



DR ABROL AYURVEDA & PANCHKARMA HOSPITAL

15 DAYS AYURVEDA RETREAT



INTRODUCTION

Welcome to Ayurveda healing dedicated to providing high-quality healing classes and courses for people of all ages and skill levels. With a team of experienced and certified ayurveda therapist we offer a wide range of programs that are designed to help you achieve your wellness goals and transform your life.

Our courses are broadly divided into General classes and Master Classes (Teachers training), so whether you're a beginner or an experienced practitioner, we have something for everyone. We also provide trial classes to help you get a taste of what we offer before committing to a full course.

As a part of ayurveda retreat we also cater to different areas such as Pilgrimage, Events, Merchandise, Tours, and Community Services. Our goal is to create a holistic and inclusive approach to wellness that goes beyond just physical fitness.

At Dr Abrol's ayurveda we believe that ayurveda is more than just a form of medicine or therapy it's a way of life. So come and join us on this journey of self-discovery, healing, and transformation.

OUR SERVICES :

- Ayurveda Therapist and Teacher Training Program : 60-100 hrs
- Online Courses
- Community Services
- Membership Program
- Merchandise
- Spiritual Retreats
- Events



15 DAYS AYURVEDA RETREAT HIGHLIGHTS :

- Learn ayurveda philosophy and daily n seasonal routines
- Learn the principles of Ayurveda and how it complements yoga
- Ayurvedic consultations, personalized wellness plans, and daily Pulse diagnosis sessions
- Ayurvedic cooking classes and herbal remedies workshops
- Learn relaxation and healing techniques
- 14 nights accommodation
- Daily fresh and healthy organic vegetarian / vegan / gluten-free meals
- Free pick-up from amritsar International Airport to Dr Abrol's ayurveda
- Sunday activity tour in places like Golden temple, Wagah Border, Museum & Gobindgarh Fort





COURSE CONTENT :

Delve into the ancient wisdom of Ayurveda to balance your mind and body. This retreat combines yoga, Ayurvedic consultations, and treatments to promote holistic well-being.

What you will learn

- Introduce guests to the principles of Ayurveda and how it complements yoga
- Ayurvedic consultations, personalized wellness plans, and daily yoga sessions
- Ayurvedic cooking classes and herbal remedies workshops.
- Ayurvedic Consultations: Receive personalized Ayurvedic consultations for holistic well-being
- Dosha Balancing therapies
- Herbal Medicine Workshops: Learn about the power of Ayurvedic herbs and remedies
- Ayurvedic Cooking: Prepare and savor Ayurvedic meals that
- Meditation and Pranayama: Enhance your practice with guided meditation and breathwork
- Dosha-Specific Massages: Enjoy rejuvenating Ayurvedic massages based on your dosha
- Yoga Nidra and Relaxation: Deepen relaxation with Yoga Nidra sessions
- Ayurvedic Detox: Experience the Ayurvedic approach to detoxification
- Chakra Balancing: Align your chakras through Ayurvedic practices
- Ayurvedic Lifestyle Guidance: Incorporate Ayurvedic principles into your daily life.
- In addition to these, we offer excursions to various places. The retreat also includes a memorable evening with the ancient wisdom of Ayurveda to balance your mind and body. This retreat combines yoga, Ayurvedic consultations, and treatments to promote holistic well-being.

