Discover the fundamental concepts of Ayurveda and Vedic Psychology that will heal you holistically at all levels—body, mind and soul. This workshop introduces you to the core concepts of Ayurveda where you will learn about your Prakriti (physical constitution), the three Doshas (biological energies) and understand the different Mind Types. Find out how to choose diets and cook meals that are best for you. Become aware of the powerful yet simple things that you can start practicing today and experience a positive change in your life.

Jivagram is a unique centre for personalised Ayurvedic healthcare and treatment. Here you will engage in a unique healing experience to restore your health—one that takes your entire being into consideration. Our staff of experts takes ample time to understand you and your health issues, and creates a customised treatment plan for you.

**ITINERARY**

- **FEB 14 (PRO) - ARRIVAL**
  - Welcome Group
  - Tour of facilities

- **FEB 15 (SAT) & FEB 16 (SUN)**
  - Consult with Ayurvedic doctor
  - Relaxing Ayurvedic treatments (massage and facial)

- **FEB 17 (MON) - FEB 20 (THU)**
  - Ayurvedic lectures by Dr Keshav and Dr Chauhan on:
    - Self care with Ayurveda
    - What is my body type?

- **FEB 21 (FRI) - FEB 22 (SAT)**
  - Vedic Psychology weekend with Babaji & Jessica on:
    - What is my mind type?
    - Ways to nurture my mind type
    - What is Bhakti yoga and how does it differ from other types of spirituality?

- **FEB 23 (SUN) - DEPARTURE**
  - Ayurvedic cooking class

**HIGHLIGHTS OF THE PROGRAMME**

- Daily yoga & meditation class
- Freshly cooked, healthy Indian vegetarian meals
- Eco-friendly, luxury lodging
- A deeply relaxing welcome massage and facial on the arrival weekend
- Lectures for your body, mind, and soul
- Ayurvedic approach to healing your ailments
- Optional activities of Indian dance, music, art and other rich cultural experiences

**AYURVEDIC HEALING FOR BODY, MIND & SOUL**

**JIVAGRAM CENTRE FOR WELLBEING**

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**TERMS AND CONDITIONS**

Producers and distributors have the right to modify the programme, tour organisation in addition to the schedule route, any centre or location, or for any reason. For more details please call us on 1234567890.

**SPEAKERS**

- **Dr. Pratap Chauhan**
  - Director, Jiva Ayurveda: Dr Partap Chauhan is a world-renowned personality in the field of Ayurveda. He is an author, teacher and master Ayurvedic physician. He is the pioneer of Ayurvedic Telemedicine and has been awarded lifetime Ashoka Fellowship. He is a very popular call-in Ayurvedic tv show in India with 100 million viewers.

- **Dr. Satyanarayana Dasa**
  - Director, Jiva Culture: Dr Satya Narayana Dasa (Babaji) holds an M.Tech degree from IIT, Delhi and a PhD in Sanskrit, as well as eight additional degrees in Vedic subjects. He is a visiting professor at Rutgers University and has authored numerous philosophical and academic books related to Vedic topics. He has received an award from the President of India for his efforts in promoting Vedic wisdom for modern day people.

- **Jessica Richmond**
  - Licensed Mental Health Counselor: Jessica Richmond is a Western-educated psychotherapist who uses a person-centered approach, helping clients to actualize their full potential. Jessica hold a Masters of Mental Health Counseling degree, and is an Ayurvedic practitioner. Jessica has been personally trained by Babaji on Vedic Psychology. She works with clients around the world on video calls to help them identify and dissolve the root cause of their problem so they can live happy, healthy lives.

- **Dr. Keshav Chauhan**
  - Senior Ayurvedacharya at Jiva Ayurveda: Dr. Keshav Chauhan (BAMS) is a senior Ayurvedacharya at Jiva Ayurveda, and a member of Dr Partap Chauhan’s core panel. In addition to consulting patients, he has also formulated proprietary medicines and taught Ayurveda to students in Poland, France, Japan, Lithuania & USA. He is also involved in research & development at Jiva Ayurveda.