



# YOGA TREE

## RETREAT



### *Life in Ayurveda*

3 day in depth retreat exploring this ancient healing science

Les Jardins de Bois Gerard

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



**Life in Ayurveda (Ayur = Life, Veda = Science)**

**Venue:** Les Jardins de Bois Gerard,  
10130 Chessy les Pres – France.

**Date:** 26th – 29th May 2022

**Registration:** via webpage ([click here](#))  
closing date 15th May 2022

**Coordinator:** [contact@yogatree retreat.com](mailto:contact@yogatree retreat.com)  
+33 669463257 & +33 611375305

**Language:** English & French





## AYURVEDA

Ayurveda is a form of traditional medicine originating in India. 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. Ayurveda “science of life” or Ayurvedic medicine, from the Sanskrit terms āyus (life) and veda (science, or knowledge) draws its sources from the Vedas, a set of sacred texts from ancient India.



Ayurvedic practices follow a holistic approach dating from the Vedic civilization and is still widely practiced in India & around the world. The purpose of Ayurveda is not only meant for healing, but is also crucial for treating illnesses, maintaining health & a path toward self-realisation.

### **Who is this retreat suited for?**

We welcome everyone from all backgrounds to join us at this retreat. Ayurveda is a natural science used for wellness & healing, our team of expert physicians & therapists will teach you traditional Ayurvedic techniques they have acquired over their decades of experience. We at **YogaTree** would like to share our knowledge with Ayurvedic practitioners, massage therapists, healers, health enthusiasts, and anyone with an interest in this ancient healing science.





## Schedule

Life in ayurveda retreat 26 may 29 may 2022 at jardin de bois Gérard

Program : Opening Ceremony - Thursday 26th May 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 – Activation with solar energy & Hatha yoga
- 8:00 to 9:00** : Light breakfast
- 9:00 to 12:00** : Conference and workshop on Ayurveda
- 12:00 to 13:00** : Lunch break
- 13:30 to 17:00** : Individual consultancy & Ayurvedic cure
- 17:00 to 17:30** : Tea break
- 18:00 to 19:00** : Relaxation - Yoga Nidra - Meditation
- 19:30** : Dinner

### Day 1: Friday 27th May 2022

- General points highlighting Fundamentals of Ayurveda. Vedic science, philosophy and spirituality by Dr Sathish
- Dinacharya (daily healthy routine according to ayurveda, for the health and equilibrium of the body & mind) by Joyce Vuillaume
- YogaNidra with Hamsa Breathing flowing into Lotus Meditation by Hamsacharya Subramoni Mahesh

### Day 2: Saturday – 28th May 2022

- Ayurvedic implication in modern world by Dr Sathish
- Ritucharya (necessary habits to keep health in every season) by Joyce Vuillaume
- Mantra chanting with fire, relaxation by Hamsacharya Subramoni Mahesh

### Day 3: Sunday – 29th May 2022

- Spinal disorders management in Ayurveda by Dr Sathish
- Prakriti explanation (Nature of each individual in Ayurveda). Kansu bowl (feet massage with copper bowl) by Joyce Vuillaume
- Mantra chanting - Earth peace meditation - closing ceremony of the retreat with Hamsacharya Subramoni Mahesh.



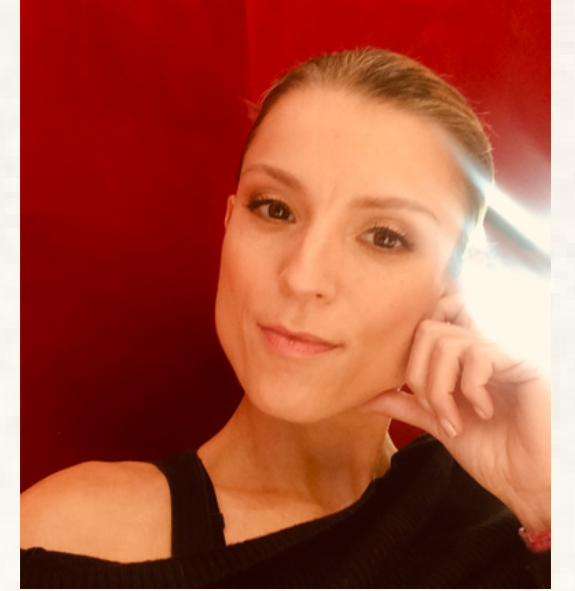


## Dr. Satish Kumar

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.

