

PRICE LIST

PACKAGES AND TREATMENTS

Ayurveda 2024



CENTRO
AYURVEDA MAHARISHI
LAGO D'ORTA

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All services are operated, offered and managed by “Maharishi Lake Orta Ayurveda Center.”

General Information

Based on our experience, we have developed various Panchakarma Packages. Each Package includes the following services for the duration of the stay:

- Daily ayurvedic treatment according to the package booked
- Daily medical consultation
- Final consultation with physicians
- Composition of an individual ayurvedic diet plan
- Extensive personal lifestyle and daily routine program

The content of the Package may vary according to the Ayurvedic doctor's observations but always in agreement with you.

The following services are included free of charge in any 7-day/6-night minimum Program:

- Personal yoga practice
- Listening to Gandharva-Veda Music
- An afternoon tour of Orta San Giulio
- Transfers to and from Malpensa International Airport and the nearest train stations

IMPORTANT::

The prices described are for reference only, your treatment plan can be customized and if so the total cost of the Ayurvedic package will hold account of the Treatments actually performed. Generally, Ayurvedic treatments begin on the day of your arrival, and the last day of Ayurvedic treatments usually corresponds to the day of your departure.

However, we recommend arriving the day before the start of the Packages-Panchakarma and leaving the day after the treatments end. Any difference in the stay from the booked package will be charged at the end at your check-out.

In case you want to anticipate your arrival or postpone your departure from the dates of the booked package, you can contact the reception desk tel. +39 0322076858



Goal of treatment: revitalization - relaxing
Duration of applications: 90-120 minutes daily
Yoga: for beginners and advanced, in groups
Meditation: individual or group

RECOMMENDED FOR:

- Muscle contractures
- Digestive disorders
- Inappetence
- General weakness
- Feeling of heaviness
- Asthenia
- Lassitude
- Pain in the spinal area

Package N.1

PANCHAKARMA

Panchakarma involves fundamental treatments for achieving purification of physiology.

There is a pre-treatment to be performed at home that serves to prepare the physiology to receive in treatments.

Depending on the number of days you choose, a series of predefined treatments will be scheduled. It will always be possible, in consultation with the Ayurvedic doctor, to customize the treatments.

At the end of Panchakarma, a Personal Extensive Program on lifestyle and daily routine and diet will be recommended, with prescriptions Of Ayurvedic preparations. Through Panchakarma, toxins are dissolved and mobilized from the tissues and then removed from the body.

Panchakarma awakens the body's natural self-healing mechanism, giving deep and lasting relaxation.



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET

Ayurveda Packages

Package N.I

PANCHAKARMA - DURATION AND TREATMENTS

EXCLUDING FULL BOARD

3 DAYS

835 €

The package includes:

2 Abhyanga (270 €), 1 Vishesh (135 €), 1 Swedana (65 €), 2 Shirodhara (160 €), 3 Matra (105 €), 1 Visita Medica (Nadi Vigyan) (100 €)

4 DAYS

1.100 €

The package includes:

2 Abhyanga (270 €), 1 Udvartana (165 €), 1 Vishesh (135 €), 2 Swedana (130€), 2 Shirodhara (160 €), 4 Matra (140 €), 1 Visita Medica (Nadi Vigyan) (100 €)

5 DAYS

1.365 €

The package includes:

2 Abhyanga (270 €), 1 Udvartana (165 €), 1 Pizzichilli (270 €), 1 3 Pos Abyhanga (50 €), 1 Nasya (150 €), 2 Swedana (130€), 1 Shirodhara (80 €), 3 Matra (105 €), 1 Shodana (45€), 1 Visita Medica (Nadi Vigyan) (100 €)

6 DAYS

1.615 €

The package includes:

2 Abhyanga (270 €), 1 Vishesh (135 €), 1 Udvartana (165 €), 1 Nasya (150 €), 1 Pizzichilli (270 €), 1 3 Pos Abyhanga (50 €), 2 Swedana (130€), 2 Shirodhara (160 €), 4 Matra (140 €), 1 Shodana (45€), 1 Visita Medica (Nadi Vigyan) (100 €)

