



# YOGA TREE RETREAT



*Holistic beauty and Ayurveda retreat  
June 16 to 19 2022 Clé de sol, Marsaz*

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





**Yoga** Tree is a team of health & wellness professionals who offer a holistic path to your inner journey based on Ayurvedic principles. We organise exclusive retreats & training courses at serene locations in both India & France. These consciously curated programs combine educational workshops, soulful cuisine, and pleasant stay to enhance your experience.

*"The purpose of Ayurveda is to maintain health, cure diseases, and self-realization"*

Our experienced Ayurvedic physicians & therapists from India are providing an in depth retreat focused on the life science and healing benefits of Ayurveda. This retreat is aimed at people who wish to discover, develop or deepen their knowledge of Ayurveda, whether on a personal basis or to be an Ayurvedic practitioner. This series of seminars and practical workshops brings you on a journey from the fundamentals of Ayurveda, to the theory and practice of this ancient healing science.

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



**Venue:** Clé de Sol, Marsaz (Drôme)

**Date:** 16th – 19th June 2022

**Registration:** via webpage ([click here](#))  
until 10th June 2022

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

+33 669463257 & +33 611375305

**Language:** English & French





## Ayurveda

Ayurveda is an ancient science, originating in India.

Traditional and natural therapeutic techniques teach us how to heal our body, our mind and our soul in order to live in balance with ourselves and the world around us.

In Ayurveda, inner and outer beauty is intimately related. The more we nurture ourselves, the more radiant we become physically and expressively regardless of our particular body shape.

Ayurveda has always understood beauty to be the product of the general physical health and appropriate daily care. It is not just a cosmetic event, that's why ayurveda teaches how to identify one's body and how it can be balanced from further aggravation through proper diet and life style. The emphasis is on the self knowledge and development of positive routines and habits that literally will bring out the best in us.



The external beauty is the reflection of the health of the body internally.

Inner beauty relates to inner qualities of being, including emotional states and mental abilities.

The start of this process is to begin to accept who we are and begin to truly care for and appreciate ourselves.





## Program

Opening Ceremony – Thursday 16 June 2022 – 16:00 hrs

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

### Daily Schedule:

- 7:00 to 8:00** : Siddhanath Surya yoga – Sun salutation Activation with solar energy & Hatha yoga (Postures)
- 8:00 to 9:00** : Breakfast
- 9:00 to 12:00** : Conference and workshops on holistic beauty in Ayurveda
- 12:00 to 13:00** : Lunch break
- 13:30 to 17:00** : Individual consultancy & Ayurvedic beauty cure
- 17:00 to 17:30** : Tea break
- 18:00 to 19:00** : Relaxation – Yoga Nidra – Meditation
- 19:30** : Dinner

### Day 1: Friday 17 June 2022

- What is holistic beauty ?
- Workshops on facial care and skin care
- Relaxation , Bhakti yoga

### Day 2: Saturday 18 June 2022

- Specific hair care workshop
- Sacred fire Ceremony followed by mantras chanting

### Jour 3: Sunday 19 June 2022

- Specific body care, suncare workshop
- Earth peace meditation – closing ceremony of the retreat





## 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 Home – Kerala, South Muscat Clinic – Oman & trained students from across the world at Vellai Thamarai association.

## Pascale Brousse, founder of Trend Sourcing

Since 25 years, my passion has been to show the trends of tomorrow, in order to support brands in their forward-looking vision and eco-design approach. My view is transversal green/beauty/well-being, I test products, rituals and have trained in holistic practices (naturopathy, herbal medicine, yoga, meditation, coaching, etc.). I have experienced hundreds of Spas & Health Centers around the world, traveled extensively on 5 continents, interviewed many experts, carried out hundreds of studies... As an individual, I am a holistic beauty coach and will be happy to lead you towards beauty in line with your values and your lifestyle.



## 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





## Cuisine Ayurvédique



***“ Nous croyons que la cuisine est la pharmacie et la nourriture est le médicament ”***

L'alimentation est un élément essentiel qui détermine votre santé et votre immunité, c'est pourquoi nous prenons un soin particulier à vous offrir des repas équilibrés.

