

YogAyur

Awaken the peace within

IN

ASSOCIATION

WITH

Prakruti

Ayurveda & Panchakarma Clinic

EKAANT

Forest Homestay's & More..

PRESENTS

7 DAYS OF RETREAT

TO CLEANSE YOUR MIND BODY & SOUL

15-22 Dec 2023

Gat No.1713, Village Jamsut, Taluka, Guhagar, Maharashtra 415703

INTRODUCTION & OUR TEAM

Yog means union. Ayur means life. Thus, YogAyur means Yog for a happy and healthy life.

YogAyur stands on the three pillars viz., Yoga, Adhyatma (spirituality) and Ayurveda.

YogAyur believes harmony among Sharir (body), Manas (mind), and Atma (spirit) is essential to achieve the perfect healthy condition in humans. This healthy condition is required to perform all the worldly duties including 4 Purusharthas i.e. Dharma, Artha, Kama, and Moksha.
Various scriptures on Ayurveda, Yoga, and Tattva guide us to lead and maintain the balance in these three aspects of human life.

YogAyur is taking an initiative to combine the knowledge and practices of ancient wisdom to be able to bring fulfillment in every aspect of life.
YogAyur hosts Ayurveda Vaidyas, Yoga experts, and Spiritual masters to arrange sessions, webinars, and courses on Ayurveda, Yoga, and Adhyatma. The vision of YogAyur is to create awareness of Yogic kriyas, Ayurvedic therapies, and Satsang on scriptures to change the way people treat overall health.

The goal of YogAyur is healthy human beings and a healthy society by following a Yogic lifestyle.

Shri. Kapil Bhat and Shri. Prakash Nayak is currently looking after the various activities of YogAyur with the help of many volunteers and Yoga Sadhakas.

OUR MENTORS

HAPPY SUBHASH



Popularly known as Happy Subhash in Yoga Fraternity in India and the Middle East, more specifically in UAE.

Subhash Guruji comes with professional experience in the repair and maintenance of Consumer Electronics products, when Technology was in its primitive stage in the early 80's. He says "Troubleshooting complicated electronic circuits is not different from that of Problems encountered in the human body and therefore life".

He has been practicing and preaching Yoga for more than 25 years which are based on the teachings of Rev. Hathayogi Nikam Gurujee, founder of 'Shri Ambika Yoga Kutir', Mumbai (Thane), India. He follows the guidelines set by Nikam Gurujee in spreading the ancient knowledge of Hathayoga.

He says "One can stay Healthy" by performing Shuddhi Kriyas like Body cleansing, Breathing exercises, Pranayama, and Asanas.

He firmly believes in the quotation by Nikam Gurujee "Rog manko hota hai aur Bhogana hai tan ka kaam. Yog suyog hai swasthya ka, Bina Dawa Bina Daam.

Therefore, Subhash Guruji's teachings revolve around "Mind management" to eradicate Human suffering. He says BP koi beemari nahi hai. Just by practicing the right breathing techniques your BP can be controlled.

Subhash Guruji has dedicated his life to teaching HathYoga, treating and curing health conditions. He has vast practical experience in treating various ailments like back pain, knee pain, and spondylitis, He says these are postural defects and can be easily treated. He has also treated Thyroid, Blood Pressure, Heart problems, etc.

Guruji cured Asthma Asthama patients only with Yogic kriyas who had to carry inhalers all the time. Today she is free of the Asthma pump and any Asthma medicines.

Guruji's motto is Let's practice Yoga and Stay healthy, Stay safe.

OUR MENTORS



MR. VISHNU RAUT

Vishnu ji Works as a consultant in the Energy and Environment sector in Dubai. He has been practicing Hatha Yoga for a number of years.

He is a qualified Yoga Wellness Instructor (YCB level 2), Yoga Teacher and Evaluator (YCB level 3), and Yoga Master (YCB level 4).

He is teaching for all 4 levels of the Ayush Ministry's Yoga Certification Board (YCB) curriculum and regularly conducts various YCB certification courses to help many aspiring students to progress and practice the Yoga lifestyle.

Besides teaching Yoga, Vishnu ji practices various HathYoga kriyas such as ShatKarma, Pranayama, and Asanas regularly. Very often he demonstrates these Kriyas especially ShatKarma in his lessons.

