

## AYURVEDA HEALTH RETREAT IN INDIA DEC. 1, 2017-JAN. 18, 2018

Panchakarma Healing for Your Optimum Physical & Spiritual Health

Ayurveda Consulting & Sacred Earth Journeys

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[www.ayurveda-seminars.com](http://www.ayurveda-seminars.com)

[www.sacredearthjourneys.ca](http://www.sacredearthjourneys.ca)

Do you feel called to participate in this unique and inspired journey of self-healing with Ayurveda at the restorative Vaidyagrama Ayurveda Healing Village, Coimbatore, India, hosting by respected Ayurveda Consultant, Jaisri M. Lambert? Are you ready to let go and surrender to your individual healing, turn your mind inwards and attune with your personal healing process?

This unique program has come together for the third year now, to support western participants in an eastern context, learning by studying, self-healing and meditating in a traditional setting. This program is for those who feel ready to take the time to go more deeply within for Ayurveda learning, purification, rejuvenation and strengthening. Individualized programs are intended to bring physical, emotional and spiritual benefits.

Each participant will be assigned a unique program according to our local physician's assessment and takes individual responsibility for personal outcomes. Though your journey is unique, the group presence is intended to be a silent witness and support.

### How many treatments per day are included?

There is usually one treatment per day, and medicines are administered at different times of the day, according to the physicians' advice for each individual patient. Three days' rest are included before and after your treatment days, and may include a doctor's visit. Menstruation days preclude treatments in favour of rest, though no rate change applies.

Treatments will be assigned by the supervising physician at Vaidyagrama and may include abhyanga (oil massage), shirodhara (mind stream therapy), shirobhyanga (Indian head massage), pinda sweda (fomentation), nadi sweda (localized heat therapy), netra basti (eye wash), vamana (emesis), kati basti (localized oleation), basti (enema therapy), virechana (laxative therapy), etc. depending on individual indications.

### Six-week Option

#### **41-day Program – December 1, 2017 - January 18, 2018**

Choose the 41-day panchakarma option, plus rest days. This 6-week classical treatment option is intended to more deeply cleanse and rejuvenate the body, mind and consciousness, supporting a deeper detoxification, personal awareness, calm, sadhana practise and daily routine. Treatments are from Dec. 4, 2017 – Jan. 13, 2018 and are assigned by your Vaidyagrama supervising physician, according to individual needs and stages of cleansing. It's suggested to plan up to 6 weeks of prior preparation and 6 weeks of integration time after treatment, minimally. Your initial physician intake visit at Vaidyagrama will be between Dec. 1-3, 2016. Departure date can be January 17 or 18, 2018.

### Four-Week Option

#### **29-day Program – Dec. 1, 2017-Jan. 4, 2018 or Dec. 14, 2017-Jan. 18, 2018**

Choose the 29-day panchakarma option, plus rest days, with treatment days beginning from (1) Dec. 4, 2017–Jan. 1, 2018 or

(2) Dec. 17-Jan. 14, 2018, respectively.

This 4-week treatment option is for those who may not be able to commit to a full 6 weeks of treatment. It's recommended to schedule 4 weeks of preparation time prior to your arrival and 4 weeks integration time after returning home, minimally. Your initial physician intake visit at Vaidyagrama will be between Dec. 1-4, 2017 (Group 1) or Dec. 14-17, 2018 (Group (2)). Group (1) can depart Jan. 4 or 5, 2018 and Group (2) departs Jan. 18, 2018.

All applicants must first consult with Jaisri, either in person or by email/phone, as early as possible in your decision-making process. See: [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com) for how to prepare, fees and what's included. You will also bring your detailed concerns and health history to Vaidyagrama to review at your first physician's visit.

