

Yoga Spa presents
Ayurveda Pancha Karma Workshop

GO TOWARDS NATURE,

GO TOWARDS HEALTH

DR. YARDI

2014 Feb 9 (Sun) ~ Feb 24 (Mon)

We are welcoming Ayurveda Doctor from India to YOGA SPA in Niigata. This will be a great chance to experience real Panchakarma to find a solution to root of the problems with Indian doctors who have enormous wisdom with a gentle nature. Get yourself inspired!



What is Panchakarma?

Panchakarma is the ultimate mind-body healing experience for detoxifying the body, strengthening the immune system, and restoring balance and wellbeing. In Sanskrit, panchakarma means “the five process” (pancha=five and karma=action), referring to the five different cleansing and rejuvenating procedures described in the classic ayurvedic textbooks. In this course, after doctor counseling on the first day, your doctor will decide your own panchakarma schedule depending your body type and symptoms and give you some practical advices for your diet, day to day life, and home remedies.

- * If you suffer from some chronic symptoms like hay fever, akin allergy, insomnia, migraine, constipation, stiff neck, lower back pain, stress, memory loss, sterility, etc, we strongly recommend to take at least 7days program either visit or stay.

~ . ~ . ~ . ~ . ~ . ~ . ~ . **VISIT PLAN** . ~ . ~ . ~ . ~ . ~ . ~ .

This is the course for people who would like have a counseling and fixed panchakarma treatment plan. You will come to Yoga Spa for counseling on the first day, and from the next day you have treatment for 1~2 hours and go back to home or work. We will fix your treatment time as much as possible along with your time availability.

● **PRICE** ●

3DAY: A COUNSELING & 2DAYS PANCHAKARMA PROGRAM	¥30,000
5DAYS : A COUNSELING & 4DAYS PANCHAKARMA PROGRAM	¥50,000
7DAYS: A COUNSELING & 6DAYS PANCHAKARMA PROGRAM	¥70,000
14DAYS: A COUNSELING & 13DAYS PANCHAKARMA PROGRAM	¥120,000
1TIME COUNSELING 1H (NO TREATMENT)	¥10,000
1TIME PANCHAKARMA 1~1.5H	¥15,000

(For ones who have had a counseling, single booking is available as many as you wish during the workshop)

~ . ~ . ~ . ~ . ~ . ~ . ~ . **STAY PLAN** . ~ . ~ . ~ . ~ . ~ . ~ .

Real Panchakarma & Yoga spa experience will be ready for you. We only have to ask you to book your hotel near by as this course does not include accommodation, other than that, you can have 1~2 hours of panchakarma along with your own program, stay in Yoga Spa as long as you like during the day enjoying free yoga classes and vegetarian meals by Indian chefs. Just in case you become ill, your doctor will take care of you at any time as they will be with us all day long during the workshop. You are free to go out under doctor's permission.

● **PRICE** ●

- First day 1 hour counseling for your Body type, Diet, Life style, Herbal supplements
- Panchakarma program : 1~2 hour per day
- Everyday during the program : Complimentary yoga classes, Complimentary vegetarian meals (lunch / dinner)
- Doctor's back up

1 DAY ¥30,000	3DAYS ¥70,000
7DAYS ¥120,000	14DAYS ¥200,000

* Free Pass Member: 10% discount is offered on the price of each plan!



Example of Panchakarma



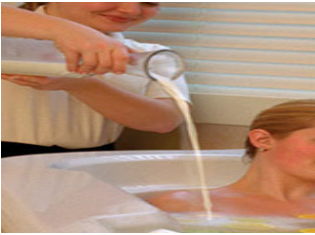
Pind swedan



Kati-back



Netra Vasti
(Treatment for the Eyes)



Milk Bath



Milk Massage



Herbal Hair Care



CONTACT

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