

A spiritual journey in southern India combining Ayurveda, meditation, yoga pujas, kirtans and visits to sacred places.

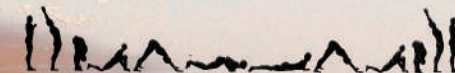
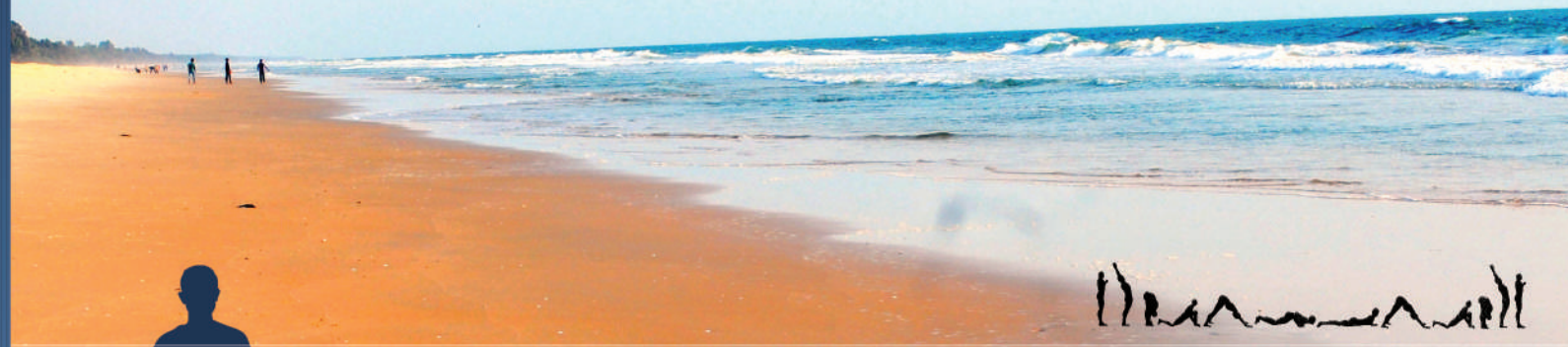
RÉSERVATION :

- From October 02 to October 23, 2022
- From October 30 to November 20, 2022
- From December 18 to January 8, 2023
- From January 15 to February 5, 2023
- From February 12 to March 5, 2023
- From March 12 to April 02, 2023



The package includes: A virechana detox (2 medical consultations, 2 massages followed by sweating), yoga, meditation and chanting classes, workshops & activities, three excursions, accommodation, food (2 meals a day except during detox), transfer from Mangalore airport. Not included: international flight, travel insurance, transportation not mentioned in the program, tips for hotel staff (mandatory, \$25 CAD minimum to be given at the end of the stay), snacks outside meals, drinks, donation to the Manasa Jyoti orphanage (recommended minimum \$25 CAD), massages and additional medical consultations as well as personal expenses.

kundapura
RETREATS IN SOUTH INDIA
REPLENISHMENT - FITNESS - SELF-QUEST



AYURVEDA - YOGA - MEDITATION - RELAXATION - YATRA - PUJAS - KIRTANS

Kodi Beach, a spectacular beach located in the coastal town of Kundapura

A SPIRITUAL RETREAT IN SOUTH INDIA

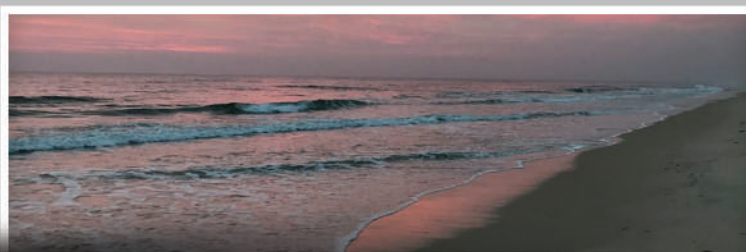
With yoga, Ayurveda, ceremonies and visits to sacred places

**Join Dhyana Ananda
for this retreat including:**

*an 8-days Ayurvedic detox
virechana, several styles of yoga
(hatha, karma, bhakti, jnana),
meditation with teachers
certified from the Sivananda school
and excursions to sacred places*



