



# YOGA TREE RETREAT



## **AYURVEDIC CURE – Wellness Retreat**

At La Clé de Sol – Marsaz, France.

[Yogatreeetreat.com](http://Yogatreeetreat.com)



**Yoga** Tree is a team of health & wellness professionals who offer a holistic path to your inner yoga journey. We organise exclusive retreats at serene locations in both India & France. These consciously curated retreats combine ayurvedic lifestyle, cuisine, soulful music, and culture to enhance your experience during the retreat.

*"We believe that to heal the globalself we need to heal the personself."*

2022 marks the **dawn of a new era** as our experienced Ayurvedic physicians & therapists from India will provide participants a week long healing retreat where each participant will have their own personal wellness regime based on Ayurvedic principles.

*We invite you to join us at  
our upcoming retreat*



## **AYURVEDIC CURE – Wellness Retreat at LA CLE DE SOL**

**Venue:** MARS AZ (DRÔME) – France

**Date:** 15th – 22nd May 2022

**Registration:** via webpage ([click here](#))  
closing date 30th April 2022

**Coordinator:** [contact@yogatreeretreat.com](mailto:contact@yogatreeretreat.com)

+33 669463257 & +33 662027141

**Language:** English & French



## Ayurvedic Protocol

Our core process is based on Ayurveda, an ancient science that has taught us how to heal our body, mind & soul in order to live in balance with ourselves as with the outer world. We carefully curate our retreats based on participant's individual Ayurvedic needs through **prakriti** (elemental composition) and **nadi pareeksha** (pulse) analysis. A specialised Yoga program will also be proposed, based on Pancha koshas.

Pancha meaning "five" and Kosha, "layer". We have 5 layers of consciousness through which all our experiences are filtered.

**Annamaye Kosh** or physical sheath

**Pranamaye Kosh** or vital air sheath

**Manomayh Kosh** or mental sheath

**Viganamayh Kosh** or intellectual sheath

**Anandamaya Kosh** or sheath of bliss



These different layers can be stimulated and strengthened through daily practice of Pranayama, asana and meditation, particularly working on Dhyana, Dharana and Pratyahar.

***Each participant will be assigned a specific protocol and based on this all activities at AYURVEDIC CURE sessions will be personalised.***



## *The Retreat*

At the intensive 7 day retreat, you will be surrounded by experienced Ayurvedic doctors and therapists from India who will offer you detoxification and cleansing programs such as massage therapy, herbal remedies & Ayurvedic meals to help prevent and treat diseases. Your wellness regime is curated based on your energy profile, this is formulated using Ayurvedic analysis techniques.

## *Accommodation*

Clé de Sol is nestled among beautiful green hills of the Drôme mountains. The lush countryside surrounded by beautiful trees with great energy, near forests and ponds for rejuvenating walks.





## Dr. Satish Kumar

Graduate of *Ayurvedic Medicine and Surgery* from the University of Kerala in 1989, Satish is a registered practitioner under the Travancore-Cochin Act of 26-2-1990. He ran the Ayur Health Care Center in Kowdiar. Practised at Triveni Nursing Nursing Home – Kerala, South Muscat Clinic – Oman & trained students from across the world at Vellai Thamarai association.

## Hamsacharya Subramoni Mahesh

A faithful disciple of *Yogiraj Satgurunath Siddhanath*, Acharya, Mahesh was initiated into the science of *Kundalini Kriya Yoga*. in 2004. After several years of training & teaching, Mahesh is now a Hamsa Acharya who can transmit the techniques given by the master, those of Surya Yoga and Kundalini Kriya Yoga.



## Saheer Paralath

Director of the “Franco Indian Ayur Center” in Pondicherry – India, Paralath is a professional Ayurvedic therapist and practical teacher with over 15 years of experience in various Ayurvedic therapies including massage, treatment and preparation of herbal oils and medicines according to traditional natural customs. His passion for Ayurveda started at the age of 16, when he witnessed miracles performed by these medicinal plants, since then he has devoted to learning and practicing Ayurvedic therapies including Ayurvedic nursing, Panchakarma massage and therapy, Kalari marma treatment.