Tout au long de la retraite, les repas servis seront végétariens, végétaliens et sattvic: un régime qui détoxifie, nettoie et purifie le corps tout en renforçant le système immunitaire. Notre chef Indien préparera des aliments sains dans la pure tradition ayurvédique, qui vous procureront un sentiment harmonieux de bien-être et d'équilibre du corps et de l'esprit.

*\*Les produits locaux seront choisis en fonction de la saison.*



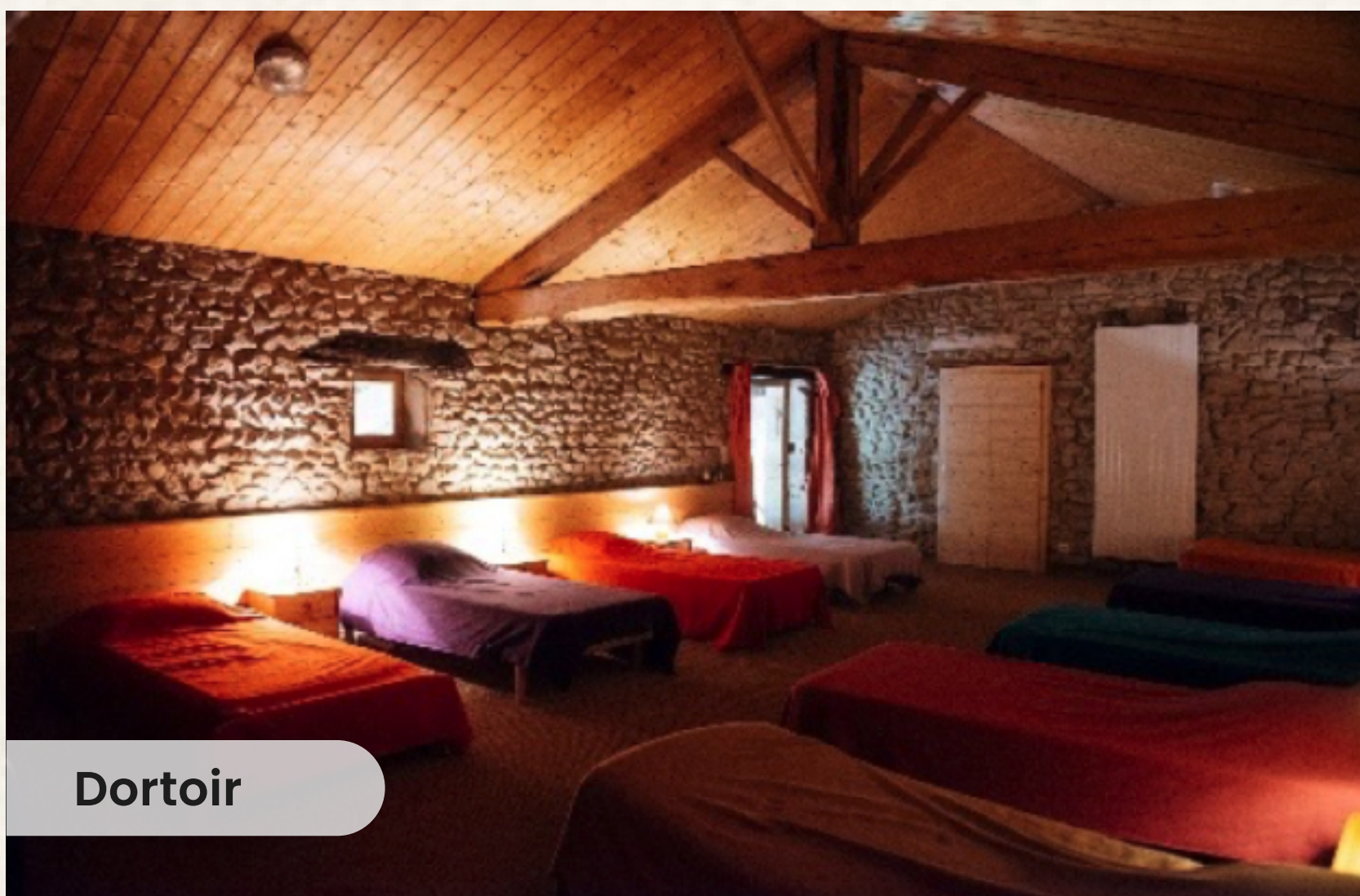




## Tarifs

Nous veillons tout particulièrement à ce que votre séjour soit confortable. Ce prix comprend la retraite complète dont l'hébergement. Veuillez noter que ces chambres sont soumises à disponibilité. Nous avons les options suivantes:

