



amaraTM
vedic wellness

Five Day Ayurveda Retreat

5-day Ayurveda and Meditation Retreat

Amara offers a 5-day retreat that is focused on leading individuals through an internal journey to learn more about Ayurveda and allied subjects, helping them understand their mind, body and spirit a little more deeply.

The retreat will offer detailed information regarding:

- Sankhya philosophy which is the basis of Ayurveda and Yoga
- Principles of Ayurveda
- Constitution or prakruthi analysis
- Ayurvedic nutrition
- Ayurvedic treatments (Panchakarma, rejuvenation, curative)
- Ayurvedic herbs
- Daily routine
- Seasonal routine
- The Seven Chakras and the physical, emotional and spiritual aspects of each
- Introduction to Meditation
- Beginners guide to chanting



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The retreat will seek to achieve the following:

- Increased psychic and spiritual awareness
- Greater ability to heal old wounds
- Release of addictions and unhealthy lifestyle patterns
- Increase zest for life
- Learn to live in the moment
- Increase ability to manifest desires
- Enjoy healthy and loving relationships
- Learn to forgive oneself and others.
- Develop an awareness and dedication to the highest life path.
- Increase body immunity
- Enjoy clarity of thought and improved decision-making abilities

Highlights

- Daily evening talks or meditation
- Philosophy, movements, and breathing techniques
- Demonstration on how to prepare an Ayurvedic meal
- Daily fresh, healthy vegetarian meals



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Dates to be announced soon