

June 09-15, 2022

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*



A man in a checkered shirt is crouched next to a large, dark, arched clay oven, using a long-handled tool to cook flatbread. A group of people, including a woman in a yellow t-shirt with 'GIVEN HELL' written on it and several men in casual attire, are standing and watching the process. The setting appears to be outdoors or in a semi-enclosed space with stone walls.

Āyurvedic Nutrition and Traditional Food

A close-up shot of a woman lying down, her eyes closed, receiving a Shirodhara treatment. A stream of oil is being poured from a brass funnel onto her forehead. A hand is visible near the funnel, possibly adjusting it or holding it steady. The background is softly blurred with warm, bokeh lights.

2 Sessions of Panchakarma (Whole Body Massage & Head Massage with Shirodhara)





Indian Traditional Games





Evening Meditation



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



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





Bon-fire and Cultural Evening





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



...and a beautiful place to stay!



Facilitators:

Acharya Navneet

Dr. Surinder Katoch

Co-ordinator:

Dr. Mukta Katoch Arora

**For further queries or bookings
reach out to us at +91-971112609
or khhcayurveda@gmail.com**

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

