



Lords Ayurveda Research Centre

Lords Ayurveda Research Centre is a leading Ayurveda institute in Kerala dedicated to promoting authentic Ayurvedic education, Panchakarma training, and holistic wellness. Our experienced faculty regularly publish educational articles covering Ayurveda lifestyle and diet, Panchakarma therapies, Ayurvedic massage, and professional career opportunities in the global wellness industry.

We specialise in delivering some of the best Ayurveda courses in Kerala, including [Ayurveda diploma courses in Kerala](#), Ayurveda therapist course Kerala, Ayurveda Panchakarma course in Kerala, Panchakarma training course in Kerala, and Ayurvedic massage course Kerala. Our programmes are designed for both Indian and international students seeking practical, industry-focused training.

Alongside traditional Ayurveda education, we also offer internationally recognised Yoga Teacher Training programmes, including RYS200, RYS300, and RYS500, helping students build rewarding careers in holistic health and wellness.



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