Kodachatri temple photo in the middle



Shringeri temple - Kodi beach

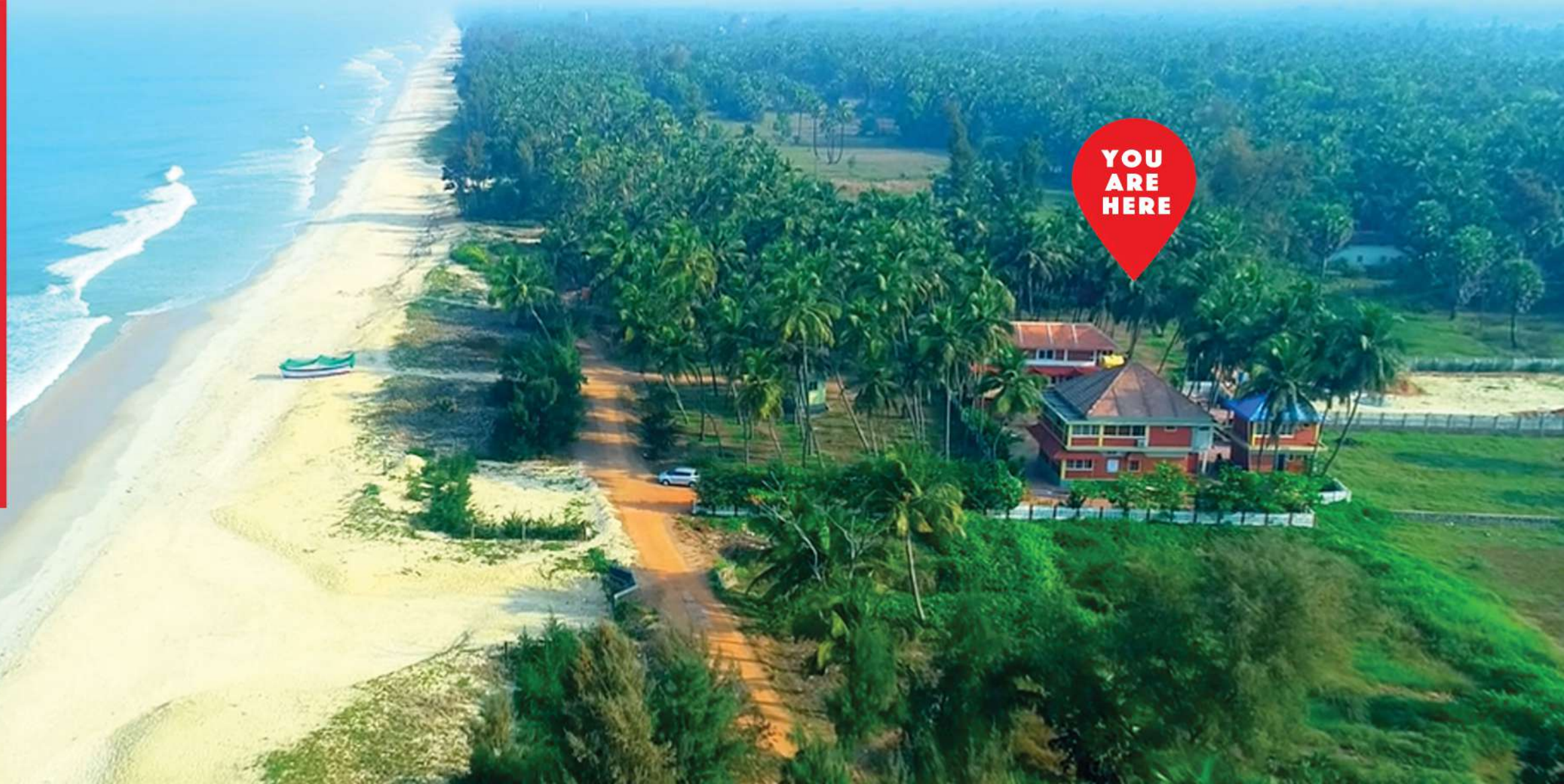


Kodachatri



Dhyana
ananda

Dhyana
ananda



YOU
ARE
HERE



ACCOMMODATION



Kundapura
Karnataka
Inde

The retreat will take place on the edge of Kodi beach. The best time to travel to South India is from October to March, the temperature varies between 22 and 32°C and the weather is generally sunny.

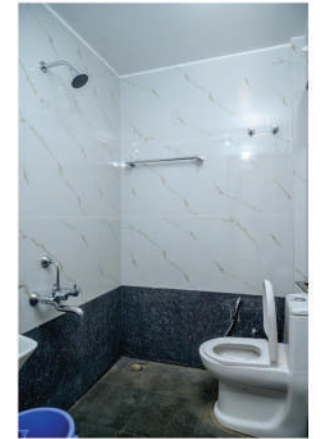
Kundapura is bordered by the Arabian Sea in coastal Karnataka. Comfortable rooms with air conditioning and a Wi-Fi connection for single or double occupancy are at your disposal as well as 2 dormitories with 4 places.*



ACCOMMODATION

Deluxe Double Room

27 m² - Balcony - Sea view - Private bathroom - Amenities: anti-allergy room, tiled/marble floor, air conditioning, Wi-Fi, TV, fan, electric kettle, linens, equipment ironing board, wardrobe, sofa.