## Arun Kalahasti

Originally from Pondicherry, Arun is the founder and director of the Yoga Tree Retreat association, based in Paris. Hatha Yoga and Vinyasa Yoga teacher, Ayurvedic massage practitioner, mixing different techniques such as abhyanga and marma point massage (vital energy points) to deliver a complete cure. He has been organizing Yoga and Ayurveda retreats in France and India for 5 years, with his team which includes Ayurvedic medicine professionals, Ayurvedic therapists, Yoga teachers





## Ayurvedic Cuisine



***“We believe that the kitchen is the pharmacy & food is the medicine “***

Intake is a vital element which determines your health & immunity, so we take extra care in offering your nutritious meals. Throughout the retreat,

the meals served are vegetarian, vegan and sattvic: a diet that detoxifies, cleanses and purifies the body while strengthening our immune defences. Our Indian chef will prepare healthy food in pure Ayurvedic tradition which will give you a harmonious feeling of well-being & balance of body and mind.

*\*Local products are chosen according to the seasons.\**





## Activities

The 7 day retreat is formulated to give you complete relaxation & healing. Yoga asana and meditation are part of the daily ritual, and we also have AYURVEDIC CURE practices such as Abhyanga, Kizhi massage, Sirodhara oil therapy, Marma, Nasyam, Navara Kizhi, and Kativasti . We have workshops every evening on Ayurvedic cooking, chanting, deep relaxation techniques & music ceremony to make your retreat special.



Hatha Yoga



Kizhi Massage



Sirodhara



cooking workshop



Fire Ceremony



Kativasti



## Schedule

**Opening Ceremony** – Sunday 15th May 2022 – 18:00 hrs

We welcome our participants with a special welcoming ceremony with mantra chanting & meditation followed by scrumptious dinner.

### Daily Schedule :

7:00 to 8:00	: Siddhanath Surya yoga – Activation with solar energy & Hatha yoga (Postures)	12:00 to 14:00	: Lunch break
8:00 to 9:00	: Light breakfast	14:00 to 16:00	: Consultancy & Ayurvedic cure
9:00 to 12:00	: Consultancy & Ayurvedic cure	16:00 to 16:30	: Tea break
		19:30	: Dinner

### Every evening 17:00 to 19:00 we have special programs:

**Day 1: Monday – 16th May 2022** Full moon special siddhanath earth peace meditation & moon salutation.

**Day 2: Tuesday – 17th May 2022** Bhakti Yoga – Mantra chanting, Dhyan & Dharana; followed by concentration leading to meditation: an in-depth session with Hasta mudras.

**Day 3: Wednesday – 18th May 2022** Workshop on The neuro humor factors and it's implication in the modern world, followed by Siddhanath Hamsa Meditation.

**Day 4: Thursday – 19th May 2022** Workshop on Antagonistic food and how it vitiates neuro humor factors, followed by Yoga Nidra meditation (deep relaxation).