7 DAYS

1.865 €

The package includes:

3 Abhyanga (405 €), 1 Vishesh (135 €), 1 Udvartana (165 €), 1 Pizzichilli (270 €), 1 3 Pos Abyhanga (50 €), 2 Swedana (130€), 3 Shirodhara (240 €), 5 Matra (175 €), 1 Shodana (45€), 1 Nasya (150 €), 1 Visita Medica (Nadi Vigyan) (100 €)

8 DAYS

2.215 €

The package includes:

3 Abhyanga (405 €), 1 Udvartana (165 €), 2 Vishesh (270 €), 1 Pizzichilli (270 €), 1 3 Pos Abyhanga (50 €), 1 Nasya (150 €), 1 Patrapotali light (80 €), 3 Swedana (195 €), 3 Shirodhara (240 €), 7 Matra (245 €), 1 Shodana (45€), 1 Visita Medica (Nadi Vigyan) (100 €)

9 DAYS

2.335 €

The package includes:

3 Abhyanga (405 €), 1 Udvartana (165 €), 2 Vishesh (270 €), 1 Pizzichilli (270 €), 2 Nasya (300 €), 2 3 Pos Abyhanga (100 €), 3 Swedana (195 €), 3 Shirodhara (240 €), 7 Matra (245 €), 1 Shodana (45€), 1 Visita Medica (Nadi Vigyan) (100 €)

10 DAYS

2.650 €

The package includes:

3 Abhyanga (405 €), 1 Udvartana (165 €), 2 Vishesh (270 €), 2 Pizzichilli (540 €), 2 Nasya (300 €), 2 3 Pos Abyhanga (100 €), 3 Swedana (195 €), 3 Shirodhara (240 €), 7 Matra (245 €), 2 Shodana (90 €), 1 Visita Medica (Nadi Vigyan) (100 €)

IT IS POSSIBLE TO EXTEND THE DURATION OF PANCHAKARMA UP TO 21 DAYS. CONTACT US TO RECEIVE A PERSONALIZED PLAN.



Goal of treatment: purification - revitalization

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Lassitude
- Muscle contractures
- Lack of energy
- Digestive disorders
- Inappetence
- Feeling of heaviness
- Asthenia
- Regeneration

Package N.2

REJUVENATION

The body's cells and tissues change over the years.

It is therefore necessary to upgrade and rejuvenate the body's systems in order to preserve the balance between body, mind and soul.

The Rejuvenation Package includes synchronized body massages performed simultaneously by two therapists, special treatments such as Pizzichili, Udvartana, Patrapotali and steam baths.

Rejuvenating masks are a part of this package.

At the end of your stay you will be advised of an Extensive Personal Program on lifestyle and daily routine and diet, with prescriptions for Ayurvedic preparations.

7 DAYS

2.140 €

Package includes:

2 Abhyanga (270 €), 2 Udvartana (330 €), 1 Vishesh (135 €), 1 Pizzichilli (270 €), 1 Nasya (150 €), 1 3 Pos Abyhanga (50 €), 3 Swedana (195 €), 1 Shirodhara (80 €), 1 Patrapotali (150 €), 2 Maschere viso (180 €), 4 Matra (140 €), 1 Ksheera (45 €), 1 Shodana (45 €), 1 Visita Medica (Nadi Vigyan) (100 €)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



LAKE
EXCURSIONS



Goal of treatment: purification of physiology
Duration of applications: 90-120 minutes daily
Yoga: for beginners and advanced, in groups
Meditation: individual or group
Music: Gandharva Veda

RECOMMENDED FOR:

- Recurrent pathologies
- Allergies
- Weakened immune system
- Past intoxication
- Digestive disorders
- Feeling of heaviness
- Lack of motion

Package N.3

PURIFICATION

Our eating habits, lifestyle and environmental conditions cause toxins to accumulate in the body. Body purification therapy aims to expel these toxins throughout the body so that it regains its natural health and beauty. The treatment is based on Snehana (application of oil), Swedana (sweat treatment) and Panchakarma (purification processes in the strict sense). The package includes various types of body massages, purgative treatments, various oil applications and medicinal steam baths. The purification package is the most comprehensive and effective that our center offers, both in terms of the number of days and the variety of treatments offered. An Extensive Personal Program on lifestyle and daily routine and diet, with prescriptions for Ayurvedic preparations, is recommended at the end of the stay.

