

ĀYURVEDA & YOGA RETREAT

"Discover Holistic Wellness & Tranquility in the Heart of Delhi"

23 - 29 NOVEMBER 2023

AT SRI AUROBINDO ASHRAM - DELHI BRANCH





Prabhāt Pheri/
Morning Chantings



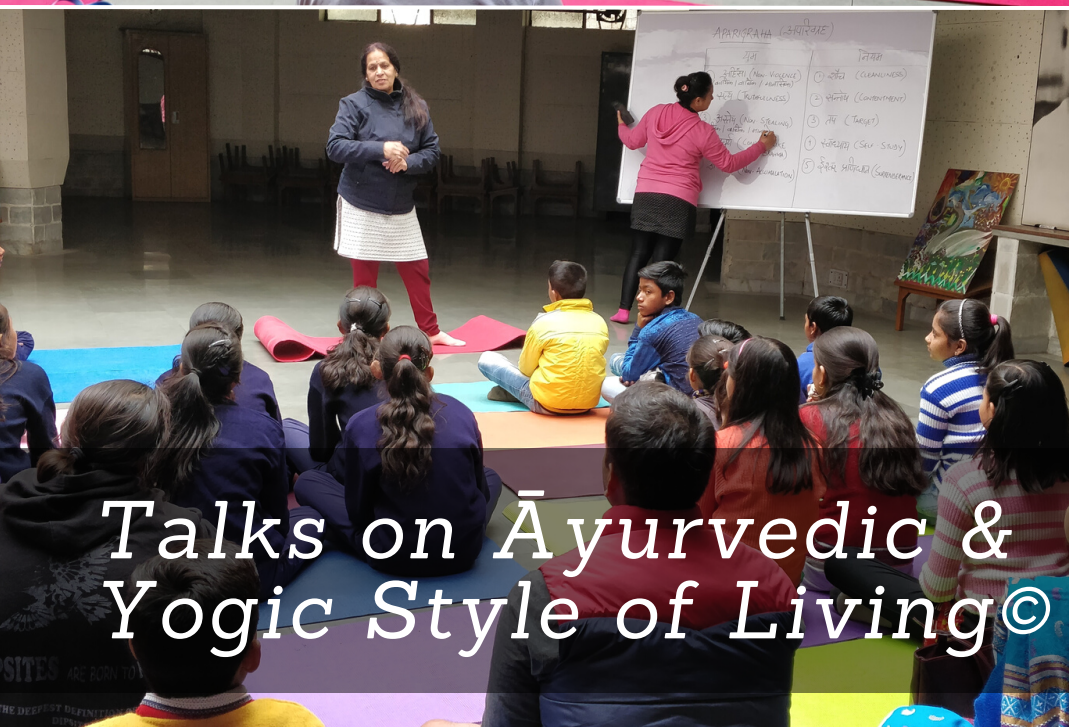
2 Kriyākālpas
(Akshi Seka + Pindi)



Yoga Sessions



2 Sessions of
Panchakarma



Talks on Āyurvedic &
Yogic Style of Living©



Daily Evening
Meditation





Indian Traditional & Recreational Games



A visit to the organic kitchen garden



Havana to purify the body-mind-abode



Cultural Evening



Āyurvedic Nutrition



Stay with a touch of the divine





Programme Fee:
INR 15,000/- (per head)

Inclusive of:

1. Double-sharing room
2. Morning tea, breakfast, lunch, evening tea, dinner
3. Yoga classes & meditation
4. Sessions on wellness, life, self-reflection & harmony
5. 4 Āyurvedic therapies
6. Games & nature walks
7. Fun & cultural evening
8. Havana-hymns-chantings
9. Personal consultations



Language:

English and Hindi

Facilitators:

Dr. Surinder Katoch

Dr. Mukta Katoch Arora

Co-ordinator:

Oindrila

For further queries/bookings
reach out to us at:

+91-98117 74751, +91-97111 12609

khhcayurveda@gmail.com



click below to know more about
SRI AUROBINDO ASHRAM - DELHI BRANCH



REGISTER HERE!

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

