

# Special event in Goa - India

## PATHS TO WELL-BEING

March 18, 2024 to March 31, 2024



**Learn & Experience** the power of Ayurveda in the Heart in India  
Recover, relax and learn - Ayushakti Ayurved in Goa!

## Get Rejuvenated in Paradise-

*Ayushakti Ayurved*  
**in Goa!**

AS FEATURED IN





Ayushakti Ayurved Centre in Goa is proud to offer a range of transformative Ayurvedic treatments that will leave you feeling revitalized, refreshed, healthier and stronger to navigate today's world.

We are pleased to announce a special event where Vaidya from Siddha Veda lineage will teach the secrets to health for four hours every day. In addition, you will receive individual detoxification treatments daily.

## “Enrich your life with the power of Ayurveda”

### Ayushakti philosophy for detox process - 3 powerful steps to long - lasting health

1. REMOVE TOXIN FROM YOUR BODY
2. RESTORE YOUR BODY BY RETURNING IT TO ITS ORIGINAL STATE
3. RENEW YOUR IMMUNITY BY NOURISHING YOUR CELLS FOR LONG- LASTING VITALITY



## 3 powerful steps to long lasting health



Ayushakti Goa center is designed to provide complete immersion in the healing process with

### Pulse Diagnosis



### Diet and Lifestyle Plans



### Home Remedies



### Herbal Remedies



### Detox Therapies



### Marma Therapies



## ◆ About this event

"Paths to Well-Being (Swasthya)" is the most important event for everyone who is enthusiastic about the field of Ayurveda.

Attending this event is an excellent opportunity for individuals passionate about the concepts of Ayurveda, its practical application in today's world and its impact on restoring global health.

The seminar topics have been carefully designed to understand the core of the holistic Ayurvedic lifestyle. By incorporating Ayurveda principles into your everyday life, you can improve your overall health and well-being and promote a sense of harmony and balance in your life.

## ◆ DURING THIS EVENT YOU WILL LEARN:

This event will cover a wide range of topics that will change the way you look at health:

### Relationships between nature and the body:

A deep understanding of the concept of the five (5) elements (Panchamahabhuta) and Tridoshas and the deep relationship with the mind, body and emotions.

### Quick pain treatment with Marma points:

Practical demonstration of pressing the Marma points (vital points) by our Vaidya to heal various types of physical, mental and emotional pain.

### Importance of traditional eating habits:

Learn why it is important to change your eating habits according to the ancient texts of Ayurveda.



### **Making helpful home remedies:**

Learn how to overcome various health challenges with simple kitchen spices.

### **Daily and seasonal routines:**

Instructions for maintaining daily and seasonal health.

Preparation of face masks for different skin types.

### **Unique concept of body constitution (Prakriti) and imbalance (Vikriti):**

Learn the difference between the concept of body constitution (Prakriti) and imbalance (Vikriti) and how to assess body constitution yourself.

### **Gut health:**

Detailed description of gut health, how gut health affects the physical and mental health, and how to treat it.

## **Ayushakti Goa Centre offers the following benefits:**

- This centre offers comfort equivalent to a 4-star hotel in India.
- The area where this center is located is free from pollution despite its proximity to the highway.
- The villa has a beautiful swimming pool.
- The temperature remains moderate throughout the year.
- During your stay you can explore nearby attractions such as Calangute Beach (7 km away), Baga Beach, Pilerne Lake & Sunset Point, Peacock Point, Mae De Deus Church, and the Houses of Goa Museum.

**Please click here to see the property**

<https://drive.google.com/drive/folders/1hkBQ8ix0e0VC9H7MFKD-taBw-XsjuSOz>

### **◆ WHO CAN PARTICIPATE?**

- People who are enthusiastic about Ayurveda and want to learn more.
- People who work in a holistic way of healing
- Yoga teachers/professionals
- Doctors, naturopaths, osteopaths, chiropractors and alternative practitioners
- Any healthcare provider



## ◆ FEES DETAILS

### PRICES

OPTIONS	SINGLE ROOM (PRIVATE ROOM) PRICE IN USD	DOUBLE ROOM (SHARING ROOM) PRICE IN USD
2 Weeks	3200	2800
3 Weeks	3900	3400
4 Weeks	5100	4300

**Last date to register November 30, 2023**

### ◆ The price includes:

- Accommodation
- Freshly prepared Ayurvedic dishes for breakfast, lunch and dinner
- Consultation with Ayushakti Vaidya
- Workshops on Ayurveda
- Yoga – Meditation – Breathing exercises
- Cooking demonstrations
- Three (3) individual Ayurvedic therapies per day for 2 weeks
- Free Wi-Fi
- Transfer from / to Goa Airport

### ◆ Not included in the price:

- Flights / visa / travel insurance
- Ayurvedic medicines
- Laundry
- Any item not specifically mentioned above

This unique opportunity is worth more to your health than any amount of money. What you learn and how you personally change and develop through this training will be a unique and life-changing experience for you.

With its stunning beaches, lush greenery and vibrant culture, Goa is the perfect holiday destination for those seeking relaxation and rejuvenation. And what better way to round off your holiday experience than by indulging in the ancient wisdom of Ayurveda?



To register, click on link below:  
Last date to register November 30, 2023

**[Link to register for private room](https://education.ayushakti.com/course/WAYTOWARDSWELL-BEINGP-51264)**

<https://education.ayushakti.com/course/WAYTOWARDSWELL-BEINGP-51264>

**[Link to register for sharing room](https://education.ayushakti.com/course/WAYTOWARDSWELL-BEINGSHARINGROOM-51265)**

<https://education.ayushakti.com/course/WAYTOWARDSWELL-BEINGSHARINGROOM-51265>

**Contact details for questions  
or needed support:  
Email – [education@ayushakti.com](mailto:education@ayushakti.com)**

**!! WELCOME !!**

**!! WE LOOK FORWARD TO MEETING YOU !!**