(Provided to retreat participants): Free Ayurveda Kit

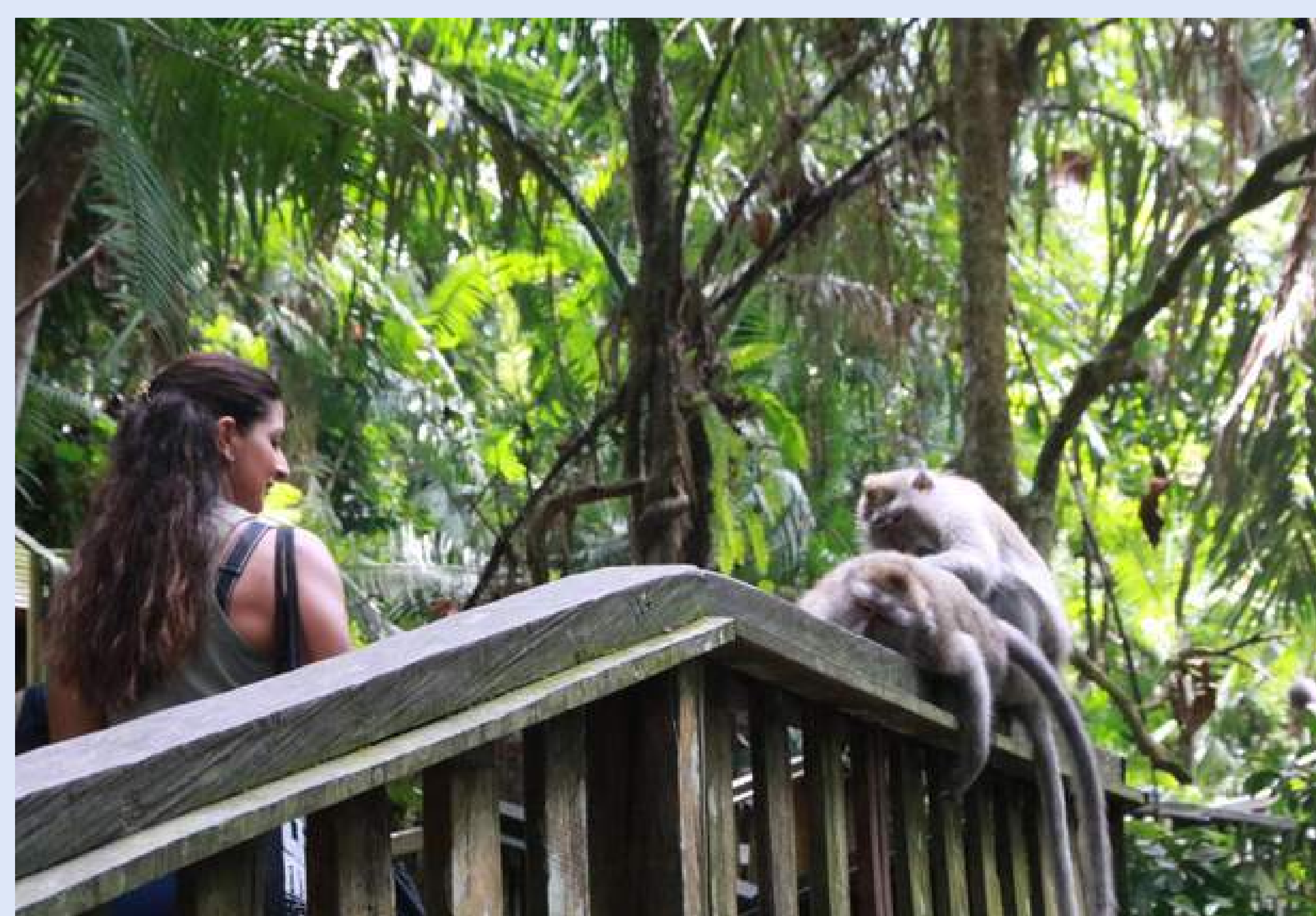
As part of your retreat experience, each participant will receive a complimentary kit containing essential items to enhance your journey and stay. The kit includes:

- Ayurveda Aprons
- Herbal oils
- Abhay Sutra: Protective thread
- Guide brochure
- Yoga Rope: Stretch aid
- Herbal Tea: Relaxation brew
- Certification ceremony at last



WHAT'S INCLUDED :