OUR MENTORS



Swami Paramanand Sarasvati

Swami Paramananda Saraswati is an inspiring and enthusiastic person with many unique qualities. Inspired by various masters and under the guidance of Swami Anubhavananda Saraswati who himself is a disciple of Swami Chinmayananda, Swamiji completed a postgraduate Vedanta course at Sandeepany Sadhanalaya, Powai, India.

Swamiji dedicated his life to the service of mankind spreading the knowledge of Vedanta in a logical, yet simple and straightforward manner on various topics like Bhagavad-Gita, Patanjali yoga sutra, Upanishad, etc.

He has been taking many classes in the form of seminars, camps, and workshops to benefit all age groups. He has traveled widely sharing knowledge through his great sense of humor and fine delivery of practical knowledge. Swamiji also takes annual pilgrimages in India and Kailash Mansarovar.

OUR MENTORS



Dr. Sameer Bhale

Dr Sameer Bhale M.D. (Kayachikitsa) Masters in Ayurveda Medicines from the University of Pune. Dr. Sameer is an Ayurveda physician and expertise in GI tract diseases (IBS, Hyperacidity, Lactose, gluten intolerance) male infertility, and lifestyle disorders (Thyroid, Diabetes, Heart diseases, and Obesity)

He has extensive experience in treating patients with diabetes, thyroid, hypertension, and stress issues with authentic Ayurveda herbs mineral medicines and Panchakarma therapies. His deep knowledge of Ayurveda and modern science helps patients to get authentic holistic treatments.

He did Clinical research studies of Ayurveda Prakruti types and their relation with genotypes. For the last 18 years, he has been serving society with his pleasant and patient nature. He is a good educator too offering detailed knowledge of Ayurveda.

OUR MENTORS



Vaidya Tejaswini Bhale

Vaidya Tejaswini is an International Ayurveda, Yoga, Wellness, and Lifestyle consultant. Vaidya Tejaswini is an expert in Nadi Pariksha, Women's Health(PCOS, infertility, menopausal complaints, hormonal imbalances), and Lifestyle Disorders Management (Diabetes, migraine, obesity, musculoskeletal pain).
She has been contributing to the field of Ayurveda as a Physician, Educator, and Researcher for 20 years in Pune (India). Vaidya Tejaswini did her Post Graduation in Panchakarma a diploma in Yoga and a Master's in Business Administration (Marketing) from the University of Pune.
Dr. Tejaswini has expertise in Women's health, infertility, Obesity, PCOS, diabetes and stress management.

Also, her contribution is in the field of the IT Healthcare industry. Her extensive Research and Publications in National and International seminars and conferences cover Nadi Pariksha, clinical studies in Panchakarma, AI and Ayurveda, and Tongue and Face-based Health Analysis. She conducts Ayurveda Academic Courses for the population all over the globe.

YOGAYUR RETREAT

Humans operate on three distinct levels of existence viz. Body, Mind, and Consciousness. These three entities work hand in hand. Issues in one of the levels affect another. When the physical body is in pain, the mind is unsettled and when the mind is stressed the body manifests various diseases.

When consciousness is not directed it disturbs the mind. Thus, Swasthya, or health in our scriptures is defined as the balanced state of body, mind, and aatma.

When the body is disease-free, peace in the mind and happiness in the consciousness, it is called complete well-being. The definition of Health or Arogya as per WHO is very similar to Swasthya's definition of Ayurveda.

True to this concept of Health, YogAyur is arranging a complete well-being camp in the raw and natural place of Konkan which will give us an opportunity to dive deep into our own self to discover our true nature and to awaken the peace within us.

YogAyur retreat is packed with Yoga, Ayurveda, Satsang, Temple visits, Sattvik food, and a lot more. It will be a detox tour to start the new year with a fresh mind, new outlook, and rejuvenated vigor.

For more details please submit the enquiry form and one of us will contact you with more details.





