

Veda5

Ayurveda & Yoga Retreat



Medical Consultations
with Ayurveda Doctors

☎

Panchakarma & Detox Packages

☎

Yoga & Meditation Classes

☎

Ayurveda Treatments for
Beauty & Youthfulness

☎

Ayurvedic Courses

☎

Master Classes
in Ayurvedic Cooking

☎

Excursion Programs

☎

Free Wifi in the Center



www.vedafive.com

Veda5

Ayurveda & Yoga Retreat



**Book your Ticket
at www.vedafive.com**

or

E-mail us at: info@vedafive.com

Ticket starts at \$699

Includes accommodation in mountain facing room on twin sharing, ayurvedic meals & detox drinks, 3 ayurvedic & 1 naturopathy treatment, participation for 7 days in wellness summit as per schedule, welcome & farewell kit, excursions, airport transfers

Attractive offers for group leaders & Yoga Teachers

Veda5

Ayurveda & Yoga Retreat

Rattapani, Neelkanth Road, Rishikesh, Himalayas

☎ +91 9354483728, +91 7895678455



www.vedafive.com



fb.com/veda5Wellness



instagram.com/veda5Wellnessrshikesh



youtube.com/watch?v=xYf-IL3pBs



info@vedafive.com

Veda5

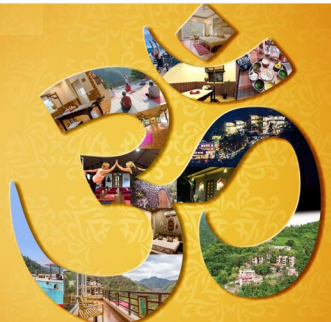
Ayurveda & Yoga Retreat

WELLNESS SUMMIT

— Rishikesh, India —

1st to 7th September 2021

**7 days of Deep Healing,
Rejuvenation, Yogic
Wisdom, Ayurvedic
Treatments and
Spiritual Excursions**





DAY 01

- 11:00 – 1:00 pm: Welcome & Retreat orientation
1:00 – 2:30 pm: Langer (Community lunch)
2:30 – 3:30 pm: Introduction and opening ceremony
3:30-4:30 pm: The Future of Ayurvedic wellness & Ayurvedic Talk
4:30 – 5:00 pm: Digestive breathing
5:00 – 5:45 pm: Detox Tea time
5:45 – 7:00 pm: Havan (Fire puja)
7:00 – 9:00 pm: Rajasthani themed dinner
9:15 – 10:00 pm: Trataka & Satsanga (Kirtan)
10:00 pm: Ratricharya (Ritual for sound sleep)

DAY 02

- 6:00 – 6:30 am: Dincharya
6:30 – 6:45 am: Maunā (Mindful silence practice)
6:45 – 8:00 am: Choice of two options
– Pranayama & Shivananda Yoga
– Pranayama & Hathayoga
7:00 – 9:30 am: Healthy Ayurvedic Breakfast - Annam
10:00 – 11:00 am: A new era of Ayurveda – expert lecture
Q&A
11:15 – 12:15 pm: Application of Gita on modern life challenges – expert lecture – Swami Dharmananda Ji
12:30 – 1:30 pm: Ayurvedic Lunch
2:30 – 3:00 pm: Digestive breathing / rest
3:00 – 4:00 pm: Ayurvedic therapies for delegates
4:15 – 5:00 pm: Pranich healing – expert lecture
5:00 – 5:30 pm: Tea time
5:45 – 6:30 pm: Ayurvedic drinks sessions with respect to Doshas
7:00 – 9:00 pm: Garhwali themed dinner
9:15 – 10:00 pm: Antarmana meditation / Satsanga / Kirtan
10:00 pm: Ratricharya

DAY 03

- 6:00 – 6:30 am: Dincharya
6:30 – 6:45 am: Maunā (Mindful silence practice)
6:45 – 8:00 am: Choice of two options
– Yin yoga
– Blind fold yoga
7:00 – 9:30 am: Healthy Ayurvedic Breakfast