Here are two helpful blogs to provide you a good idea of the treatments and the Ayurvedic process of cleansing and rejuvenation at the holistic centre Vaidyagrama: <http://www.sattvicsage.com/#!/Vaidyagrama-India-A-Healing-Journey-Pt-1/cxwj/F5F5FF72-BEFE-438B-BF96-9B5FCCB8E629> and [RETURN TO VAIDYAGRAMA - please click here.](#)

#### Inclusions:

Included in your package are airport transfers from and to Coimbatore airport, accommodation, on-site physician consultations and visits, all daily treatments with physician-supervised practitioners, Ayurveda herbal and mineral supplements during treatment, meals, snacks, teas, beverages, emergency care at Vaidyagrama, satsang information sessions, puja sessions, cultural evening celebrations, library access at posted times, 3 days rest before and after treatment, weekly group meetings with Jaisri and other participants.

#### Exclusions:

Airfare to Coimbatore Airport, Tamil Nadu, India, cancellation and medical insurance (please contact [info@sacredearthjourneys.ca](mailto:info@sacredearthjourneys.ca)) and consult with Jaisri before finalizing your air travel), passport and Indian Tourist Visa expenses, emergency care outside Vaidyagrama, toilet tissue, laundry, internet, telephone calls, mineral water, take-home herbal and mineral supplements, meals and beverages not specified on the website or final retreat itinerary, donations, tips, single accommodation supplement if not pre-paid, purchases made from Punarnava Trust and your initial consultation with Jaisri.

#### Added Features:

- Travel with Ayurvedic Consultant & Practitioner Jaisri M. Lambert
- Discussions about Ayurveda & Panchakarma
- Morning and evening talks, satsangs, chants, yoga nidra class and meditations
- Regular prayers, pujas and ceremonies at Vaidyagrama (donations optional)
- Library access at posted times
- Punarnava Trust store access for on-campus purchases such as clothing, books, etc.
- Opportunity to plant a tree or bush at Vaidyagrama's botanical garden
- The support of a group of like-minded program participants

#### Guidelines for Treatment:

The Vaidyagrama team welcomes us as family members, marking the beginning of your panchakarma program's deep self-healing, and providing an atmosphere of loving kindness beyond the clinical parameters of panchakarma treatment. It's suggested to be off any western medications such as anti-depressants, sleep aids or other. Please advise Jaisri if you

feel you must continue a pharmaceutical to help come to a decision in your long term best interest.

A minimum of 3 days complete rest before and after treatment days is required and included in your package, and cannot be converted to treatment or travel days. Jaisri (host) must be present at your initial physician's visit and be informed of significant changes in your health. Weekly group participant meetings will be held Sundays or Mondays at 1pm for announcements, to share our individual progress and/or to explore a relevant topic of interest and to help you make the most of your program. Attendance is not required, but is suggested to be aware of any important announcements and developments.

Please take all physician-suggested herbal and mineral supplements according to directions of time, quantity and avoidances, as your health results will have a direct correlation with your compliance.

#### Simple Therapeutic Diet:

Food at Vaidyagrama is simple, vegetarian, easy to digest and chosen to maximize cleansing of channel systems and assimilation of nutrients. It's suggested to eat on time, in silence and alone to help tune into your individual digestion in preparation for returning home with improved dietary habits. Pay attention to cravings, which may reveal the causes of your symptoms (effects). It's suggested you don't consume your own snacks, beverages or fruits on campus. Off-campus, it's suggested to peel fruits and choose according to your doshic needs.

#### Exercise During the Treatment Phase:

Exercise at Vaidyagrama is to be minimal to give emphasis for the process of cleansing toxins while strengthening your digestion and elimination. Gentle stretching can be helpful. Optional Yoga Nidra classes are included in your package. Walking in covered areas within the 4.5 acre compound is permitted, but not outside the hospital area in direct sunlight.

#### Internet and Communications:

Effort is made to minimize EMF exposure on the Vaidyagrama campus. It's suggested you limit your internet access. Talking may be tempting, but it's advised to take advantage of minimizing outer communication in favour of inner awareness. Meditation practice can benefit from increased emphasis and investment during panchakarma, especially if you're accustomed to the practice. Journaling can also help review your experience of introversion.

#### Shared Accommodations:

Feedback from our first Vaidyagrama group suggests that private accommodation is preferred to support safe, non-intrusive self-healing. Emotional release such as crying is not uncommon as the purification process gently reveals what is needed to let go. Sleep disturbance was also mentioned as a deterrent to sharing space, especially if you're not accustomed to sharing together.

