



amaraTM
vedic wellness

Weekend Ayurveda Retreat



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The 2-day retreat 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

- 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
- Some yoga asanas
- Breathing techniques

Schedule for Saturday

- Start with a prayer and introductions
- Half hour introduction to Ayurveda principles
- Discussion on Prakruthi (Vata, Pitta, Kapha)
- Tea – Indian style
- Some simple yoga postures
- Breathing (Pranayama)
- Discussion on Ayurvedic food
- Ayurvedic cooking lessons
- Lunch
- Talk on daily routine according to Ayurveda – details and demonstrations
- Tea
- Question and answer session
- Group discussion

Schedule for Sunday

- Start with yoga
- Chakras – introduction
- Chakra balancing session group
- Tea – Indian style
- Breathing (Pranayama)
- Ayurvedic cooking lesson
- Lunch
- Talk on seasonal routine according to Ayurveda – details and demonstrations
- Tea
- Question and answer session
- Group discussion

The retreat will seek to achieve the following:

- Better health in mind and body
- 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 one self and others.
- Develop an awareness and dedication to the highest life path.
- Increase body immunity
- Enjoy clarity of thought and improved decision making abilities

Personalised Wellness Consultation with Vinita Rashinkar

- General health assessment of mind, body and spirit
- Prakruti & Vikruti analysis (Dosha),
- Pulse Diagnosis
- Dietary and lifestyle advice based on doshas
- Chakra assessment
- Your own personal mantra for meditation
- Tips on leading a healthier life
- Spiritual counselling for trauma, painful events

Vinita Rashinkar – Wellness Specialist





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Retreat dates to be announced soon