## Mme Joyce Villaume - Le Don

Diploma in advertising, a field that she left after an experience of EMI to devote herself to Ayurveda, energetics and mediumship. She trained entirely in India, notably at the universities of Jamnagar and Bharati Vidyapeeth in Puna. Speciality: Kaya Chikitsa, Ayurvedic psychology and work on the unconscious. She will study energetics for therapeutic purposes for nearly 6 years with Midaho. Her meeting with the clairvoyant Christophe Allain will further open up her mediumistic abilities. She launched the French Federation of Ayurveda in 2019 to bring together, develop and promote Ayurveda. She is now a consultant to the Indian Embassy and the Kama Ayurveda brand, director and trainer at Ayurveda & Consciences and President of the French Ayurveda Federation.



## 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"***

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. You will have the opportunity to discover the significance of each dish, how it is made, & its healing properties as it is a vital part of Ayurvedic healing.

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







## Tariff

We take special care in ensuring your stay is comfortable. We have the following options. Please note that these rooms are subjected to availability.

- Dormitory** : Cozy dormitory wbeds costs 600 € per person (650 € after 15th Mai2022)
- Shared Room** : Room with twin beds shared by 2 people costs 650 € per person (700 € after 15th Mail 2022)
- Couples suite** : Comfortable room with double bed for 2 people - 1200 € per room
- Single room** : Individual room (not shared) 725 € (750 € after 15th Mai I 2022)

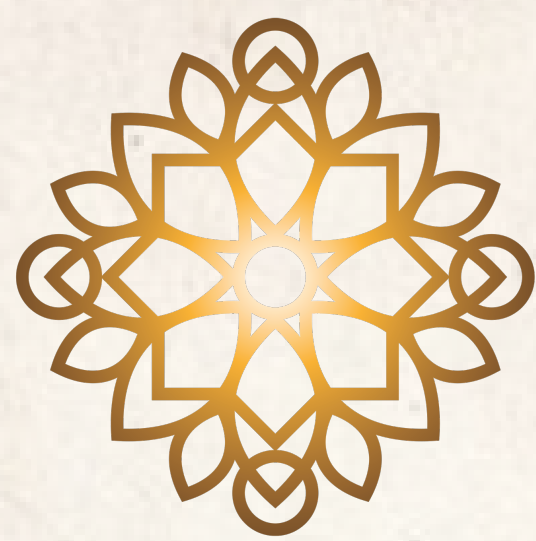


**Payment Option:** We accept payments in instalments (2 instalments). The first instalment is 400 EUR to confirm your reservation, the remaining to be paid on your arrival to the retreat.

**REGISTRATION CLOSING DATE - 15Th Mai 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

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

INDIVIDUAL CONSULTATION - 75€

Siro Abhayanga(30 Min): Head & Neck & Shoulder - 30€

Special Spinal Massage (30Min): Including Cervical ( Neck) - 35€

Foot Massage (Reflexology) (30Min): With pressure points - 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 décoction- 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€

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- 35€



**Included:**

Yoga (2h30 per day)  
3 vegetarian and Ayurvedic meals per day  
Tea and fruits during the day  
Accommodation  
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.

## How To Reach Us

Saint-Florentin – Vergigny train station (Yonne, 89) Tonnerre station (Yonne, 89) The two stations are equidistant from the gîte (20 minutes by car).

A shuttle will be organized for train passengers.

## 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