10 DAYS

3.290 €

Package includes:

3 Abhyanga (405 €), 2 Udvardhana (330 €), 2 Vishesh (270 €), 2 Pizzichilli (540 €), 3 Nasya (450 €), 1 3 Pos Abyhanga (50 €), 2 Swedana (130 €), 2 Hrid Basti (140 €), 2 Netra (130 €), 3 Shirodhara (240 €), 1 Patrapotali (150€), 5 Matra (175 €), 2 Ksheera (90€), 2 Shodana (90€), 1 Visita Medica (Nadi Vigyan) (100 €)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



LAKE
EXCURSIONS



Goal of treatment: wellness-energizing

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Stress
- Feeling of overload
- Nervousness
- Burn-out
- Asthenia
- Sleep disorders
- Anxiety
- Lassitude
- Muscle contractures
- Neck and shoulder problems

Package N.4

REMISE EN FORME

Special treatments to get fit and reduce stress. Consultation with an Ayurvedic doctor for advice on healthy, natural lifestyle and maintaining a healthy weight.

Savor Ayurvedic recipes with their balancing flavors, immersed in an oasis of peace and tranquility, being carried away by the skilled hands of our Ayurvedic practitioners.

Five days to deeply experience the healing power of our physiology- Experience with Yoga sessions and introduction to the Maharishi Transcendental Meditation technique.

5 DAYS

1.450 €

Package includes:

3 Abhyanga (405 €), 1 Udvartana (165 €), 1 Vishesh (135 €), 3 Swedana (195 €), 2 Shirodhara (160 €), 2 Patrapotali light (160 €), 1 Maschera viso (90 €), 2 Pada Abyhanga short (40 €), 1 Visita Medica (Nadi Vigyan) (100 €)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



Goal of treatment: detox - boosting the immune system

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Lassitude
- Muscle contractures
- Lack of energy
- Digestive disorders
- Inappetence
- Feeling of heaviness

Package N.5

IMMUNIZATION

Body immunization program: this is the best that Ayurveda offers to slow down the aging processes in the body, to stop degeneration of body cells and to strengthen the body's immune defense system. The main aspect of this package includes taking Rasayana (Ayurvedic medicinal plants), purifying the body and making it sweat easily. It is recommended for both women and men. 5 days to deeply experience the healing power of our physiology: a taste of Panchakarma. Pulse diagnosis will go to identify any imbalances in our physiology. The skillful combination of oils, powders and massage will help the body rebalance the 3 Doshas and eliminate toxins by achieving perfect mental relaxation. The final medical consultation allows you to continue at home what you have learned during your stay.

5 DAYS

1.400 €

Package includes:

3 Abhyanga (405 €), **1 Udvartana** (165 €), **1 Vishesh** (135 €), **2 Swedana** (130 €), **3 Shirodhara** (240 €), **2 Pada Abyhanga short** (40 €), **4 Matra** (140 €), **1 Shodana** (45€), **1 Visita Medica (Nadi Vigyan)** (100 €)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



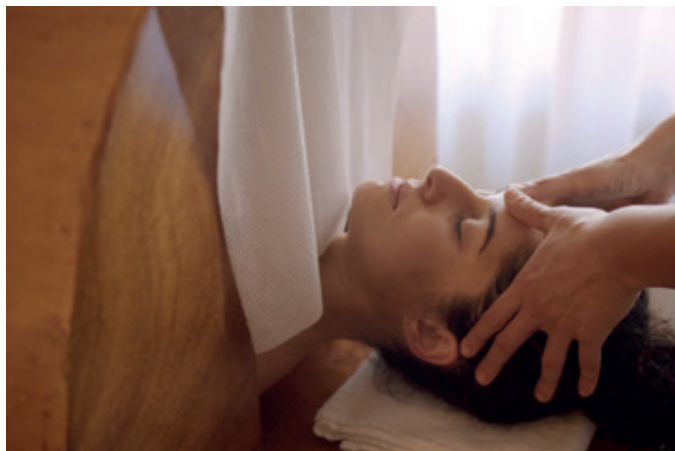
MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



