expert in a variety of yoga styles.
- Brings the different methods of Hatha, Astanga and Yoga to meet.
- Yoga Alliance standards.
- Creative Yoga and Kalari classes which he evolved over the years.
- Workshop programmes broadcasted by Doordarshan Thiruvananthapuram Centre in 1993.

DR. MOLY K

- Diploma in Homoeopathic Medicine and surgery - Board of Examiners in homoeopathy of Govt of Kerala.
- Registered as Class a Medical Practitioner in Travancore-Cochin Medical Council.
- Basic Pranic Healing - All India Yoga Vidya Pranic Healing Foundations Trust.
- Advanced Pranic Healing - All India Yoga Vidya Pranic Healing Foundations Trust.
- Pranic Psychotherapy - All India Yoga Vidya Pranic Healing Foundations Trust.
- Pranic Crystal Healing - All India Yoga Vidya Pranic Healing Foundations Trust.
- Kriyashakti for Prosperity & Success - All India Yoga Vidya Pranic Healing Foundations Trust.
- Arhatic Yoga - All India Yoga Vidya Pranic Healing Foundations Trust.
- Pranic Feng Shui - All India Yoga Vidya Pranic Healing Foundations Trust.
- Inner Teachings of Hinduism Revealed - All India Yoga Vidya Pranic Healing Foundations Trust.



CORE COMPETENCE

Administration & Program Management in Health Programs: Provided administrative and management leadership to a private clinic in **Kerala under NGO Sector Health Care:** Has been treating patients belonging to different civil segments and different Socio-economic groups. Has been seeing different communicable and non communicable illnesses and providing curative and promotive health care. **Woman & Child Health:** Acquired adequate skills in interacting with and treating women and children attending clinics. Good orientation in child health, maternal and water and sanitation health and the services required for it.

Community health: Has been coordinating community based health programs including community outreach services.

ATTENDED MEDICAL EDUCATION PROGRAMS

- Clinical approach to cancer case
- Revolutionized homeopathy
- Miasmatic scavenging.
- Workshop on cardiology
- Clinical approach to diabetic case.
- New generation remedies
- Auto immune diseases
- Pediatrics in homeopathy
- Computer organization training
- Dermatology in daily practice
- Understanding temperaments
- Healthy mother and child through homeopathy



- Children portrait
- Primary infertility
- Homoeopathic approach to diabetes
- Portrait of metals and Hearing impairment in children.
- Respiratory disease, life style disorders and gastrointestinal disorders
- How to give result in severe pathological diseases and acute emergencies

ANOOP KUMAR K.B

EDUCATION (Academic & Professional)

- University Education - Pre-Degree Course
- Advanced Yoga Education – Sivananda Ashram, Kerala, India – 3 Year course.
- Yoga Therapy – Sivananda Ashram, Kerala, India
- Ayurvedic Massage & Yoga course – 1 year course
- International Yoga Teacher’s training.

SKILLS SUMMARY – (Yoga & Meditation)

- APracticing Yoga for 15 years with extensive experiential knowledge of various styles such as Sivananda Yoga, Bihar school Of Yoga with the base of Hatha Yoga.
- Over 12 years of experience in teaching Yoga classes in various Star hotels, resorts in India sharing yogic practices and conducting classes to international guests from various European countries.
- Facilitated movement classes, courses for students (Yoga seekers) from the ages between 10 years to 70 years.
- Designed and implemented specialized private & group lessons and programs according to individual & group needs

Our Awards & Recognition



 Featured in Forbes, "5 Top Wellness Retreats for Ultimate Renewal 2017"

 Featured among the "Best destinations for a spiritual escape" in women&home magazine, UK

Has received 19 National and International Awards. In 2023 has been nominated by Global Luxury Awards for best spa and best dining destination.

The results will be announced in October 2023.

Global Press