

Healing Your Life through Ayurveda, Yoga and Meditation Retreat

4 days /3 nights Retreat at the Vedanta Spiritual & Holistic Retreat

Oct. 26-29, 2017

Oct. 26th Thursday check in 2pm / Sessions 3pm

Oct. 29th program ends at 3pm

To register call 310-701-7745 or email: atousa@ishahatayogala.com

Program includes the following during your stay Oct. 26th-Oct. 29th:

- The Concepts of Dosha / Constitution; **determination of your individual Constitution / Dosha by examination, pulse and tongue diagnosis by Dr. Mahdavi**
- Detoxification & Cleansing, Enjoy daily detox juices and teas
- Fresh organic healthy tasteful vegetarian meals based on Ayurvedic dietary principles
- Introduction to principles of Ayurveda and its history
- Understanding the play of the 5 elements and their qualities impacting doshas
- Know the correct diet, nutrition and life style appropriate to your Dosha/ constitution
- Learn and practice Ayurvedic Aromatherapy with essential oils
- Learn and practice Ayurvedic Color Therapy
- Daily Yoga and meditation sessions including **Surya Kriya**
- Daily fomentation, Ayurvedic Svedana treatment; Infra Red Sauna
- Learn and practice Ayurvedic Jala Neti / Nasal Cleansing, Chakshu Dhauti / Eye wash
Jihva Dhauti / Tongue Cleansing and self Oil message / Abhyanga
- One session of Abhyanga massage by Therapist
- Use of stream, sauna and much more

This holistic health retreat is designed for those seeking to experience the incredible health benefits of living in balance through Ayurveda and yoga. Facilitated by the renowned **Dr. Atousa Mahdavi, DC., Q.M.E., B.C.I.M., AHP., Yogi**, this nurturing Ayurveda retreat consists of Ayurvedic consultations, daily yoga and meditation, Ayurveda workshops and lectures and soul-enriching Ayurveda treatments - all in a tranquil Sequoia National Forest based Retreat setting. Ayurveda 'life-knowledge' is a traditional medicine system derived from ancient India. Discover the benefits of living according to your constitution and depart feeling more rejuvenated in mind and body.



www.vshr.org

www.ishahatayogala.com

To register call 310-701-7745 or email: atousa@ishahatayogala.com

Cost of the program \$1,100.00

Early bird \$1000.00 expires 09-29-2017

Cost Includes Shared Accommodation in Ultra Modern Newly built Retreat

Healing Your Life through Ayurveda, Yoga and Meditation

4 days /3 nights Retreat at the Vedanta Spiritual & Holistic Retreat

Oct. 26-29, 2017

Program starts at 3 pm Thursday Oct. 26th and ends at 3 pm Sunday Oct. 29th

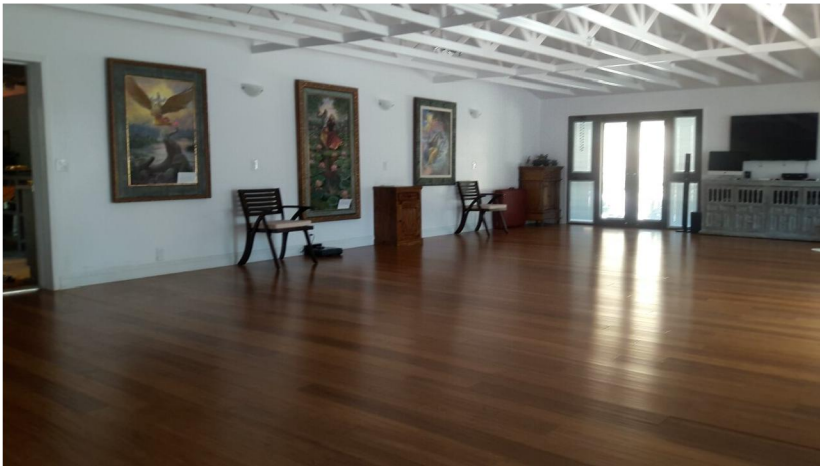
Dr. Atousa Mahdavi has been practicing alternative medicine, nutrition and chiropractic since 1995. She is an Ayurvedic Practitioner and a yoga therapist. With a holistic approach, a profound understanding and knowledge of the human system and the mechanics of wellness and health, she has helped many of her patients and clients gain optimal health and wellbeing. With an extensive training in India in the field of yogic sciences, she has mastery in transmitting yoga and meditation making her programs highly sought after and attended by many from all walks of life. When she speaks hearts open and minds are inspired.

More about Dr. Atousa at <http://www.ishahatayogala.com/>



Cost of the program \$1100.00
Early bird Price \$1000.00 expires 09-29-2017

Cost Includes Shared Accommodation in Ultra Modern Newly built Retreat
More info at www.vshr.org



www.ishahatayogala.com
To register call 310-701-7745 or email:
atousa@ishahatayogala.com