Regards,
Team YogAyur

WELCOME TO YOG AYUR

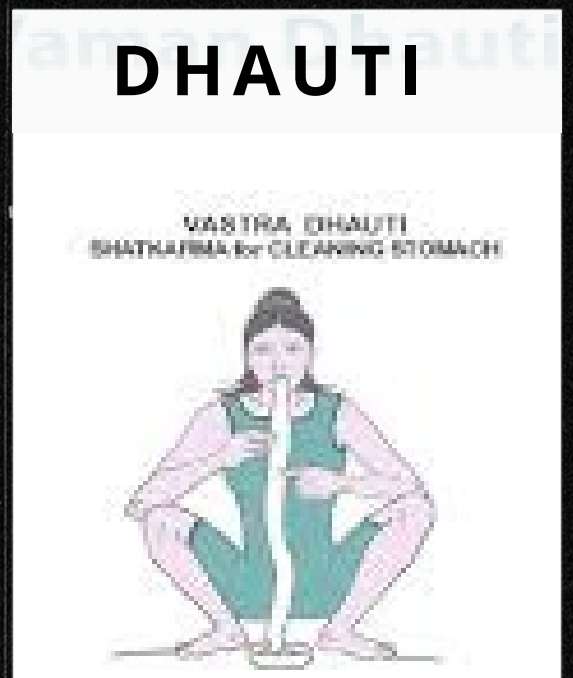
7 Days Itinerary



DAY 1

- Arrive at Ekaant Forest Homes
- Rest and take a walk in the nearby surrounding
- Enjoy & Relish the Nature Trails





DAY 2

- Swasthya Yoga Session 1
- Perform Dhauti and Neti
- Visit Parshuram Temple, Chiplun
- Evening Yoga Workshop
- Satsang



Disclaimer: Schedule is subject to change without prior notice.

WELCOME TO YOG AYUR

7 Days Itinerary

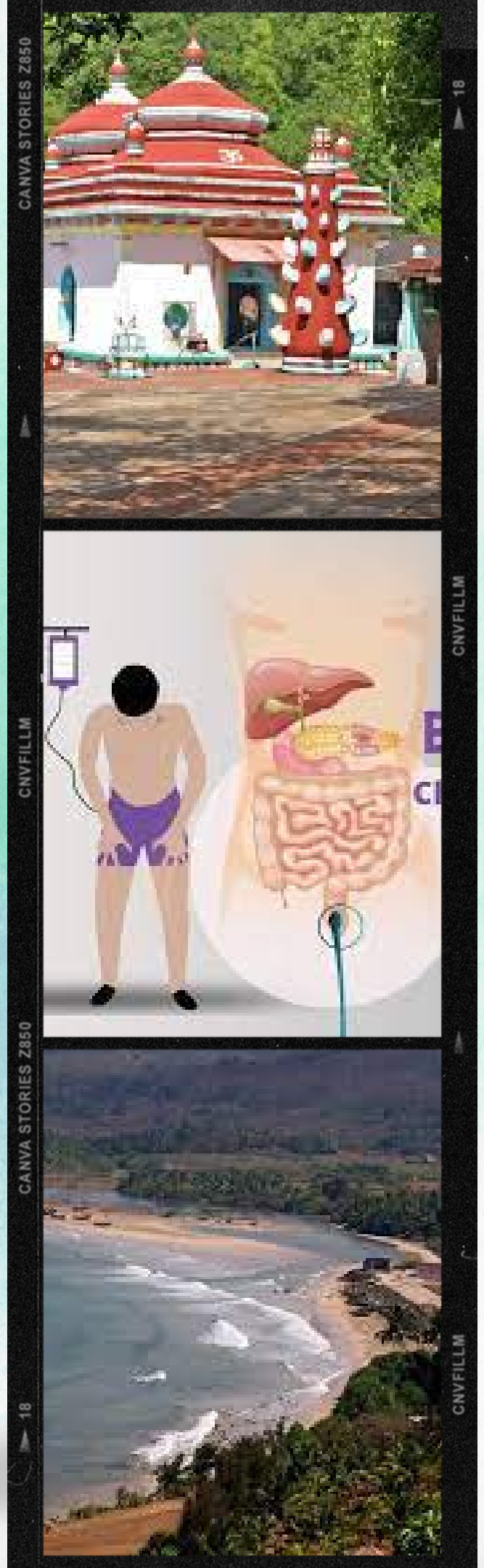


DAY 3

- Swasthya Yoga Session 2
- Perform Basti Kriya
- Visit to Hedavi & Velneshwar Temple
- Satsang

DAY 4

- Swasthya Yoga Session 3
- Visit Shri Vyadeshwar Temple, Shri Durga & Someshwar Mandir, and Guhagar Beach
- Satsang



Disclaimer: Schedule is subject to change without prior notice.