Availability: 4 suites per retreat, with 2 single beds in double occupancy

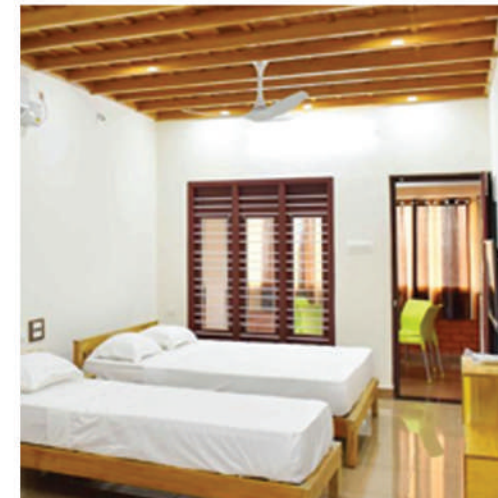


ACCOMMODATION

Standard Double Room & Deluxe Dormitory

Room 20 m² - Private bathroom - Anti-allergy room, tiled/marble floor

Deluxe dormitory 27 m² - Balcony - Sea view - Private bathroom - Anti-allergy room, tiled/marble floor. Equipment: air conditioning, Wi-Fi, TV, fan, electric kettle, linens, ironing equipment, wardrobe, sofa.



**Availability: 4 bedrooms per retreat - with double beds or single beds
2 dormitories per retreat with 4 single beds.**

DAILY PROGRAM

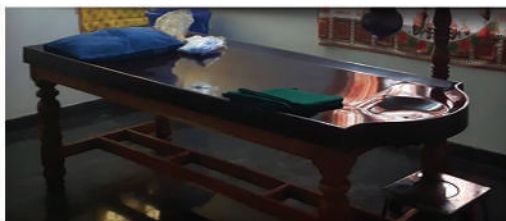
- 6:30 a.m. Hot water, herbal teas
- 7:00 a.m. Meditation, chanting and teachings
- 8:30 a.m. Yoga class
- 10:00 a.m. Meal
- 10:00 a.m. - 4:00 p.m. Free time
- 4:00 p.m. Yoga class
- 6:00 p.m. Meal
- 7:30 p.m. Meditation, chanting and/or cultural program
- 9:00 p.m. Rest
- 10:00 p.m. Lights out



Ganesha puja opening ceremony

AYURVEDIC DETOX VIRECHANA

The retreat begins with a mild Ayurvedic detox (Virechana) suitable for Westerners, led by an Indian naturopathic doctor specialized in Ayurveda. It consists of an eight-days semi-fast with fruit and rice porridge (or complete fast according to your choice). For the first four days, you take a detoxifying potion made from ghee and herbs (Geethapana) on an empty stomach every morning. On the fifth and sixth days, you receive an Ayurvedic massage followed by sweating to drain toxins into the digestive system. Then you have a rest day and finally the eighth day is the purge! You will spend your morning eliminating toxins. Most participants lose between 1-6 kg and feel rejuvenated and energized. The skin is also brighter, the spirit more lively and the mood more joyful.



Dr Prandev with a guest



Virechana last day



Dre Sony, Dr Prandev guests and staff

FOOD & CULTURE

We offer a vegetarian or vegan diet which can also be adapted to allergies such as gluten. Just let us know about it when you register. Masala Dosa, Idlis, Rotti and other traditional local food will be offered to you.

Cultural activities are organized with your guides and local people.



2022 - 2023 RETREATS CALENDAR

From October 02 to October 23, 2022
From October 30 to November 20, 2022
From December 18 to January 8, 2023
From January 15 to February 5, 2023
From February 12 to March 5, 2023
From March 12 to April 02, 2023

RETREAT PRICES

the package includes: detox (2 medical consultations, 2 massages followed by sweating), yoga, meditation and chanting classes, teachings, workshops & activities, three excursions, accommodation, food (2 meals per day except during detox), transfer from Mangalore airport.