- 10:00 – 11:00 am: Ligament injuries & management in Ayurveda –lecture
11:15 – 12:15 pm: Geriatric disease management in Ayurveda – lecture
Q&A
12:30 – 1:30 pm: Understanding the practical aspects of Kativasti & Greevavasti (lumber and cervical pain management) (practical session)
Q&A
1:30 – 2:30 pm: Ayurvedic lunch
2:30 – 3:00 pm: Digestive breathing / rest (Yoga hall / swimming pool / Garden)
3:00 – 4:00 pm: Understanding the concept of Naturopathy in holistic health management – lecture – expert lecture
4:15 – 5:30 pm: Honey extraction and tea session at farm
5:45 – 6:30 pm: Ayurvedic cooking sessions - Pita
7:00 – 9:00 pm: South Indian themed dinner
9:15 – 10:00 pm: Sati Mindful meditation / Satsanga / Kirtan
10:00 pm: Ratricharya and Subha Ratri

DAY 04

- 6:00 – 6:30 am: Dincharya
6:30 – 6:45 am: Maunā (Mindful silence practice)
6:45 – 8:00 am: Choice of two options
– Temple trek & Tree Plantation
– Yoga for Children and adolescence
7:00 – 9:30 am: Healthy Ayurvedic Breakfast - Annam
10:00 – 11:00 am: Lecture on Vedanta – Shri Yogendra Manocha
11:15 – 12:15 pm: Children and adolescence challenges and their management with Ayurveda
Q&A
12:30 – 1:30 pm: Understanding the practical aspects of Shirodhara for mental wellbeing (practical session)
Q&A
1:30 – 2:30 pm: Ayurvedic lunch
Expert table discussion
– Smart healing for better sleep
– Yoga therapist Vs. Yoga teacher
– Ayurvedic treatments for stress management
– Wellness vs. wellbeing
2:30 – 7:00 pm: Beatles Ashram visit with Ganga Arti, Ram Jhula
7:00 – 9:00 pm: Gujarati themed dinner
9:15 – 10:00 pm: Kundalini meditation- by Yogi Bhaghan/ Satsanga / Kirtan
10:00 pm: Ratricharya

DAY 05

- 6:00 – 6:30 am: Dincharya
6:30 – 6:45 am: Maunā (Mindful silence practice)
6:45 – 8:00 am: – Restorative hot stone yoga
– Pranayama & Anusarayoga
7:00 – 9:30 am: Healthy Ayurvedic Breakfast
10:00 – 11:00 am: Marma therapy in Ayurveda –lecture
11:15 – 12:15 pm: Nutrition in Ayurveda – lecture
Q&A
12:30 – 1:30 pm: Understanding the practical aspects of Marma therapy) (practical session)
1:30 – 2:30 pm: Ayurvedic lunch at river side with live guitarist
2:30 – 3:00 pm: Digestive breathing / rest
3:00 – 4:00 pm: Ayurvedic therapies for delegates (60 minutes)
4:15 – 5:00 pm: Restorative Yoga – Practical session
5:00 – 5:30 pm: Tea time
5:45 – 6:30 pm: Ayurvedic cooking sessions - Kafa
7:00 – 9:00 pm: Punjabi themed dinner
9:15 – 10:00 pm: Cyclic meditation / Satsanga / Kirtan
10:00 pm: Ratricharya and Subha Ratri

DAY 06

- 6:00 – 6:30 am: Dincharya
6:30 – 6:45 am: Maunā (Mindful silence practice)
6:45 – 8:00 am: Choice of two options
– Advance sun salutation
– Pranayama & Shivananda yoga
7:00 – 9:30 am: Healthy Ayurvedic Breakfast
10:00 – 11:00 am: Lifestyle disorders management in Ayurveda –lecture
11:15 – 12:15 pm: Patanjali Yogasutra – lecture – **Q&A**
12:30 – 1:30 pm: Importance of Fasting – lecture
1:30 – 2:30 pm: Langer (Community Lunch)
2:30 – 3:00 pm: Digestive breathing / rest
3:00 – 4:00 pm: Ayurvedic therapies for delegates (60 minutes)
4:15 – 5:00 pm: Yoga therapy – Practical session
5:00 – 5:30 pm: Tea time at pool side and group photo/ exchanging the experiences
5:45 – 6:30 pm: Vedic astrology – expert
7:00 – 9:00 pm: Bollywood themed dinner
9:15 – 10:00 pm: Yoga Nidra
10:00 pm: Ratricharya
DAY 7
6:00 – 6:30 am: Dincharya
6:30 – 6:45 am: Maunā (Mindful silence practice)
6:45 – 8:00 am: Mantra Chanting & Hathayoga
8:00 – 9:30 am: Ayurvedic breakfast
10:00 am: Thanks giving and farewell ceremony