

Gyan Yoga Retreat

May 26 - Jun 1, 2023

Āyurveda & Yoga Retreat

*Discover Holistic Wellness at Madhuban
- a picturesque ashram in the serenity of
Kumaon Hills (The Himalayas)*





*Prabhāt Pheri/
Morning Chantings*



Yoga Sessions



Ayurvedic Nutrition and Traditional Food



*Interactive
sessions on
work-life
balance,
holistic health,
harmony &
happiness*



A close-up photograph of a practitioner performing an Ayurvedic eye therapy. The practitioner is wearing a blue uniform and is using a small metal cup to pour a dark liquid into the patient's eye. The patient is lying down with their eyes closed. The practitioner is also wearing a gold bracelet.

*2 Āyurvedic Eye Therapies
(1 Akshi Seka + 1 Pindi)*

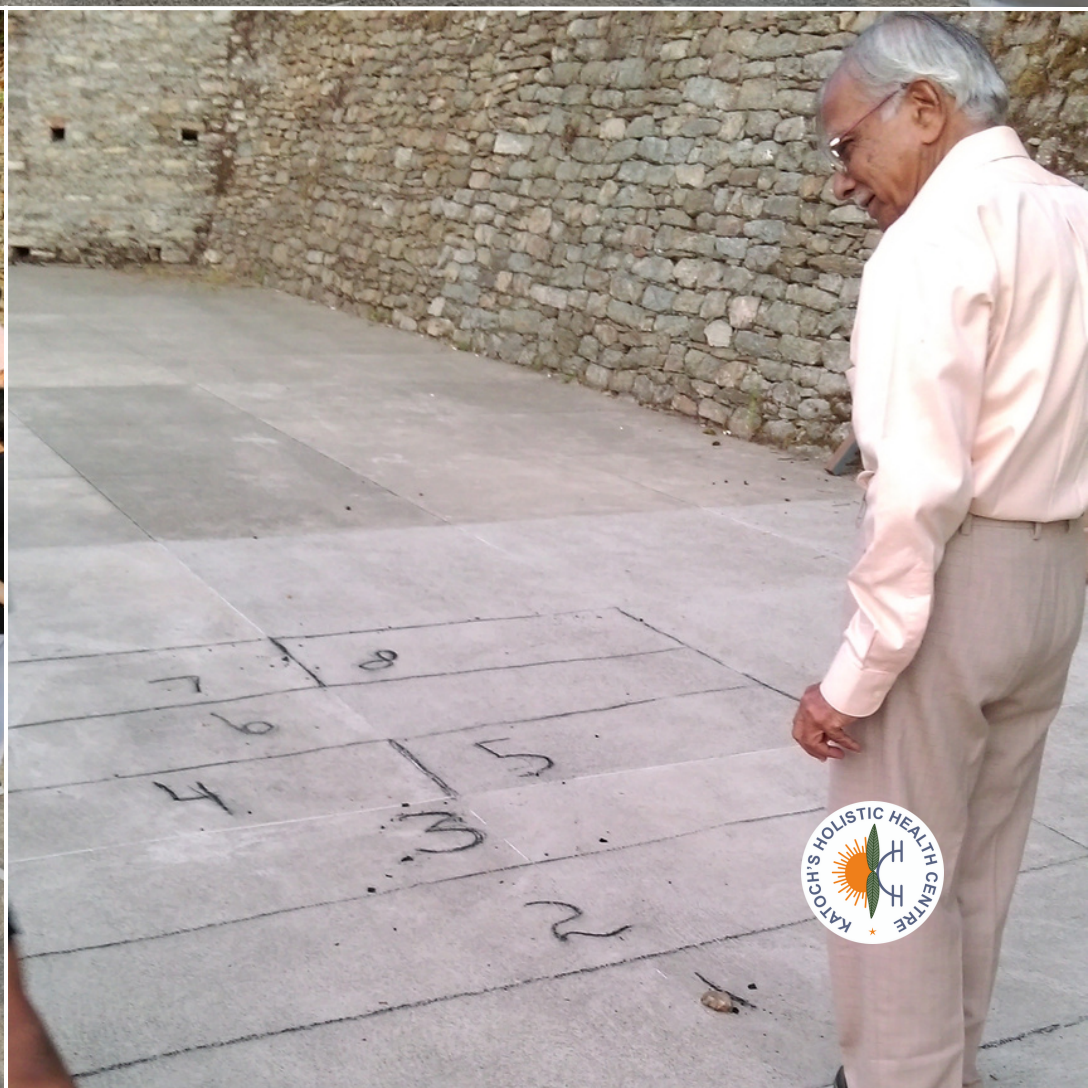
A photograph of a treatment room. In the foreground, there is a black massage table on a wooden frame. A metal pot hangs from a chain above the table. The room has wood-paneled walls and a window in the background. A small table with various items is visible in the background.

*2 Sessions of Panchakarma
(1 Whole Body Massage + 1 Head & Foot Massage)*





Indian Traditional Games





Evening Meditation



*A trek up-the-hill
into lush orchards...*



*...and a walk down-the-hill
onto the riverside*





Cultural Evening





*Homa/Havana to purify the
body-mind-environment...*



...and a beautiful place to stay!



Programme Fee:
INR 12,000/- (per person)

Language:
Hindi and English

Facilitators:
Dr. Surinder Katoch & Dr. Mukta Katoch Arora

Co-ordinator:
Oindrila



REGISTER
HERE!

For further queries or bookings reach out to us at +91-98117 74751, +91-97111 12609 or khhcayurveda@gmail.com

****Limited Seats! If you're interested, book immediately to avoid disappointment.***