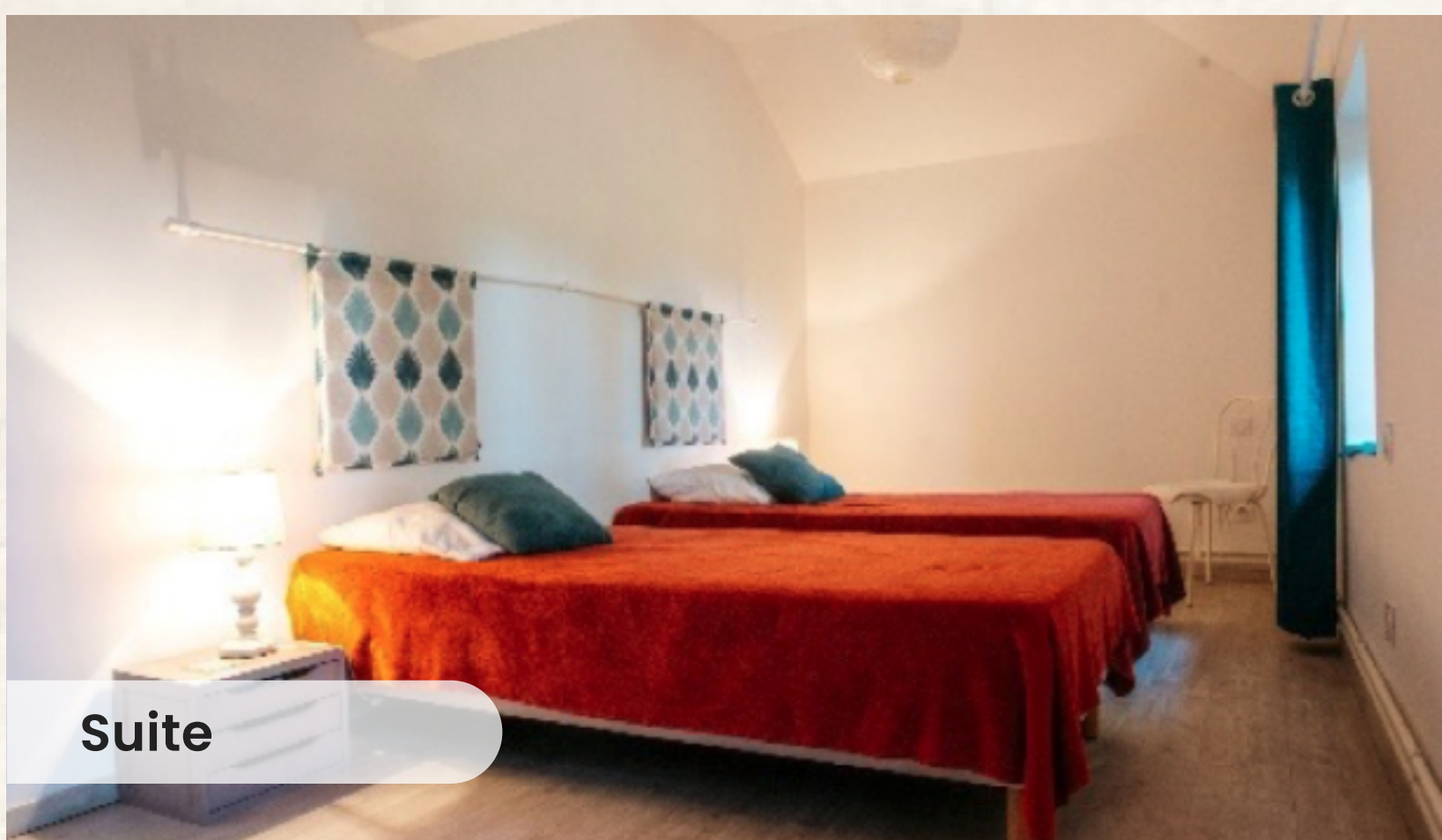
- Dortoir** : le dortoir coûte 600€ par personne (650 € après le 31 mai 2022)
- Chambre partagée** : chambre avec lits séparés partagée par 2 personnes coûte 675€ par personne (700 € après le 31 Mai 2022)
- Suite** : Chambre tout confort avec lit double pour 2 personnes - 1200 € la chambre
- Chambre simple** : chambre individuelle : Chambre individuelle (non partagée) 725 € (750 € après le 31 mai 2022)



