

Gyan Yoga Retreat

June 07 - 13, 2024

Vedānta & Āyurveda Retreat

*Discover Health & Joy at Madhuban
- a picturesque ashram in the serenity
of Kumaon Hills (The Himalayas)*





*Prabhāt Pheri/
Morning Chantings*



Yoga Sessions



*Discussions on what is life
and the basics of living*



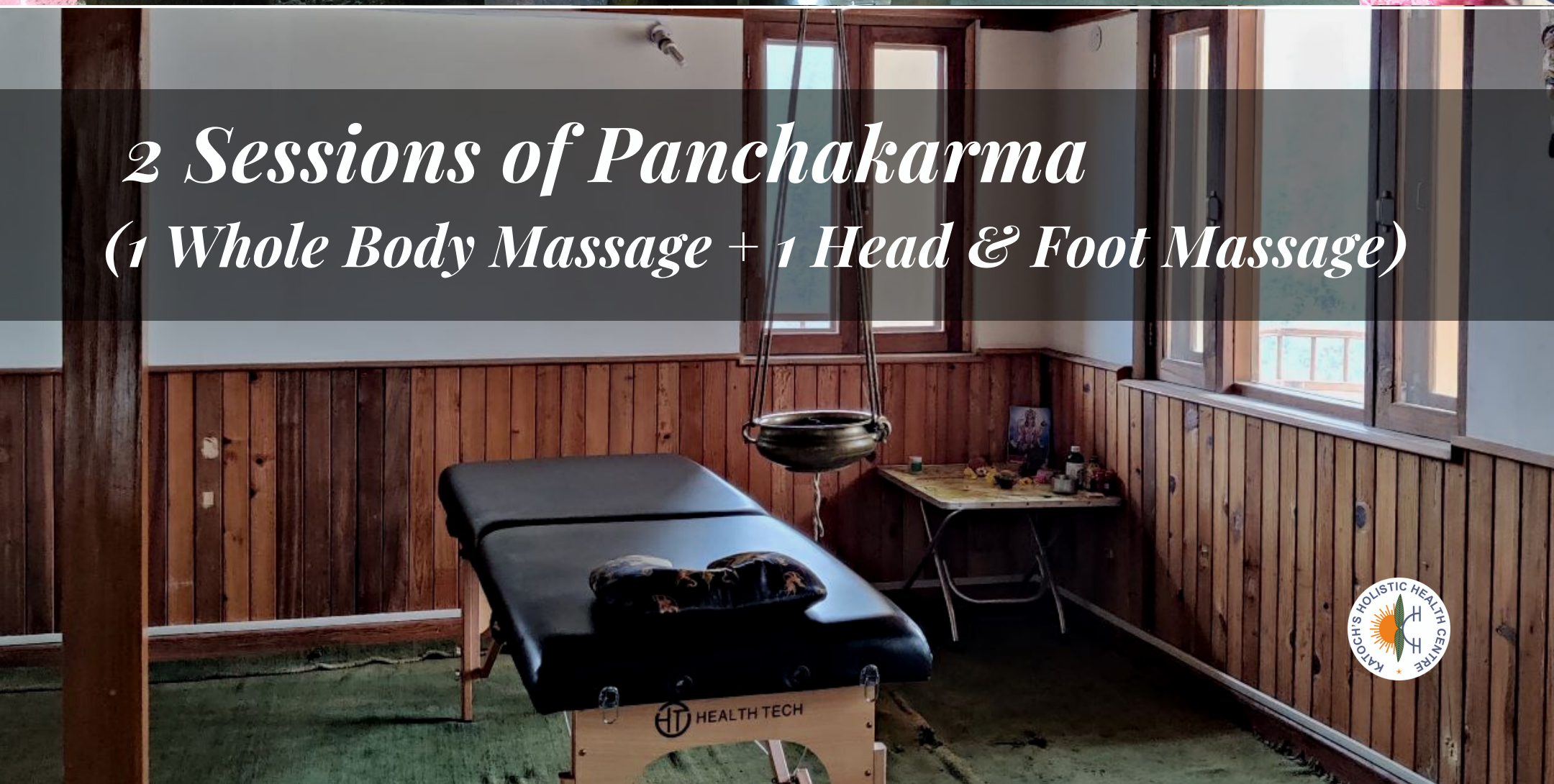
*Interactive
sessions on
work-life
balance,
holistic health,
harmony &
happiness*





Āyurvedic Nutrition and Traditional Food

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 15,000/- (per person)

Language:
Hindi and English

Facilitators:
Dr. Surinder Katoch & Dr. Dinesh Chand Katoch

Co-ordinators:
Dr. Mukta Katoch Arora & Oindrila



REGISTER
HERE!

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

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