Goal of treatment: slimming-skin purification

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Overweight
- Diabetes type II
- Hypertension
- High cholesterol
- Joint pain
- Disorders of fat metabolism

Package N.6

SLIMMING

The Slimming Program includes massages and powder treatments of herbs with various medicinal plant oils. This program also includes medicated steam baths and the intake of Ayurvedic products (Rasayana), infusions and a special Ayurvedic diet. The goal is to achieve long-term weight loss by changing metabolism. Pulse diagnosis will go to identify any imbalances in our physiology. You will also receive what is called a Regal treatment the Pizzichili, a long massage in a warm oil bath that removes deep-rooted toxins giving you unique relaxation and restoring the body's and the mind its integrity. With Basti treatments, specific amounts of oil will be applied to various parts of the body to remove tension and stimulate specific Marma and Chakra energy centers.

The final medical consultation allows you to continue at home what you have learned during your stay.

6 DAYS

1.810 €

Package includes:

2 Abhyanga (270 €), 1 Udvartana (165 €), 2 Vishesh (270 €), 1 Pizzichilli (270 €), 3 Swedana (195 €), 2 Shirodhara (160 €), 5 Matra (175 €), 2 Patrapotali light (160 €), 1 Shodana (45€), 1 Visita Medica (Nadi Vigyan) (100 €)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



Goal of treatment: beauty of facial and body skin

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditazione: individual or group

Musica: Gandharva Veda

RECOMMENDED FOR:

- Skin with impurities
- Skin too dry or oily
- Sensitive skin
- Low skin circulation
- Pronounced aene
- Grinding

Package N.7

BEAUTY

For Maharishi Ayurveda, beauty is very important because it is regarded as the direct expression of health and well-being. Beauty Treatments act specifically by taking care of the skin to improve its aesthetic value and health status, restoring purity and youthfulness and a bright and glowing appearance. Beauty Treatments include a number of unique procedures and extremely effective, based on some Panchakarma techniques and the use of natural preparations. Each treatment is customized in accordance with the constitution and Dosha imbalance, so as to involve the entire physiology thus achieving lasting results. The full success of Beauty Treatments is also achieved through the proper sequencing of ancient Ayurvedic techniques, entrusted exclusively to Maharishi Ayurveda experts. To maximize the effectiveness of all treatments, special routines, Ayurvedic medicinal plant-based food and dermocosmetic preparations of high scientificity are suggested.

5 DAYS

1.510 €

Package includes:

1 Abhyanga (135 €), 1 Udvartana (165 €), 1 Vishesh (135 €), 1 Pizzichilli (270 €),
1 3 Pos Abyhanga (50 €), 2 Swedana (130 €), 1 Nasya (150 €), 1 Pada Abyhanga completo (50 €),
1 Shirodhara (80 €), 2 Maschere viso (180 €), 1 Netra (65 €), 1 Visita Medica (Nadi Vigyan) (100 €)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET

PRICES - PANCHAKARMA AND PACKAGES*



Package n°1:

Panchakarma - 3 days	835 €
Panchakarma - 4 days	1.100 €
Panchakarma - 5 days	1.365 €
Panchakarma - 6 days	1.615 €
Panchakarma - 7 days	1.865 €
Panchakarma - 8 days	2.215 €
Panchakarma - 9 days	2.335 €
Panchakarma -10 days	2.650 €

Package N°2 - Rejuvenation	2.140 €
Package N°3 - Purification	3.290 €
Package N°4 - Remise en Forme	1.450 €
Package N°5 - Immunization	1.400 €
Package N°6 - Slimming	1.810 €
Package N°7 - Beauty	1.510 €