**Day 5: Friday – 20th May 2022** Workshop on the role of spices as medicine, followed by Ayurvedic cooking workshop.

**Day 6: Saturday – 21st May 2022** OM chanting – Naad Yoga, followed by purifying fire ceremony with mantras.

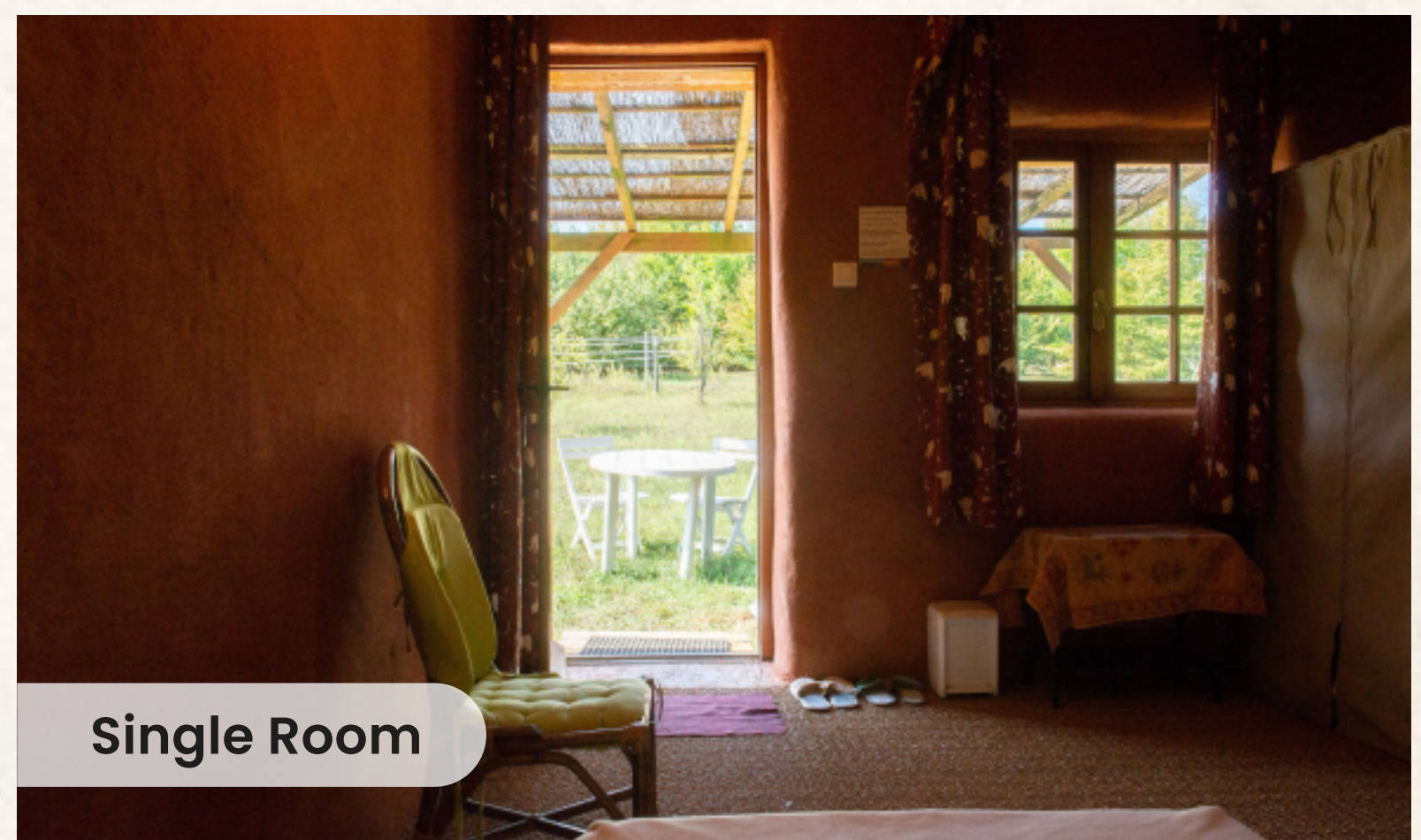