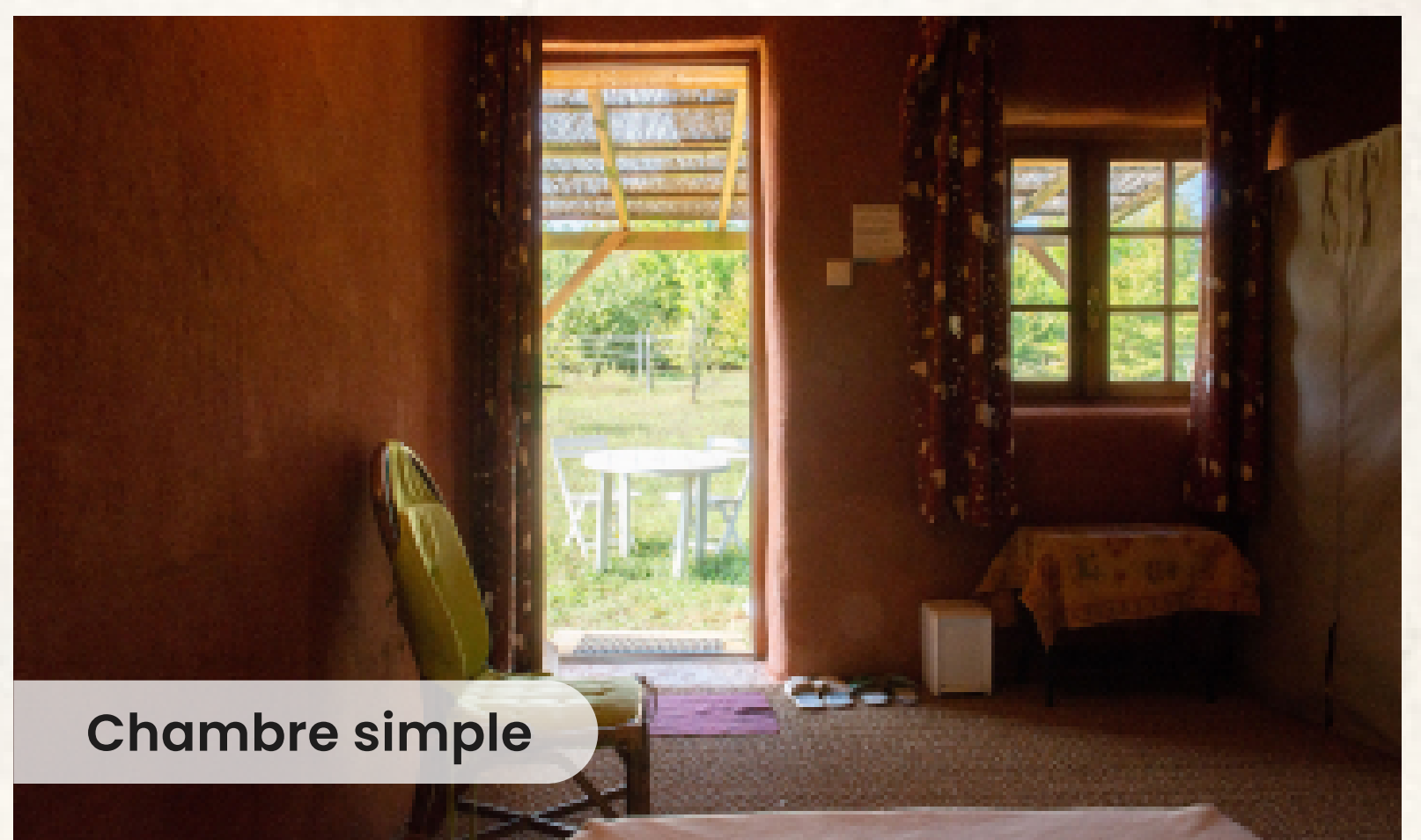
Dortoir



Chambre partagée



Suite



Chambre simple

**Option de paiement** : Les participants ont la possibilité de régler en plusieurs fois sans frais (jusqu'à 2 fois). Le premier versement, de 400 euros (par personne), sera effectué à la réservation.

**Clôture des réservations: 10 juin 2022.**

**Annulation** : Remboursement intégral accordé en cas d'annulation jusqu'au 15 mai 2022. Par la suite, en cas d'annulation, vous serez remboursés de 40% de la somme versée.





### **REJUVENATE, DETOX & CURE with AYURVEDA**

Individual consultation with Ayurvedic Doctor – 75€

**Ayurvedic facial skincare (60min)** Cleansing, Mukhabhyanga (face massage), steaming, scrubbing, facial mask – 75€

**Ayurvedic Hands and Feet care (90min)** Cleansing, scrubbing, hands and feet massage, hands and feet mask – 95€

**Siro Abhayanga(30 Min)** Head & Neck & Shoulder – 30€

**Special Spinal Massage (30Min)** Including Cervical ( Neck) – 35€

**Foot Massage (Reflexology) (30Min)** With pressure points – 35€

**NETRA THARPANAM** for eyes (45 min)-75€

**KARNAPOORANA** for Ears (30 min)- 35€

**UDWARTHANAM** (Powder Massage) (60min) FOR OBESITY – 90€

**NASYAM** ( Nasal drops) (30 min)

for sinusitis and Cervical and ENT- 35€

**REJUVENATION THERAPY** Abhayanga (full body) (60 Min)

Siro Abhayanga & Face massage- 60€

**TRADITIONAL ABHAYANGA** (75 Min) Abhayanga (full body) (60 Min)

Siro Abhayanga , Face massage & Herbal Steam. 75€

