

June 10 - 16, 2026

Vedānta & Āyurveda Retreat

Discover Health & Joy at Van Niwas - a serene ashram nestled in the lush hills of Ayarpatta, Nainital (The Himalayas)





*Prabhāt Pheri/
Morning Chantings*



Yoga Sessions



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



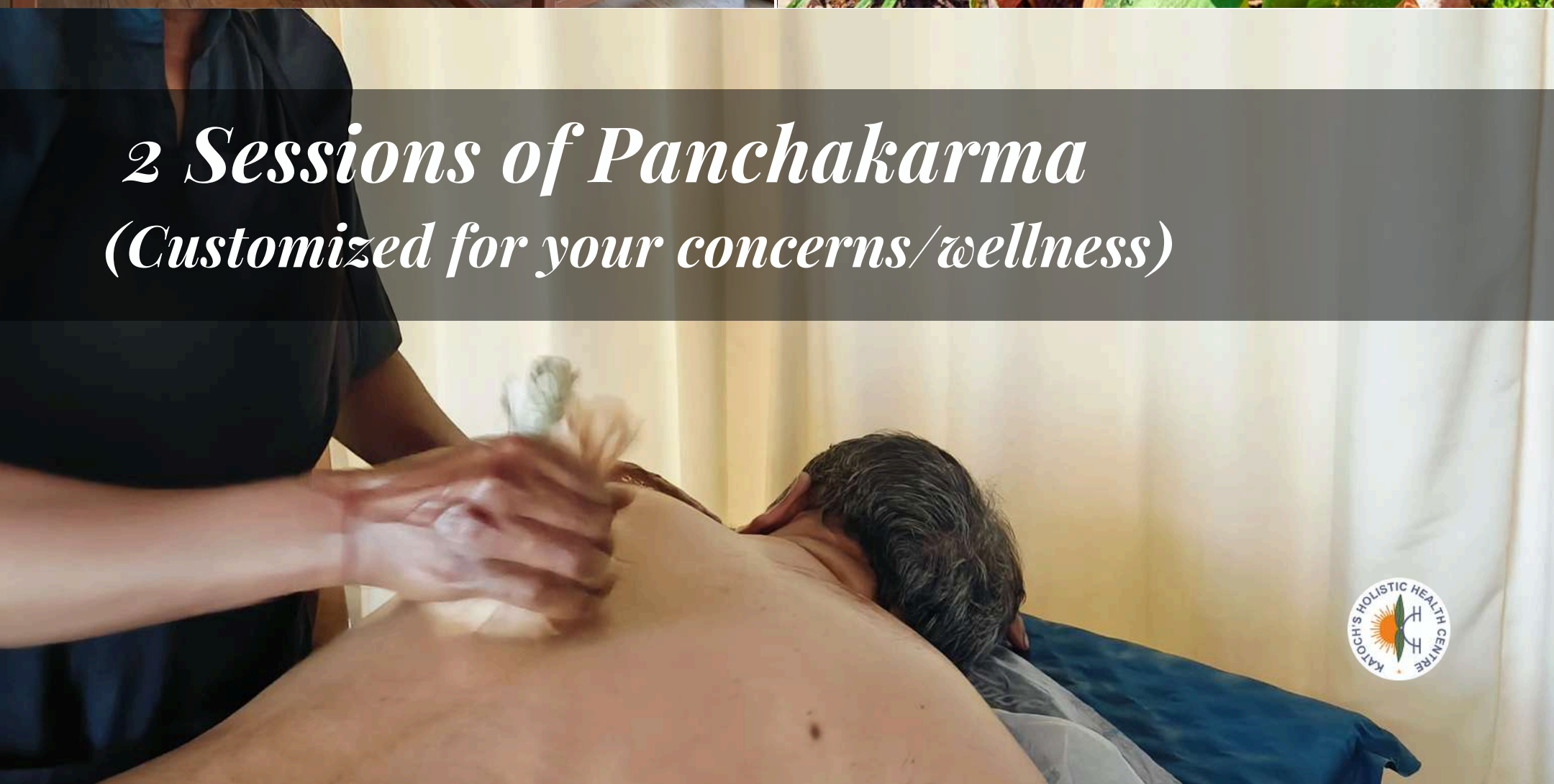
*Interactive
sessions on
work-life
balance,
holistic health,
harmony &
happiness*



*Āyurvedic Nutrition
and Kitchen Garden*



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



Indian Traditional Games





Evening Meditation





*A trek through the hills
to heavenly view points....*



*....and adventure activities
to stir the soul*





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 & Āchārya Navneet

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.***