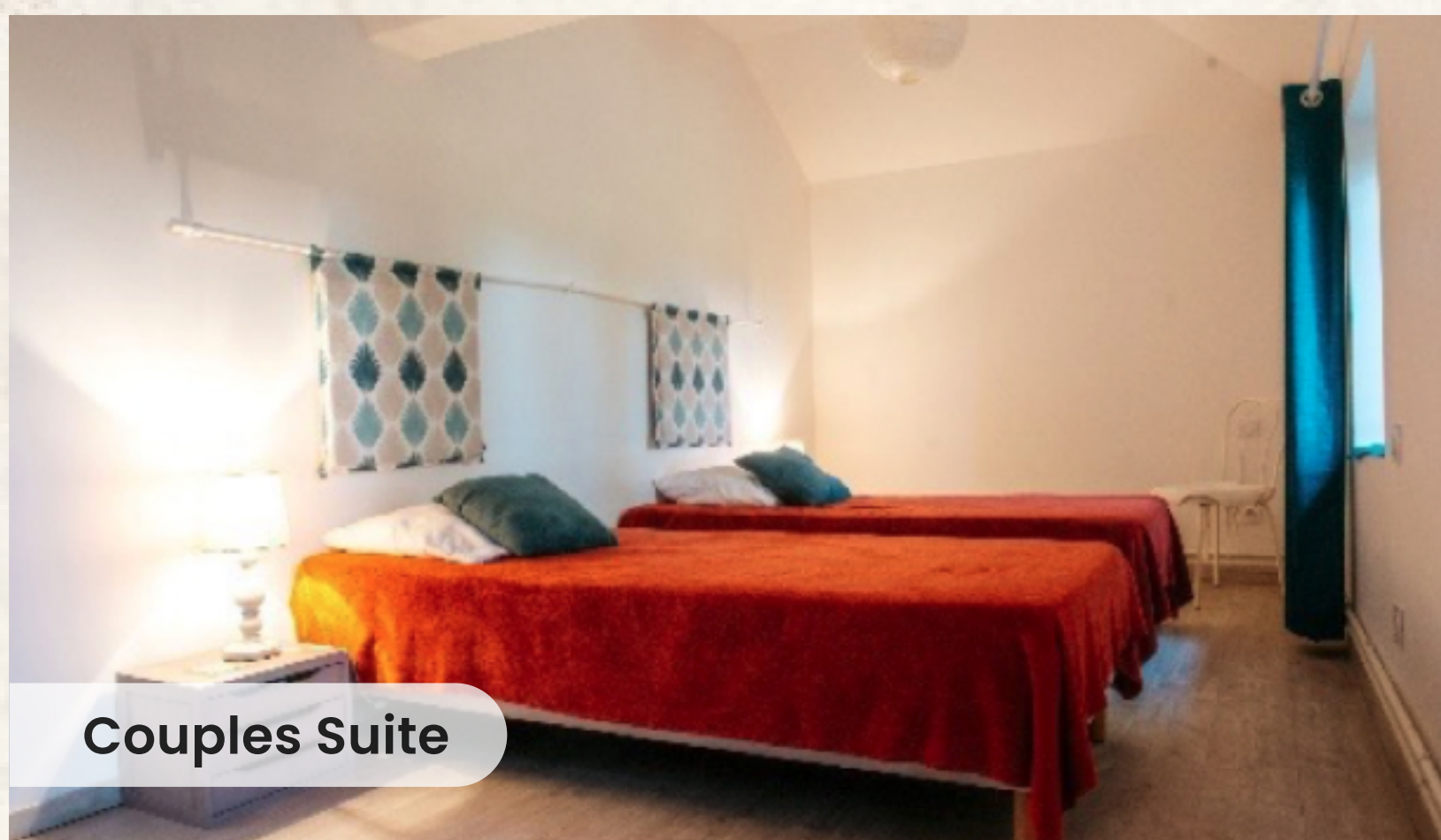
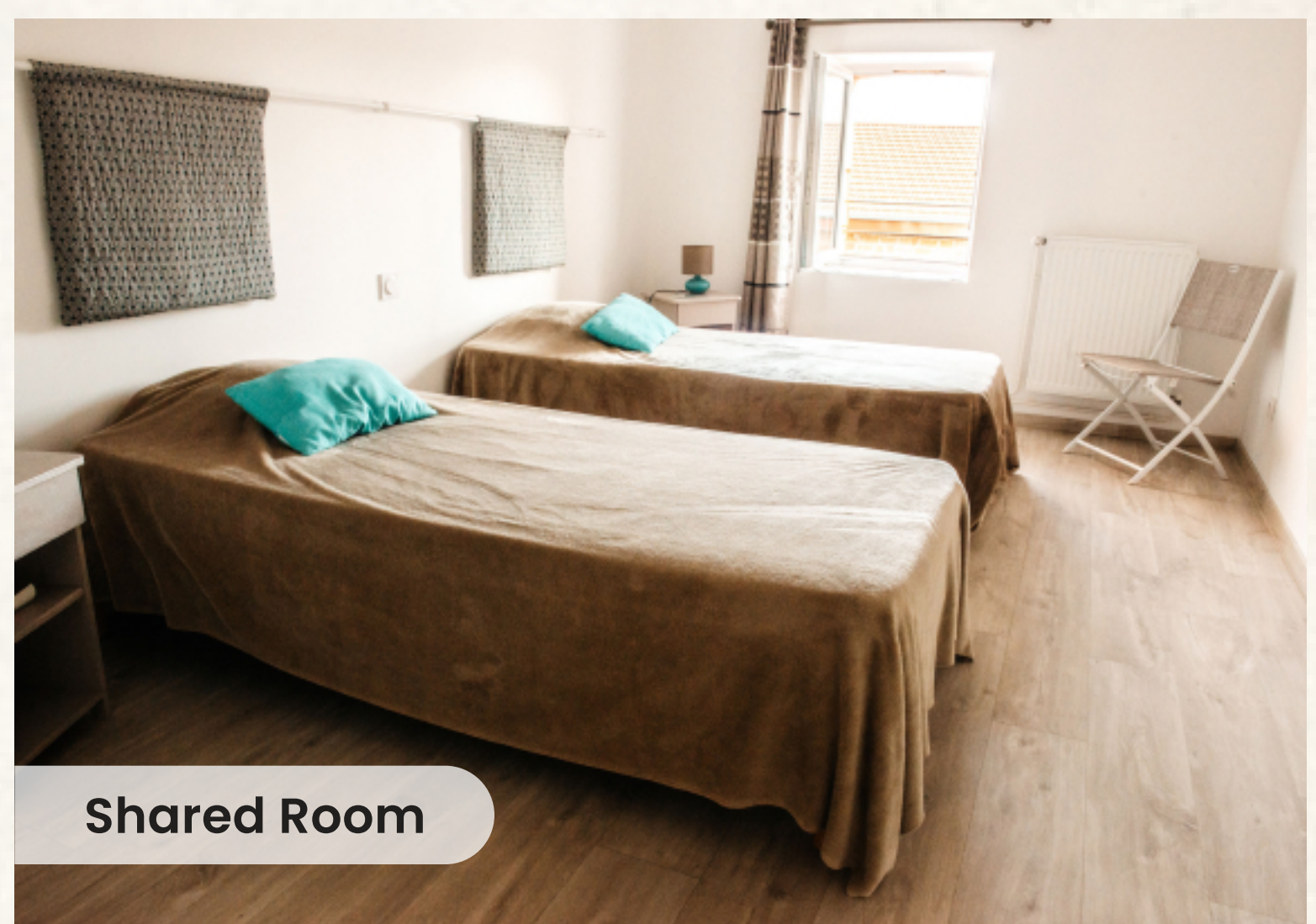
**Day 7: Sunday – 22nd May 2022** We conclude the Ayurvedic Cure retreat with a special closing ceremony at 15:00 hrs.