3390\$CAD/pp

Deluxe Dormitory

(4 people) 27m2 - A/C

3870\$CAD/pp

Shared Room

(2 people) 20m2 - A/C

4475\$CAD/pp

Shared Deluxe Room

(2 people) 27m2 - A/C



Dhyana
Ananda

Minimum: 8 guests Maximum: 16 guests

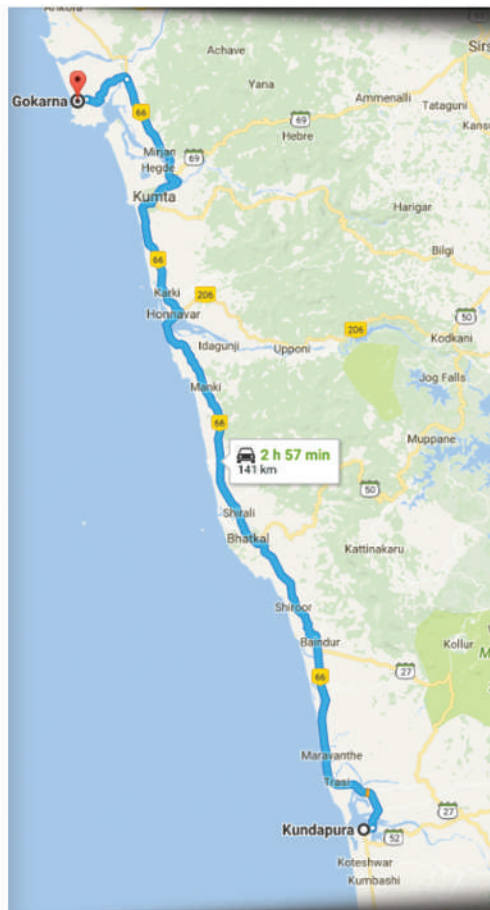
CLICK ON THE BUTTON BELOW TO START REGISTRATION PROCESS THANK YOU!

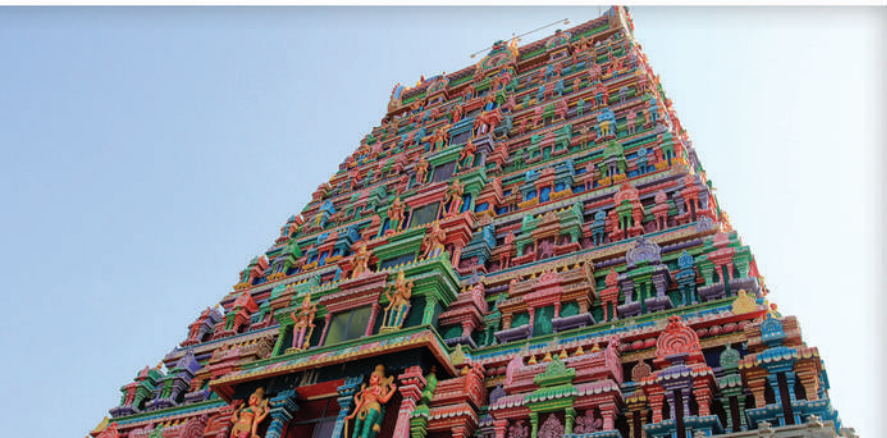
REGISTRATION

The package does not include: international flight, travel insurance, transportation not mentioned in the program, tips for hotel staff (mandatory, 25\$CAD minimum to be given at the end of the stay), snacks outside meals, beverages, donation to the Manasa Jyoti orphanage (recommended, minimum \$25 CAD), massages and additional medical consultations, personal expenses as well as overnight stays and meals outside the retreat dates. Transfer from Goa #or Bangalore can be arranged at your own expense upon request.

GOKARNA OM BEACH LORD SHIVA STATUE

Direction Gokarna, a popular place of pilgrimage with the Murdeshwara temple dedicated to Shiva and Om Beach, one of the most beautiful Karnataka beaches.

