Gyan Yoga Retreat

## June 02-08, 2023 Vedanta & Ayuryeda 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 aork-life balance, holistic health, harmony & habbiness



### Ayurvedic Nutrition and Traditional Food

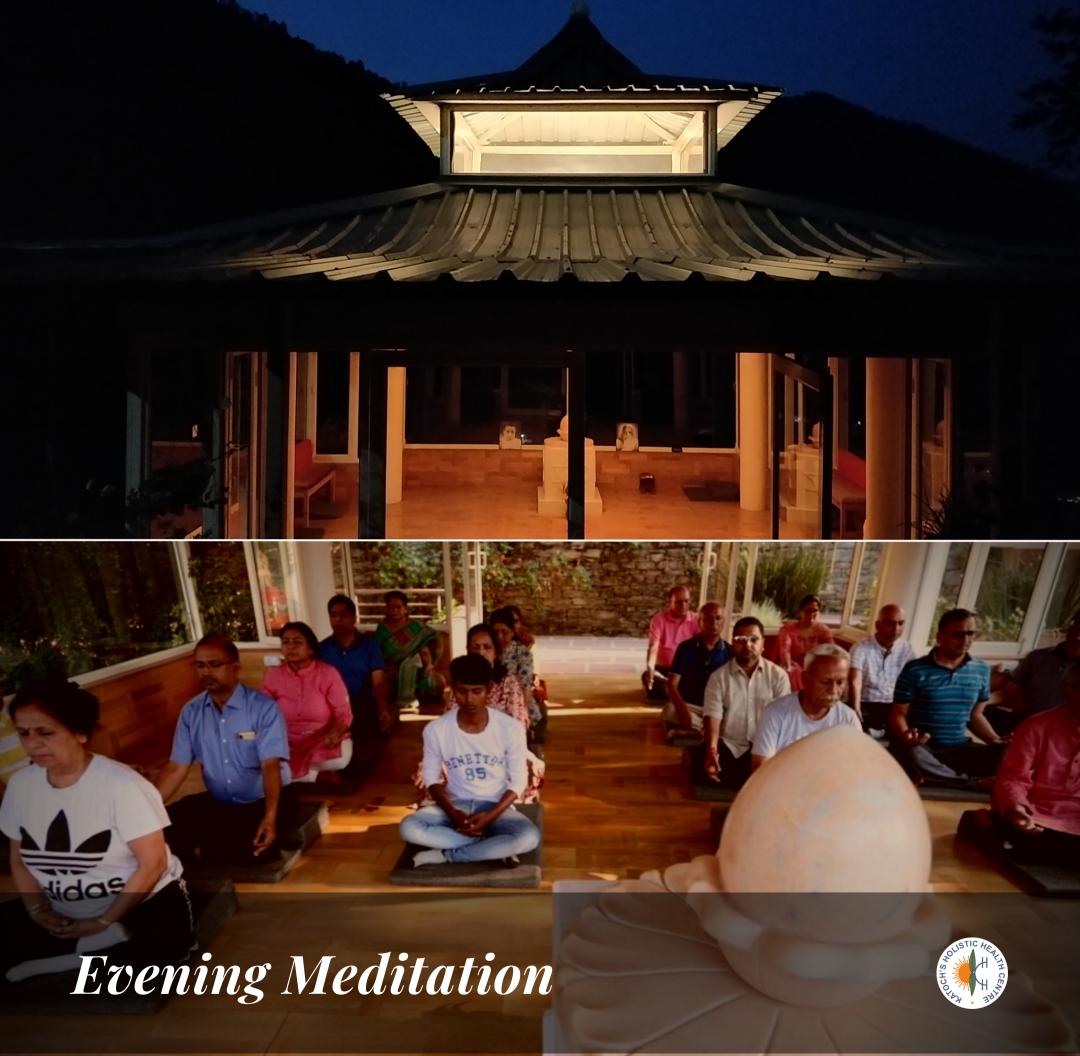
#### 2 Sessions of Panchakarma (1 Whole Body Massage + 1 Head & Foot Massage)

GIVE

## Indian Traditional Games







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

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







# 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:** Acharya Navneet & Dr. Surinder Katoch

Co-ordinators: Dr. Mukta Katoch Arora & Oindrila



1 4:

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.