## Tariff

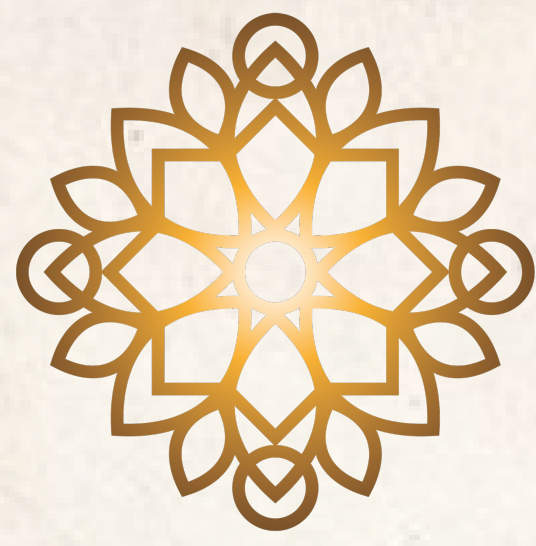
- Dormitory** : Cozy dormitory with 8 beds costs 1250 € per person (1325 € after 17th April 2022)
- Shared Room** : Room with twin beds shared by 2 people costs 1300 € per person (1375 € after 17th April 2022)
- Couples suite** : Comfortable room with double bed for 2 people - 2400 € per room
- Single room** : Individual room (not shared) 1650 € (1750 € after 17th April 2022)



**Payment Option:** We accept payments in instalments (4 instalments). The first instalment is 400 EUR to confirm your reservation, the remaining to be paid in 3 parts.

**REGISTRATION CLOSING DATE - 30th April 2022.**

**Cancellation:** Full refund granted for cancellation upto 17th April 2022. After which, upon cancellation you will be refunded 40% of the payment made.



YOGA TREE  
RETREAT

**Included:**

Individual consultation  
7 days of Cure Ayurveda  
3 vegetarian and Ayurvedic meals per day  
Tea and fruits during the day  
Accommodation  
Yoga (2h30 per day)  
Access to all workshops offered.

**Not included:**

Transportation, laundry services  
and due to hygiene reasons we  
encourage participants to bring  
their own yoga mat & accessories.

## *General Information*

- Ayurvedic advice and care is not medical and is not intended to replace medical treatment.
- We care about the health and safety of all our participants and so It is not recommended to come for the retreat if you have a fever, cold, flu-like condition and other serious infections.
- We recommend you to bring white attire for our special fire ceremony.





## Contact Us:

**Email** : [contact@yogatree retreat.com](mailto:contact@yogatree retreat.com)

**Site web** : [yogatree retreat.com](http://yogatree retreat.com)

**Facebook** : [YogaTreeRetreat](https://www.facebook.com/YogaTreeRetreat) 

**Instagram** : [YogaTreeRetreat](https://www.instagram.com/YogaTreeRetreat) 

**Téléphone** : +33 669463257  
662027141

## How To Reach Us

Nearest main train station: VALENCE TGV station

By Train - Take the "Intercitéa" shuttle to the Valence city bus station or the Romans sur Isère multi-modal station.

By Bus: From Valence-ville bus station, bus line 8 towards St Donat-sur-l'Herbasse. Stop at Marsaz (tuilières). Times: 5.30 p.m. (school period) – 6 p.m. (holiday period) – 6.30 p.m. (school period)

From the multi-modal station of Romans sur Isère, bus line N°13 in the direction of St Donat-sur-l'Herbasse – Chantemerle-les-blés. Stop at Marsaz (school). Times: 5:10 p.m. (school period) – 6:15 p.m. (school period)

We will pick you up at the Marsaz bus stop.

For more information: [www.ladrome.fr](http://www.ladrome.fr) (travel - regular transport - lines and timetables) or tel : 0 810 26 26 07

## Our Partners

