

June 02 - 08, 2026

# Āyurveda & Yoga Retreat

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





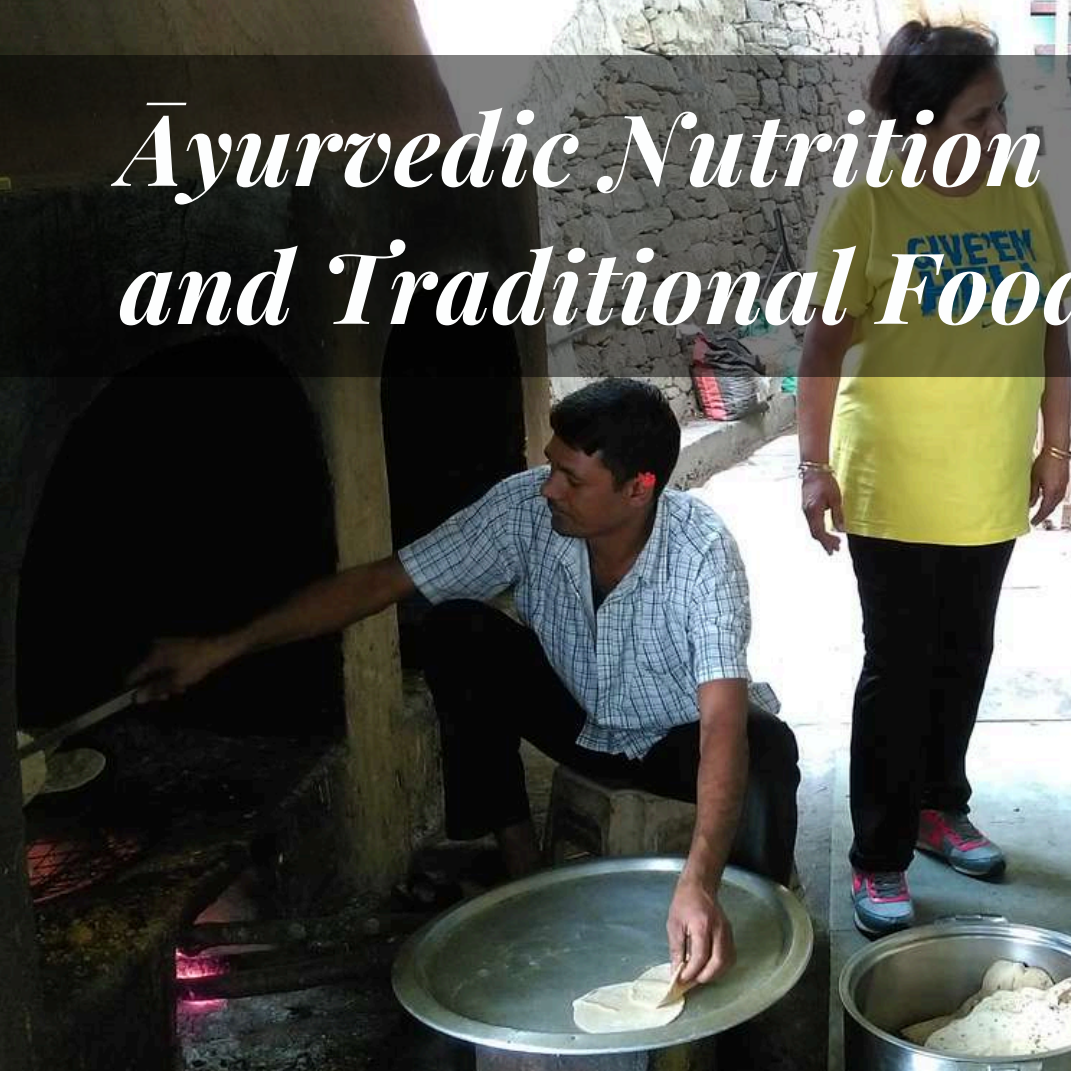
## *Prabhāt Pheri/ Morning Chantings*



## *Yoga Sessions*



# *Ayurvedic Nutrition and Traditional Food*



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



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



*2 Sessions of Panchakarma  
(Customized for your concerns/wellness)*





# *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 25,000/- (per person)*  
*\*Non-refundable*

**Language:**  
*Hindi and English*

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

**Co-ordinator:**  
*Dr. Mukta Katoch Arora*



**REGISTER**  
**HERE!**



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

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