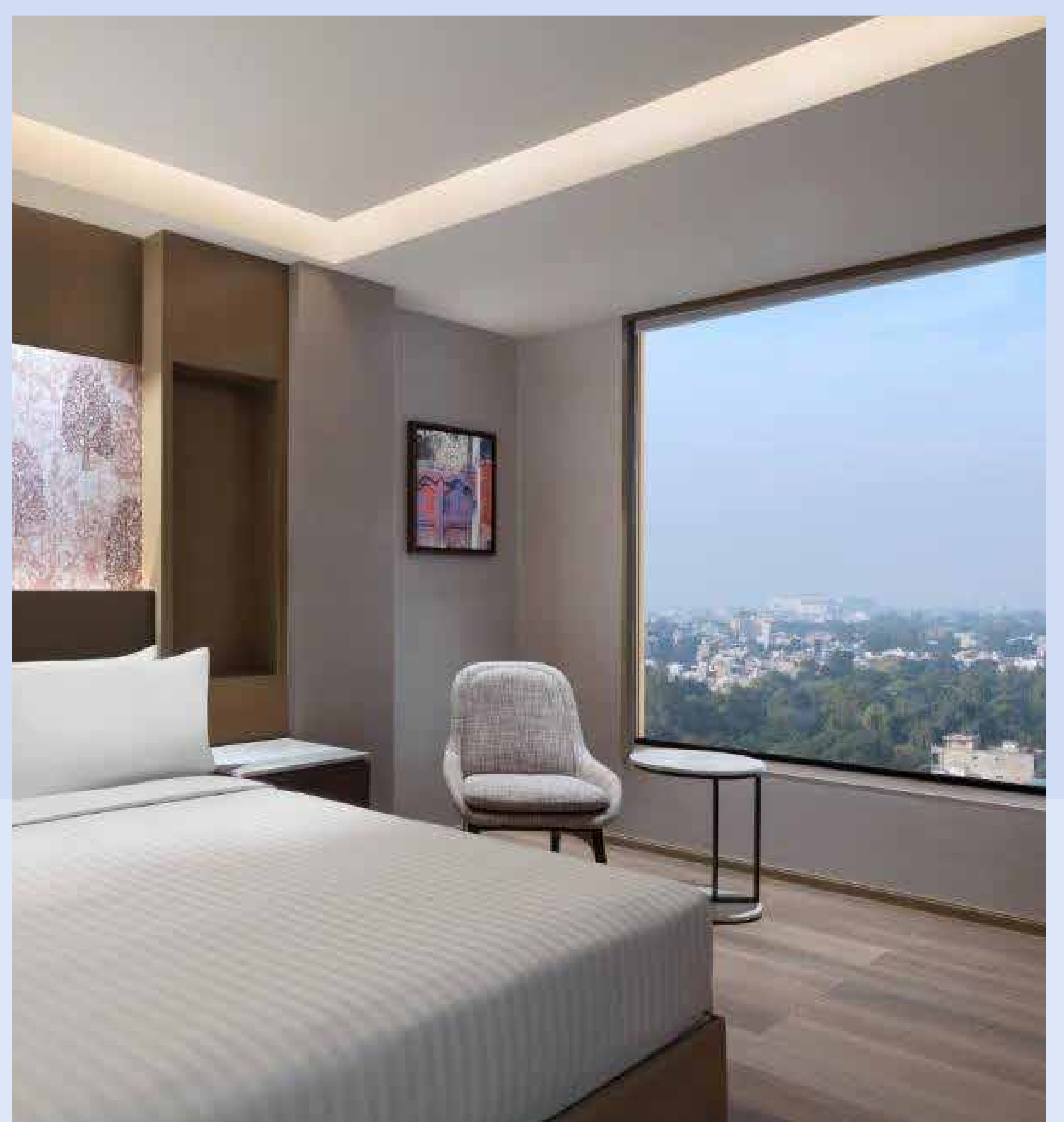
- 14 nights accommodation
- Daily fresh and healthy Ayurvedic / Sattvic meals
- Introduction to principles of Ayurveda and how it complements yoga
- Ayurvedic consultations, personalized wellness plans, and daily yoga sessions
- Ayurvedic cooking classes and herbal remedies workshops
- Mantra Chanting, Asana, Anatomy, and Philosophy
- Daily n seasonal routines Enhance your practice with guided self healing session and breathwork
- Herbal Medicine Workshops: Learn about the power of Ayurvedic herbs and remedies
- Dosha Balancing receipes Practice therapy sequences tailored to your dosha type
- Detailed content for structured learning
Certificate of completion
- Free pick-up from amritsar International Airport to our healing center
- Free sound healing
- 1 special session of the most appreciated emotional blockage treatment
- Sunday activity tour