*EXCLUDING FULL BOARD

PRICES - SINGLE TREATMENTS



SYNCHRONIZED FULL-BODY MASSAGES WITH TWO THERAPISTS:

ABYHANGA - herbalized sesame oil massage	135€
VISHESH - herbalized sesame oil massage with increased pressure and muscle and lymphatic drainage	135€
GARSHAN - silk glove massage	75 €
KSEERADHARA - gentle massage under a stream of milk	200 €
PINDASVEDA - treatment with warm herbal boluses	230 €
PATRAPOTALI - massage with herbalized boluses	150€
PIZICHILLI - oil bath - royal massage	270 €
UDVARTANA - massaggio completo con olio di sesamo e farine a effetto peeling stimolante il drenaggio epatico	165 €
SHIROBASTI - oil bath for the head	180 €
KALARI	160 €
MARMA THERAPY	135 €
LOCAL MARMA THERAPY	100 €

TREATMENTS ON ONE PART OF THE BODY:

ON THE HEAD:

NASYA - head neck and shoulder massage, nose and sinus cleansing	150 €
NETRATARPANA - eye treatment	65 €
SHIRODHARA - flow of medicinal oil on forehead with balancing effect	80 €
SHIRO PICHU - application of medicinal oil on the head	20 €
TAKRA DHARA - flow of yogurt on forehead very relaxing for nervous system tensions	85 €

FOR THE HEART:

HRID BASTI - local application with medicinal oil	70 €
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PRICES - SINGLE TREATMENTS



FOR THE BACK AND JOINTS:

KATI BASTI - local application with medicinal oil for the spine	70 €
KSEERADHARA LOCALE - local gentle massage under a flow of milk	100 €
PATRA POTALI LOCAL - local massage with herbalized boluses	80 €

FOR THE ABDOMEN:

CHAKRA BASTI O NABHI BASTI - local application with medicinal oil	70 €
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FOR FEET:

PADA ABYHANGA - foot massage	50 €
PADA ABYHANGA short	20 €
PADA DHARA COMPLETO - flow of medicinal oil on feet	80 €

HEAT TREATMENT:

SWEDANA - herbal steam bath	65 €
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GENTLE COLONIC WASHING:

MATRA BASTI	35 €
SHODANA OR KSEERA BASTI	45 €

BEAUTY TREATMENTS

Anti-acne-anti-wrinkle-detoxifying face mask	90 €
Firming treatment	90 €
Slimming treatment 2 phases (minimum 2 days)	205 €
Cellulite treatment	125 €

MEDICAL COUNSELING-NADI VIGYAN	100 €
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COSTS PER DAY PER PERSON WITH FULL BOARD*

*COST OF ROOM AND DAILY AYURVEDIC DIET

DOUBLE ROOM SINGLE USE PER PERSON 130 €

DOUBLE ROOM PER PERSON 105 €

In case you want to anticipate your arrival or postpone your departure from the to the dates of the booked package, you can contact +39 0322076858

PRICES - Casa Mirabello - Ayurvedic Packages + Full Board



	Package	Package + full board in single room	Package + full board in double room
Package n°1 PANCHAKARMA 3 days / 2 nights	835 €	1.095 €	1.045 €
Package n°1 PANCHAKARMA 4 days / 3 nights	1.100 €	1.490 €	1.415 €
Package n°1 PANCHAKARMA 5 days / 4 nights	1.365 €	1.885 €	1.785 €
Package n°1 PANCHAKARMA 6 days / 5 nights	1.615 €	2.265 €	2.140 €
Package n°1 PANCHAKARMA 7 days / 6 nights	1.865 €	2.645 €	2.495 €
Package n°1 PANCHAKARMA 8 days / 7 nights	2.215 €	3.125 €	2.950 €
Package n°1 PANCHAKARMA 9 days / 8 nights	2.335 €	3.375 €	3.175 €
Package n°1 PANCHAKARMA 10 days / 9 nights	2.650 €	3.820 €	3.595 €

