



Prana Healing Holidays

INTRODUCTION TO AYURVEDA

Ayurveda treatment is a life miraculous transformation to rejuvenate and restore the body's energy, nutrition and vitality leaving you feeling pain free, healthier, and immune to diseases, and returns you to your natural healthy body where you will look and feel younger and more alive.

Receive a **Panchakarma** treatment in Kerala, South India, Ayurveda's optimum healing treatment and 'fast-track' your return to health, wellbeing and anti-aging.

Ayurveda treatments aim to help balance your Doshas and bring your body back to a state of natural health through a combination of internal and external treatments.

After receiving a personalised consultation with our Ayurveda Doctor, Dr Aju George *BAMS* he will give you specific herbal medicines to take internally that will aid the healing process as you also receive 14 days of Ayurveda massage and specialised treatments using herbal medicated oils for **2 hours every day**.

It is through this process that Ayurveda **successfully treats people who suffer from many short and long-term injuries, diseases or illnesses** including • asthma • allergies • diabetes • digestive disorders • migraines • neurological dysfunctions • Fibromyalgia • obesity and weight problems • sinusitis • psychological disorders, • all skin disorders, • insomnia, • Irritable Bowel Syndrome, etc.

For those with **back problems** the Ayurveda treatments will give you immediate and long lasting relief from physical pain including sufferers of sciatic nerve damage.

AYURVEDA TREATMENTS ARE ALSO FOR:

health conscious people who wish to experience a "tune-up holiday" and benefit from rejuvenative and anti-aging Ayurveda treatments along with more strenuous yoga classes, to maximise their good health and to enjoy a relaxing retreat that will physically and mentally benefit them.

Download the personalised and group
Ayurveda & Yoga Healing Holiday Itinerary
to travel to Kerala, South India
www.pranahealingholidays.com

Interested in healing and losing weight?

Ayurveda Weight Loss Programs are about balancing your fat metabolism. Being overweight is the result of being 'out of tune' with nature and your Dosha's being out of balance.

From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite, it is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop, and we do not recommend quick fix programs that will only create more problems for your body.

Balance is the key and with a therapy that is tailor made to suit your constitution. **It is possible to achieve a weight reduction of 4 to 8 kilos in 14 days**, which can start you on the way to any necessary further weight loss as you continue the medicines and eat to support your Dosha type when you go home.

Dr George will create a Weight Loss Program so that you loose weight naturally through the treatment by re-balancing your Doshas, and help you keep it off by learning about which foods to eat that will benefit your Dosha type through personalised Cooking Classes and using our Dosha balancing recipes and lifestyle advice.

To achieve this, clients will follow a personalised Diet and Lifestyle Plan, take internal Ayurvedic herbal medicines (during and following treatment) and receive specialised Treatment which includes a unique Ayurvedic massage known as *Udvarthna* given to the body using special Ayurvedic medicated herbal powders.

During your holiday, we encourage you to take part in our rejuvenative Yoga classes to help your body move, relax and replenish in a healthy way. In Kovalam, you stay at the **Pappakutty Beach Resort with private swimming pool** on the beachfront and are surrounded by the beautiful countryside so you can take walks and leisurely swims.

Ayurveda weight loss treatment is the most effective natural weight loss program, just relax, enjoy yourself and return to the healthy you.



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Alison arriving in India



a very healthy Alison after Ayurveda treatment

UDVARTANA:

Ayurveda's Specialised Weight Loss Massage

One of the tools to achieve weight loss is *Udvartana*, where a specialised Ayurvedic herbal powder is applied all over the body and deeply massaged with specific movements.

Benefits: This therapy is very effective in naturally reducing weight. Tones the skin and muscle after child birth or weight loss, removes cellulite, obesity, aids weight reduction, imparts good complexion to the skin, revitalises the sense of touch, and removes Kapha toxins from the body.

DOSHA TYPES

Understanding and balancing your three Doshas **Vata - Pitta - Kapha** is necessary for good health.

"For each element, we have a balanced and imbalance expression. When **Vata is balanced**, a person is lively and creative, but when there is too much movement in the system, a person tends to experience anxiety, insomnia, dry skin, constipation, and difficulty focusing.

When Pitta is functioning in a balanced manner, a person is warm, friendly, disciplined, a good leader, and a good speaker. When Pitta is out of balance, a person tends to be compulsive and irritable and may suffer from indigestion or an inflammatory condition.

When Kapha is balanced, a person is sweet, supportive, and stable but when Kapha is out of balance, a person may experience sluggishness, weight gain, and sinus congestion.

An important goal of Ayurveda is to identify a person's ideal state of balance, determine where they are out of balance, and offer interventions using Dosha balancing diets, herbal medicines, specialised massage treatments, and meditation to re-establish balance."
Excerpt by Deepak Chopra

THE BODY'S PROCESS & BENEFITS FROM A 14 DAY PURIFICATION TREATMENT

Panchakarma Purification treatment: Each human body is prone to diseases according to our fast life. We live in a world of experiencing stress, polluted environments, unhealthy food, and also use of medicines. Some people are also more genetically prone to diseases.