**CLASSIC RELAXATION THERAPY (90)** Abhayanga (full body),Siro Abhayanga( Head), Face massage, Padam Abhayanga ( Foot massage ) with pressure points – 80€

**STRESS RELIEF THERAPY SIRODHARA** (60Min) With Siro Abhayanga (head)- 95€

**Cleansing with Ayurveda** ( Tissues, Organs & Mind ) Abhayanga & Sirodhara (90 min)

Including Full body massage, Siro Abhayanga ( Head massage) and Sirodhara On Savasana posture – 140€

**SKIN NOURISHMENT THERAPY NJAVARAKIZHI** ( NJAVARATHEPU) (60Min)

Pouch filled with Njavara rice, milk & herbal decoction – 125€

### **For JOINT PAIN :**

**PIZHICHIL**( THAILLADHARA) (60 Min)

Pouring of medicated oil after massage for joint pains etc..150€

**PODI KIZHI** ( 60Min ) Pouch filled with Medicated powders & Herbal oil. 90€

**KATI VASTI** for back pain (45 min)

Applied to lower back region, Strengthens joints & nerves etc..75€

**JANU VASTI** for knee pain (45 min)

Applied to knee to strengthen bones, nerves & Joints- 75€

**GREEVA VASTI** for Cervical Pain (45 min)

Applied to cervical region to strengthen bones & nerves –75€



**Included:**

- Yoga (2h30 per day)
- 3 vegetarian and Ayurvedic meals per day
- Tea and fruits during the day
- Accommodation
- Access to all workshops & conferences

**Not included:**

- Transportation
- Individual consultation
- Massages
- laundry services
- and due to hygiene reasons we encourage participants to bring their own yoga mat & accessories
- Towel and soap

## 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

## 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

## Our Partners