PRICES - Casa Mirabello Ayurvedic Packages + Full Board



	Package	Package + full board in single room	Package + full board in double room
Package n°2 REJUVENATION 7 days / 6 nights	2.140 €	2.920 €	2.770 €
Package n°3 PURIFICATION 10 days / 9 nights	3.290 €	4.460 €	4.235 €
Package n°4 REMISE EN FORME 5 days / 4 nights	1.450 €	1.970 €	1.870 €
Package n°5 IMMUNIZATION 5 days / 4 nights	1.400 €	1.920 €	1.820 €
Package n°6 SLIMMING 6 days / 5 nights	1.810 €	2.460 €	2.335 €
Package n°7 BEAUTY 5 days / 4 nights	1.510 €	2.030 €	1.930 €

Terms and conditions

Price list valid from: 01.01.2024 to 30.12.2024

Legal Conditions

According to the provisions of the Italian Civil Code's sales contract law, the following conditions apply:

Prices

The booking confirmation determines which services and prices are contractually agreed upon, with reference to our current Ayurveda Price List 2023.

The total amounts include the confirmed stay and treatments, the board you have booked, and the support program.

If you decide to extend your stay, have additional treatments, or remove some treatments in agreement with the doctor, the final price will be recalculated at check-out.

Booking

The deposit becomes due upon booking confirmation via email or letter.

The prices in effect at the time of booking will be applied.

Bookings can be made by phone, email, or written letter.

Your booking becomes official when you receive our confirmation and the receipt of the deposit equal to 60% of the total estimated amount sent.

It is possible to cancel the booking – in writing only – within the first seven days after making the booking. In this case, there will be no cancellation penalty, provided that it is more than four weeks before the scheduled start of the stay, as this is when we start planning the doctor's visits, treatments, meals and staff.

Starting from the eighth day after making the reservation, the cancellation fee will apply.

Payment can be made through credit card or bank transfer.

Cancellation

Cancellation of reservation is possible only in writing (email, letter). Cancellation fees depend on the time remaining until your scheduled arrival and are proportional to the services booked, as follows:

In caso di cancellazione:

- From 4 weeks before arrival until the 14th day before arrival: 30% of the deposit paid
- From the 13th day after arrival until the 7th day before arrival: 60% of the deposit paid
- From the 6th day after arrival and/or if you do not arrive at all ("no show") 80% of the deposit paid.

The difference between the deposit paid and the penalty withheld will be returned by bank transfer.

Early departure

If you have to leave before your stay and treatment schedule, those services that were booked but not performed will be charged at 80% of their cost.

In case of termination of the contract or in case of non-use of the contractually agreed services, the guest has the burden of proof that no damage has arisen due to termination or non-use or that such damage is significant and significantly less than the cancellation fees listed in item 5.

Of course, we will also accept a substitute person of the same sex if you are unable to come for the booked stay. In case of inability for serious reasons, the payment can be reused within one year for future stays at our center.

We will also be happy to arrange reasonably priced cancellations and cancellation insurance.

Reporting defects and warranty during the course of treatment

Should any aspect of our services prove unsatisfactory, this should be brought to our attention immediately so that we can remedy the situation immediately.

Cancellation of treatments during the stay

Cancellation of individual Ayurvedic treatment sessions during your stay is possible until noon the day before the scheduled treatment. Otherwise you will be charged 80% of the treatment cost unless medically indicated.

Data Protection

Your personal information will be used solely for processing your reservation and for our internal use, unless you have expressly consented to additional use. If you would like your personal information removed, blocked, or updated, please email us at: info@ayurveda-maharishi.net

Applicable law

Italian law applies to all our services and contractual agreements.



Centro Ayurveda Maharishi Lago D'Orta

Registered as: Associazione La Nuova Terra
Località Mirabello 28010 Ameno (NO), Italia
C.F. e P.I. 02195500034

District Court of Verbania (VCO).
VAT Identification Number: 02195500034
Authorized Administrator: Tommaso Iuliano
Medical Director: Dr.ssa Patrizia Raiteri

info@ayurveda-maharishi.net
www.ayurveda-maharishi.net

☎ +39 0322076858



CENTRO
AYURVEDA MAHARISHI
LAGO D'ORTA

www.ayurveda-maharishi.net