Individual preferences for air flow, lights, toileting needs etc. could be disturbing to your roommate at a time of increased sensitivity and awareness, both internally and externally. If you know your roommate well or feel you can accommodate others easily, sharing your room may be your better choice.

Two drawers with lock are provided in each room in case of need to store valuables such as wallet, passport, jewelry. It's suggested not to bring valuables to India.

#### Personal Care:

It's suggested to bring your own organic shampoo, conditioner, insect repellent such as tea tree oil, nailbrush and pumice stone for foot care. Clothing should be modest and inexpensive as many items become oily and ready for discard. Low necklines, sleeveless items or garments showing the lower legs are not advised to observe standards of modest dress in India, especially when traveling off-campus, but Vaidyagrama itself is very tolerant, though conservative. Take packaged tissue/toilet tissue with you for travel. Rest rooms generally do not provide this. At Vaidyagrama, you can request toilet tissue for a small fee. Toilets at Vaidyagrama are well equipped for sanitation.

#### Post-Panchakarma Rejuvenation Phase:

The classic medical scriptures of Ayurveda suggest to observe the same restrictions (tapasya) as before and during the treatment phase and for at least an equal time period after your treatment phase, if not double. If you are traveling home right away, please plan sufficient time and support to gradually become accustomed to your home routine, to maintain and deepen gains made during your treatment.

Vaidyagrama will arrange for you to purchase sufficient herbal medicines for 3 months on departure, and it's advisable to follow the suggested program, including diet, daily self-care and herbal supplements, in order for your program intentions to move more deeply into your body and consciousness. Slipping back into old habits can be the cause of recurrence of symptoms.

Any liquid herbal supplements carried home in your packed luggage must be thoroughly wrapped and well-sealed. A Certificate of Permission to Carry Medicines can be issued by Vaidyagrama for your travel home, along with your Summary of Admission, Treatment and Discharge details. No herbal supplements may be carried home for commercial use. Herbal supplements for personal use are generally not subject to customs levies and are fully legal in Canada. For non-Canadians, please verify with your customs broker.

If you wish to remain in India for one month following your treatment phase, please contact Jaisri at 604-290-8201 for suggestions.

#### What to Bring:

- Yourself, free of expectations, but with an openness to receive that which is for your best and highest good!
- Valid Passport – Must be valid for at least 3 months after your return
- Indian Tourist Visa attached to your passport, valid for the full duration of your stay
- Photocopies of important documents like Passport, Tourist Visa, Airline Tickets, Insurance Policy, Emergency Contact Person, a list of any debit or credit cards you are carrying. Keep copies separate from the originals
- Money Belt that fits under your clothes
- Cash, Debit Cards, Credit Cards
- Journal (optional, but recommended)
- Suitcase – 4-wheel roller type is best
- TSA approved luggage locks for your luggage
- Smaller daypack to keep your water, camera and things you'll need daily
- Cellphone, I-pad or similar with international calling plan such as Skype. India's Country Code is +91
- Sunglasses and sun hat
- Small flashlight
- Extra pair of eyeglasses or contact lenses, if you wear them

- Flask for drinking water
- Sturdy walking shoes and easily-removed sandals. Avoid expensive shoes
- **MEN:** modest cotton or linen shirts and pants, kurtas or dhoti (can be purchased in India)
- **WOMEN:** Long, cool, modest cotton or linen skirts, pants or kurtas that cover the shoulders and ankles, one dressy Indian outfit for special events, shawl to cover your arms or head
- Toilet articles, such as shampoo, toothbrush, pumice stone, nailbrush, menstrual pads, etc.
- Electrical converter/transformer for electrical appliances
- Battery charger, extra batteries
- Camera, film, memory cards
- Oils for air travel packed in small, tightly-sealed containers
- Please, no heavy perfumes

Investment:

Option 1: 41-day Panchakarma Program, 1 day initial physician's visit, 6 days rest

Double Room: US \$6497

Single Room: US \$6947

Option 2: 29-day Panchakarma Program, 1 day initial physician's visit, 6 days rest

Double Room: US \$5097

Single Room: US \$5497