



AYURVEDIC PURIFICATION RETREAT WITH AN INDIAN AYURVEDIC DOCTOR

When the ancient tradition of panchakarma meets western knowledge to restore energy and health.

During your 7 days residential stay we will experience a deep cleansing of body, mind and soul.

The first day, each participant will undergo a broad detailed ayurvedic medical consultation to determine the personalized plan of care, adapted to individual constitution, doshic imbalance, tailored to individual needs and contextualized on his current peculiar moment of life.

According to each case, the treatment will be curative, if there is already a disease or a symptom, or work on the prevention and rejuvenation of body, mind and spirit.

The health care plan will include daily authentic Ayurvedic physical treatments with medicated oils or powders (eg. Abhyangam, sirodhara, just, pinda sweda, Udvartana, Lepam, swedana), purification practices (es.nasya, virechana..), teas and herbs (whose use is approved in Europe), Ayurvedic diet and yoga. Lectures on Ayurveda will be offered – concerning nutrition, lifestyle (eg. Dinacharya, daily practice of self-massage) – to raise awareness into everyone.





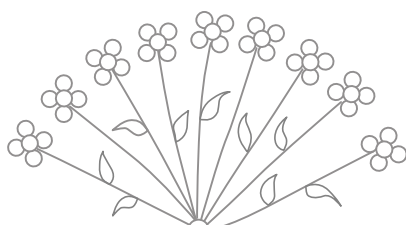
THE INDIAN DOCTOR

The Ayurvedic Doctor is a known Ayurvedic scholar involved in various facets of ancient Indian life sciences and scientific wisdoms such as Ayurveda, Yoga, Tantra, Vastu, Kalari vidya (Kalarippayattu – the oriental martial art of Kerala) etc.

Born in Kerala , he graduated from Sri Jayendra Saraswati Ayurvedic College and has got a valuable training in Ayurveda and other allied subject with various scholar and Vaidyas such as Sri Ashtavaidyan Vaidyamadhom Cheriya Narayanan Nambootiri, Sri Gangadharan Vaiduyar, Veera-Sri Sami Gurrakkal etc. in Panchakarma, Pedriatics, Plant science, Kalari Marma Therapies.

In the course of his carrier he was contributed with numerous articles on various subjects to many national and international journals and magazines and wrote books as Arogya Raksha Kalpadruma (Ayurvedic Pedriatric care), Vaidya Jeevana, Ayurveda herbs and is the chief editor of the German translation of the Ashtanga Hrudaya.

He's married with Radhika M.(Veera-sri Sami Gurrukal's daughter), a notable personality in the field of Kalarippayattu and a well recognized chiropractor and is presently working on Kalari Marma Therapies and Panchakarma specialities at the Hindustan Kalari Sangham clinic in Calicut.





PRICES

Full Panchakarma: 800 €

Consultation: 60 €

Scientific Ayurvedic full body massage: 70 €60'

Scientific Ayurvedic massage working both physically and energetically, removing blockages caused by stagnant psychical energy. The body is manipulated in each part allowing a total relaxation.

Classical Abhiangam massage: 70 €60'

Traditional Ayurvedic massage treatment used as preparatory therapy of PanchaKarma. Practiced on newborns to alleviate the trauma of childbirth and suitable for sensitive people and elderlies, women during and after pregnancy or during menstruation. It improves blood circulation and strengthens joints, muscles, ligaments, bones and blood vessel.

Marma massage: 70 €60' - 90 €90'

Stimulation of the vital centers Marma through acupressure. The Marma are connected to organs and through their stimulation it balances the energy flow and eliminates blockages.

Udavartanan: 75 €60'

Massage technique useful to reduce fat, water retention and to open the channels and meridians.



Shirodhara: 85 €

The most famous traditional treatment of Kerala. It involves pouring warm medicated oil on the forehead through coordinated and slow movements. It's the best treatment for problems related to the nervous system, with effects of deep relaxation and rejuvenation.



Pichu: 60 €

Oil bath on the head, to calm Vata and solve emotional problems, stress, pains in the neck and shoulders.

Nadi Sweda: 5 €

Traditional steam bath preparatory to Panchakarma therapy. Through enlarged pores nerve endings are stimulated, the meridians open and toxins eliminated.

Kalari Marma therapy: 70 € 60' - 95 € 90'


Treatment of orthopedic ailments and sport injuries of chronic and acute nature with the help of manipulations and the use of medical oils and herbs.

Kizhi: 60 €

It 'a treatment designed to cure rheumatic pain, back pain and joint pain caused by swelling, performed by massaging the affected part with a bundle of cotton containing herbs and medicinal oils.

Jambeera Pinda sweda: 60 €

Type of swedana treatment, that uses cotton pouches filled with lemon and medicinal herbs to cure shoulder and neck pain.



**Choorna Pinda Sweda: 60 €**

Dry hot pouches filled with powdered herbs, useful in case of problems related with vitiated Kapha.

Kati Basti: 55 €

Bath of warm medicated oils to alleviate complaints mainly located in spine such as spondylitis, compression of the nerves, sciatica, contractures, disk disease, herniated discs and arthritic pain.

Uro Vasthi: 55 €

Oil bath on the chest for heart and lung problems, asthma, muscular pains in the chest, needed to strengthen the rib cage.

Nashyam: 50 €

“NASA hi shirso dwaram” – Vagbhat – “The nose is the closest opening to the brain” .This treatment is part of the Panchakarma ‘s purification therapies. It cleanses the sinuses with medicated oils and it is suitable for problems of the upper body as stiff neck, sore shoulders, headaches, migraines, sinusitis, insomnia, skin problems. It ‘also useful to relieve emotional disorders such as stress, fatigue, depression, fear.

Tarpana: 55 €

Eye ghee bath, useful to solve eye problems.

Anjana: 50 €

Ophthalmic treatment that involves the application of medicated eye drops inside the eyes.

Netra Seka: 50 €

Washing of the eye with a special decoction of herbs (trifala) which gives a good vision and protects the eyes from cataracts and other eye problems.

Karna Poorana: 50 €

Treatment that consists in pouring hot oil into the ear cavity, useful in alleviating ears problems and to induce deep relaxation.



