

YOGA, NATUROPATHY, AYURVEDA DETOX RETREAT

Curated Cleansing Retreat by Mini Thapar Shastri 23rd - 28th Sep 2017

While diet control is commonly associated with a full body cleanse, this program also focuses on Pranayama to clean out the lungs and expel carbon dioxide from the body. If carbon dioxide is not properly pushed out, one cannot absorb the amount of oxygen they need for proper organ functioning. Breathing out is as important as breathing in.

ITINERARY

5 nights of accommodation in individual villas, with private courtyard garden, upstairs balcony/meditation area and private outdoor shower

Yoga Nidra (sleep meditation)

2 Jal Neti sessions (sinus purification using water)

1 day of colon cleanse or juice-fasting

Ayurvedic consults and lectures

Abhaynga massages (uses medicinal oil)

Gourmet cuisine for weight loss

Nature hikes

Visit to Gokarna