LOCATION :

The accommodations are designed to provide a peaceful and nurturing environment, allowing you to focus on your ayurveda and personal growth. The accommodations featuring spacious room, private outdoor swimming pool, an on-site spa, gym, and free Wi-Fi access in the entire area of the property.

Guests can enjoy free scheduled car to our center. It takes about an **2** minute drive from the property to our center.



SPECIAL MEALS :

We understand the vital role that food plays in supporting your Healing learning journey. We believe that nourishing the body with the right type and quality of food is essential for overall well-being and enhancing your practice. Their meals are thoughtfully prepared, keeping in mind the principles of ayurvedic nutrition and balanced eating. We prioritize offering plant-based, whole sattvic food, which is pure, fresh, and free from any stimulants or processed ingredients.

The food we serve is primarily plant-based, incorporating a variety of fresh fruits, vegetables, whole grains, legumes, and healthy fats. We strive to use organic and locally sourced ingredients whenever possible, ensuring that each meal is packed with nutrients and vitality.

Boosts energy levels

The nutritious ingredients in their meals provide a steady release of energy, allowing you to sustain your ayurveda practice and engage fully in the training program. You'll experience increased vitality and a sense of vitality throughout the day.

Supports emotional well-being

The connection between food and emotions is significant. Their meals are crafted with the intention of nurturing your emotional well-being, promoting a positive mindset, and supporting a balanced state of mind.

We believe that the food we provide is an integral part of your ayurveda journey. It is designed to support and complement your practice, allowing you to experience a deeper connection with yourself and the teachings of ayurveda. Their commitment to serving high-quality, nourishing meals is rooted in their desire to create a holistic and transformative experience for their students. Please note that if you have any specific dietary requirements or restrictions, we are happy to accommodate them to ensure that your meals align with your individual needs.





ARRIVAL INFORMATION :

Airport Arrival Information

Welcome to Amritsar, Guru Ram Das Ji

International Airport. Here's what you need to know for a smooth arrival:

1. Visa Requirements:

Tourist Visa: Depending on your nationality, you may not require a visa for short stays (typically up to 30 days). Check the specific visa requirements for your country before you travel or ask for help and we will be happy to help you.

2. Customs and Immigration:

After disembarking, proceed to the Immigration counters.

Fill out an arrival card if required.

Present your passport and visa (if needed) to the immigration officer for stamping.

3. Baggage Claim:

After clearing immigration, head to the baggage claim area.

Locate the carousel with your flight number and collect your luggage.

4. Customs Inspection:

Pass through the Customs area.

Red channel: Declare any items subject to customs restrictions.

Green channel: For passengers not carrying dutiable goods.

5. Currency Exchange and ATMs:

You'll find currency exchange counters and ATMs in the arrivals area to obtain Indian Rupee (Rs.)

ARRIVAL INFORMATION contd.. :



6. SIM Cards and Wi-Fi:

You can purchase SIM cards with data plans at the airport to stay connected during your stay. Free Wi-Fi is also available.

7. Tourist Information Desk:

The airport has a tourist information desk where you can get maps, brochures, and general travel information.

8. Departure Tax:

As of 2021, the departure tax is included in your airfare. You don't need to pay it separately.

9. COVID-19 Protocols:

This may include proof of vaccination, testing, and quarantine measures.

10. Language

the airport speak English, Punjabi especially in service areas.

11. Transportation Options:

Your worry-free arrival is our priority. Our airport cab will be waiting for you, ready to pick you up and take you to your destination. Whether it's a serene retreat center or a cozy hotel, we've got your transportation needs covered. Look for our driver holding a sign with your name. The convenience of our cab service ensures a smooth start to your ayurveda journey.