WELCOME TO YOG AYUR

7 Days Itinerary



DAY 5

- Swasthya Yoga Session 4
- Activities at Ekaant Forest Homes
- Evening Yoga Practice
- Satsang

DAY 6

- Swasthya Yoga Session 5
- Session on Fundamentals of Ayurveda
- Visit to Chandika temple and Keshavraj Temple Darshan
- Evening Yoga Practice
- Satsang

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WELCOME TO YOG AYUR

7 Days Itinerary

DAY 7

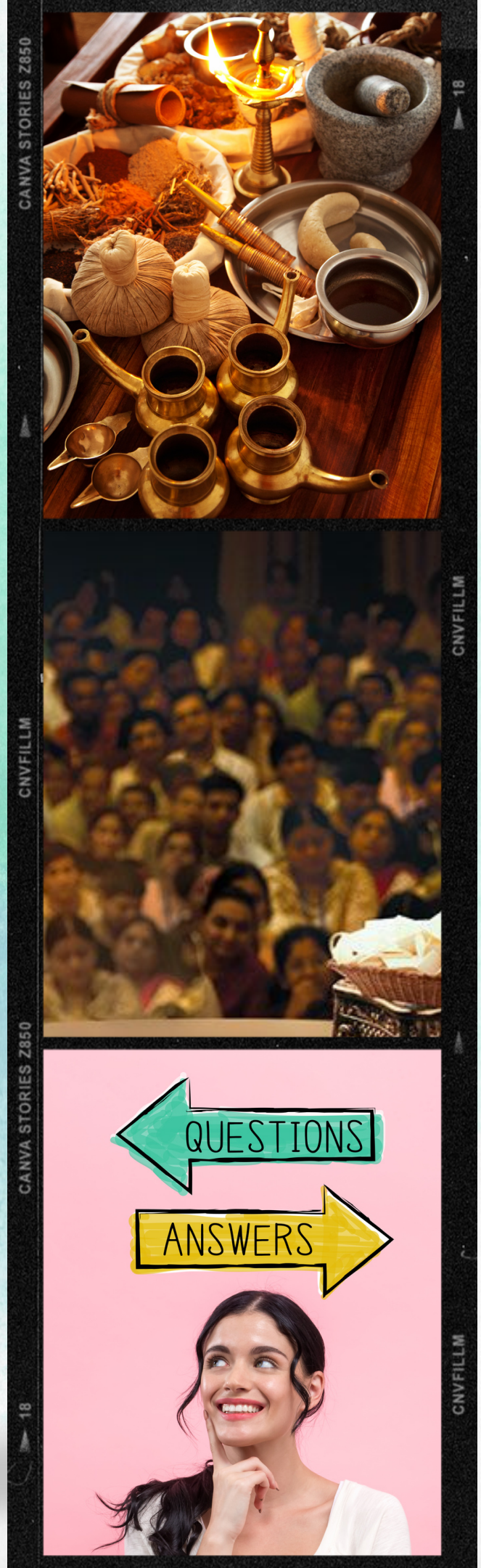


- Swasthya Yoga Session 6
- Session on Healthy Lifestyle of Ayurveda
- Questions - Answers, Feedback, What Next?
- Evening Yoga Practice
- Satsang

DAY 8

- Checkout & Departure from Ekaant Forest Homes

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EKAANT
Forest Homestay's & More..





YOUR 7 DAYS STAY @ EKAANT FOREST HOMES





EKAANT

Forest Homestay's & More..

Welcome to Ekaant Forest Homes

Ekaant (Solitude) Forest Homes - A Magnificent Gated Community Realty Project that is nestled in the luxuriant forest of the Konkan region on the west coast of Maharashtra State at Village Jamsut, Taluka Guhagar, District Ratnagiri INDIA.

It is adorned with lush green forests, pristine beaches, and heritage temples in the nearby vicinity. The project is easily accessible from Pune and Mumbai (5hrs. from either city) & is spread over a sprawling landscape of 8 acres.

At EKAANT FOREST HOMES, we are promoting BUY-TO-LET Real Estate Investment. Here the investor can enjoy his Cottage as a Holiday Home himself and also generate rental income by letting it out to visiting tourists. For more details contact us at +91 7276318787 or visit our website at www.ekaant.in

CONNECT WITH US TO KNOW MORE & FOR RESERVATION OF YOUR RETREAT

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THANK YOU