

## VIRECHANA - 7 DAY AYURVEDA DETOX & YOGA RETREAT

**450** (supplement to Yoga Holiday rate) €

The Virechana 7-day Panchakarma Detox Programme begins with a consultation provided by our on-site Ayurvedic doctor. This in-depth exploration of your diet, lifestyle patterns and habits, mental and emotional state, and many other personal details will provide the information necessary to determine your Dosha (body type) and design your detox and rejuvenation programme. This includes vital health advice to take home. The consultation also includes an introduction to Ayurveda and its principles.

Your treatment plan will combine Ayurvedic rejuvenation therapies along with other modalities of healing available through Ashiyana's highly skilled staff of therapists.

### This programme includes:

- Introduction to Ayurveda
- Consultation with the Ayurvedic Doctor
- 1 Ayurvedic Abhyanga Massage
- 1 Alchemy of Touch
- 1 Siddha Marma Massage
- 5 Svedhana
- 2 Shirodhara
- 1 Ayurvedic balance massage
- 1 Ayurvedic (Khizi) puddle
- Daily Yoga classes (2 if advisable)
- Gentle cleansing diet of kitchari, dal, veggies and morning porridge
- Evening activities at Ashiyana
- Thai Yoga Massage, Reiki, Ayurvedic Yoga massage may be recommended (at an additional cost)
- Final Consultation

Virechana is a medicated purgation therapy, which removes Pitta toxins from the body that accumulate in the middle part of the body. It completely cleanses the gastro-intestinal tract.

Benefits of Virechana:  
Virechana can help cure ~ Chronic Fever ~ Diabetes ~ Asthma ~ Paraplegia ~ Hemiplegia Joint disorders ~ Digestive disorders ~ Constipation ~ Hyperacidity ~ Vitiligo ~ Psoriasis ~ Headaches ~ Elephantiasis ~ Gynaecological disorders, etc.

Price: **450 € for 7 days** (in addition to the Yoga Holiday rate)

## BASTI - 7 DAY AYURVEDA DETOX & YOGA RETREAT

550 €  
(supplement to Yoga Holiday rate)

The Basti 7-day Panchakarma Detox Programme begins with a consultation provided by our on-site Ayurvedic doctor. This in-depth exploration of your diet, lifestyle patterns and habits, mental and emotional state, and many other personal details will provide the information necessary to determine your Dosha (body type) and design your detox and rejuvenation programme. This includes vital health advice to take home. The consultation also includes an introduction to Ayurveda and its principles.

Your treatment plan will combine Ayurvedic rejuvenation therapies along with other modalities of healing available through Ashiyana's highly skilled staff of therapists.

### **This programme includes:**

- Introduction to Ayurveda
- Consultation with the Ayurvedic Doctor
- 5 Basti (Herbal Enemas)
- 1 Siddha Marma Massage
- 1 Alchemy of Touch
- 1 Ayurvedic Abhyanga Massage
- 5 Svedhana
- 2 Shirodhara
- 1 Ayurvedic balance massage
- 1 Ayurvedic (Khizi) puddle
- Daily Yoga classes (2 if advisable)
- Gentle cleansing diet of kitchari, dal, veggies and morning porridge
- Evening activities at Ashiyana
- Thai Yoga Massage, Reiki, Ayurvedic Yoga massage may be recommended (at an additional cost)
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Basti (Enema) is considered the mother of all Panchakarma treatments, since it cleanses the accumulated toxins from all 3 doshas; Vata, Pitta and Kapha, through the colon. Basti is especially advised for a Vata-dominant constitution or associated disorders. Basti is also highly beneficial as a rejuvenating treatment. Medicated oil or ghee and a herbal decoction are given as enema to clean and for oleation of the colon, increasing muscle tone. This procedure can be applied from 5 to 30 days, based on the medical condition of the person.

### Benefits of Basti:

Basti can help cure Irritable Bowel Syndrome ~ Constipation ~ Digestive disorders ~ Backache and sciatica ~ Piles ~ Obesity ~ Sexual Debility and Infertility.

Price: **550 € for 7 days** (in addition to the Yoga Holiday rate)

## VAMANA - 7 DAY AYURVEDA DETOX & YOGA RETREAT

450 €  
(supplement to Yoga Holiday rate)

The Vamana 7-day Panchakarma Detox Programme begins with a consultation provided by our on-site Ayurvedic doctor. This in-depth exploration of your diet, lifestyle patterns and habits, mental and emotional state, and many other personal details will provide the information necessary to determine your Dosha (body type) and design your detox and rejuvenation programme. This includes vital health advice to take home. The consultation also includes an introduction to Ayurveda and its principles.

Your treatment plan will combine Ayurvedic rejuvenation therapies along with other modalities of healing available through Ashiyana's highly skilled staff of therapists.

### This programme includes:

- Introduction to Ayurveda
- Consultation with the Ayurvedic Doctor
- 1 Ayurvedic Abhyanga Massage
- 1 Alchemy of Touch
- 1 Siddha Marma Massage
- 5 Svedhana
- 2 Shirodhara
- 1 Ayurvedic balance massage
- 1 Ayurvedic (Khizi) puddle
- Daily Yoga classes (2 if advisable)
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- Evening activities at Ashiyana
- Thai Yoga Massage, Reiki, Ayurvedic Yoga massage may be recommended (at an additional cost)
- Final Consultation

Vamana is a medicated emesis (induced vomiting) therapy, which removes Kapha toxins from the body that accumulate particularly in the upper part of the body, including head, neck and chest. This treatment is advised for people with dominant Kapha dosha and associated problems.

### Benefits of Vamana:

Vamana can help cure ~ Bronchial Asthma ~ Chronic allergies ~ Hay fever ~ Vitiligo ~ Psoriasis ~ Hyper acidity ~ Chronic indigestion ~ Nasal congestion ~ Edema ~ Obesity ~ Psychological disorders ~ Skin disorders ~ Sinusitis, etc.

Price: **450 € for 7 days** (in addition to the Yoga Holiday rate)