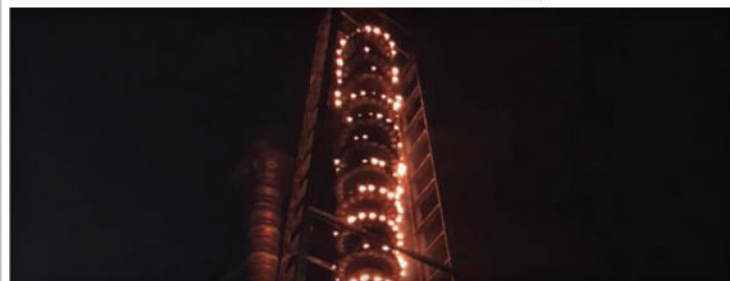




SHRINGERI

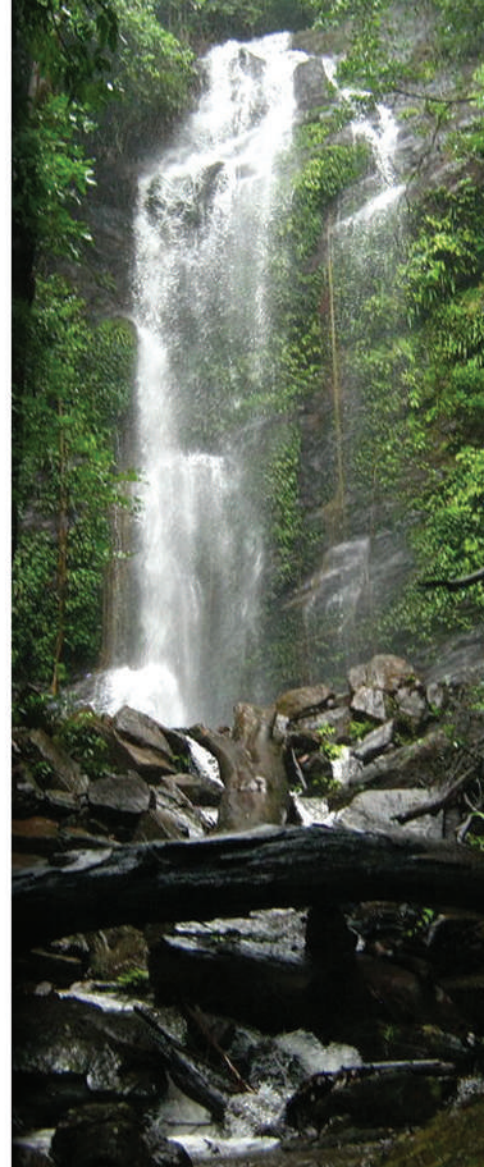
The retreat is a three-hour drive from Shringeri. We will go back and forth during the day. Shringeri is a high place of pilgrimage for Hinduism. It is one of the most sacred places in India because it is linked to the founder of Advaita Vedanta, Adi Shankara, who built a monastery there which has been welcoming acharyas for centuries, that is to say renowned spiritual masters of Hinduism.

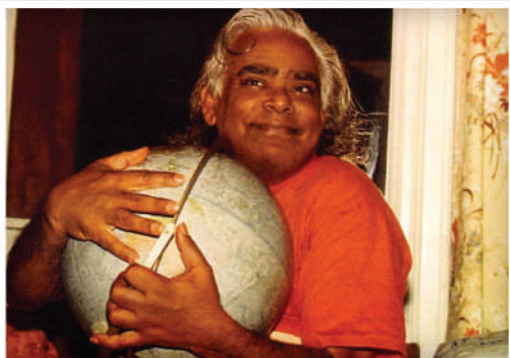




MOOKAMBIKA TEMPLE KODACHATRI: THE MOUNTAIN OF SHANKARA

Mookambika Temple is one of India's most famous pilgrimage sites. There are many beliefs regarding the origin of the temple. One of them says that the Mookambika Devi shrine was founded by Adi Shankara. He worshiped Goddess Sarasvati, and in response to his devotion, the Goddess appeared to him at this very place. We will attend a puja before heading to Shringeri for the rest of the day.





A more than perfect stay!

Honestly, I had no idea that I was going to experience one of the most beautiful trips of my life! This retreat exceeded my expectations in every way. Whether it was the quality of the yoga teachings, the delicious food, the customer service...everything was perfect! (Kathleen T. Quebec)

An interesting experience yoga, cultural and detox in India

This experience change my life because rebalancing my soul, my mind, my body and stop to overthinking. I like very much instructors: Jean-Christophe who learn me a lot of things about the life, about yoga, about songs and RamaPriya Kazue who learn me to execut correctly asanas. I like very much Marie Noelle who we did hypnosis. After this hypnosis I felt very relax . Another thing that I liked was the fact that I've visited a lot of temples. After This retreat I feel like I grew up spiritually. Thank you very much for all you done for me! Love you! (Diana, Romania, Tripaneer)

Physical, mental and spiritual fitness

The professional support of Pancha-Karma, the quality of the organization, the involvement and generosity of the speakers, no competition, everyone finds their place in the group. Retreat in French and English. The discovery of Hinduism with songs and temple visits. The non-tourist area. (Jean-Paul P., France)