So due to the consumption of the above, the toxins are accumulated in the body from birth onwards. We may even experience toxins as early as through our mother's milk due to her consumption of chemical medicines.

According to Ayurveda, there are many channels in the body and these channels accumulate toxins which will block the flow of the body tissue. Certain parts of the body may not get enough circulation so there will be less flow. Some parts of the body may need more nutritive factors for the tissues to function, and as a result they become over functioning or less functioning.

This happens over a long period of time. The symptoms will appear in or on the body as diseases; we can cure it by Ayurvedic medicines and also by eliminating the toxins to make the channels more clear to support the flow of different nutritive tissues.

Toxins are in different parts of the body and to eliminate that first we do different massages according to the patients needs. The vessels are dilated and the warming and oiling effect through massage and using special herbal massage oils, create the flow of nutrition throughout the body.

After several days of treatment the toxins are eliminated out by the use of *Panchakarma* purification techniques. The correct purification technique is chosen according to the disease and the nature of the body type. The following days of the 14 day treatment is used to heal, where the channels of the body are purified and the tissues are getting more nutrition so they start to function in a healthy way.

Herbal medicines are continued after the treatment to keep the process for longer. Therefore one of the concepts of Ayurveda is that after a minimum of 14 days, the body gets its energy back to restore its nutrition and health, and then the healthy process continues.

If you want to experience optimal health, it is crucial to maintain a strong digestive fire and eliminate toxins from your body. *Panchakarma* is a time-proven natural therapy that detoxifies and restores the body's inner balance and vitality.



Prana Healing Holidays

Travel to the source:

Receive authentic life changing Ayurveda medical treatment at the source in Kerala at the bottom of India with a Prana Healing Holiday.



Welcome to Kovalam Beach, Kerala...

Nature's bounty. The word Kovalam, literally means a coconut grove. True to its name, Kovalam beach provides clusters of tall, lush green, nodding coconut trees, swaying in the salubrious sea breeze.

Pristine white sandy ribbons are bordered by the azure waters of the Arabian Sea on one side, and lush, verdant tropical vegetation on the other side.

The jagged coastline traces swirling silhouettes, carving serene blue lagoons in some places. Rugged rock promontories jut out in defiance, a little further.

Whilst scooped out turquoise blue, shallow bays glisten in the sunlight. Kovalam boasts of three crescent shaped beaches, and the shallow waters make these beaches a swimmer's delight.

In the spotlight Kovalam is approximately 13km from Trivandrum, which is also the nearest airport and railway station. It was the Maharaja of Travencore who first focused the spotlight on this charmingly beautiful beach, putting it on the world tourist map.

At first, this secluded beach attracted the hippies and the flower children, but today, Kovalam is an up-market holiday destination, offering a selection of world class resorts.

Light House Beach boasts of a tall lighthouse and is abuzz with tourists, while Samudra Beach is quiet and peaceful.

HOLIDAY OUTLINE:

Our 17 Day Ayurveda Treatment and Yoga Healing Holidays are unique in that we focus only on giving Ayurvedic treatments that have a rejuvenative and curative healing aspect in a health spa resort style.

We run Personalised and Group Healing Holidays where you receive:

- Consultation, dosha diagnosis and personalised treatment by renowned Ayurvedic Doctor, Dr Aju George BAMS (who treated Alison nearly 4 years ago)
- 14 days of Ayurvedic massage and specialised treatments for 2 hours each day
- Ayurvedic herbal medicines (taken during treatment plus additional 2 months follow-up to take home)
- 10 meditative yoga classes with our Yoga Master
- 6 meditation classes with Alison (Groups only)
- three amazing escorted tourist trips and airport transfers
- two personalised Ayurveda Vegetarian Cooking Classes plus a Dosha balancing Cook Book
- all while staying for 16 nights in your own Double room overlooking the private swimming pool at the Pappakutty Beach Resort located on the beach front of the famous Lighthouse Beach in Kovalam.
- daily breakfast and access to the multi-cuisine Restaurant on the beach front
- all rooms have their own modern bathroom, fridge, intercom a/c and access to Wi-fi internet connection, plus a TV with in-house movies and satellite channels.

COST:

Exclusive Group Holidays: Max 10 people

Singles \$2,350 / Couples \$1,950 per person

Personalised Healing Holiday: Go with the season

Singles \$2,160 / Couples \$1,760 per person



Visit www.pranahealingholidays.com to download the full Personal and Group 17 day Healing Holiday itineraries.

For two hours a day you will be treated in Dr George's Treatment Rooms at the Pappakutty Beach Resort situated on the famous Kovalam **Lighthouse Beach** boardwalk.

The Lighthouse Beach boardwalk is where you can go shopping for some beautiful Indian and Nepalese clothing, jewellery, shawls, pashminas, bags or visit a tailor to have something made for you. Fishermen bring in the fish each day on the beach front, all joining together to sing and haul in their catch followed by the women who distribute it to the restaurants on the boardwalk for dinner that night.

You will also experience some of the best and freshest food in the many local restaurants facing out to sea with some hidden treasures in the little laneways leading to the coconut palm grove.

Food is freshly cooked for you once you order and the produce is collected that day. You can request non-spicy or spicy food depending on your taste and Dr George's recommendation.