

Yoga & Ayurveda weekend

OCTOBER 27-28

2 days of bliss for body & soul on the banks of magical lake Orta



"My body is my temple and asanas are my prayers"

B.K.S. Iyengar





Our mission

Yoga & Ayurveda are like the two wings of one bird. Both systems have the same root and the same goal - supporting our physical and spiritual wellbeing.

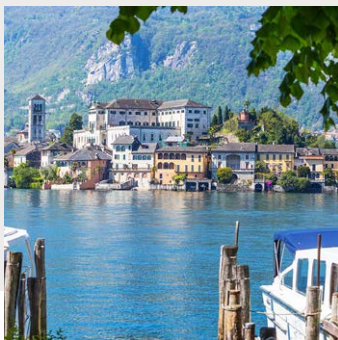
This unbeatable duo ensures that your entire system - body, mind and soul - is cleansed, nourished and strengthened, so that you can go back to your everyday life with more ease and serenity, improved body awareness and a clear mind.

Location

In the midst of the healing silence of an idyllic forest lies the Maharishi Ayurveda Centre, where you will be taken lovingly care of throughout your whole stay. With its 7 rooms, the Maharishi Ayurveda Centre is an intimate and exclusive retreat centre that values the individual care of each guest. Here, an experienced team of therapists (all trained at Maharishi University) under the guidance of an Ayurvedic



doctor provides authentic Ayurveda, while a professional yoga teacher will guide you through your daily practice, which includes breath exercises (Pranayama), body postures (Asanas) and meditation. In between, you will have plenty of time to explore the breath-taking area around Lake Orta, go for walks through ancient forests or simply relax.



Price

€ 515 *Single room*

€ 455 *Double room*

What's included

- Daily Yoga, Pranayama and Meditation
- Daily Ayurveda Workshops
- One ayurvedic treatment (four-handed massage)
- 3 days / 2 nights in single or double room with own bathroom
- Ayurvedic & vegetarian full board. Lunch and dinner consist of 3 courses, all lovingly prepared from regional, organic products.
- Tea & snacks
- Not included in the price are the costs for travel, excursions, extension of your stay at the retreat centre or additional ayurvedic treatments (possible on request)
- All Yoga-levels are welcome!
- Languages: German/English/Italian

Program

Friday, 27 October 2023

- 12:00 Welcome circle
- 13:00 Lunch
- 14:30 Ayurveda workshop
What is my Dosha?
- 16:00 Ayurvedic treatment
or free time
- 18:00 Yin Yoga practice
- 20:00 Dinner

Saturday, 28 October 2023

- 7:30 Meditation
- 8:00 Tea break
- 8:15 Yoga practice
(Pranayama, Asanas)
- 10:00 Breakfast
- 11:00 Ayurvedic treatment
or free time
- 13:00 Lunch

- 14:30 Ayurvedic treatment
or free time
- 18:30 Workshop on ayurvedic
cuisine & cooking class
- 20:00 Dinner

Sunday, 29 October 2023

- 7:30 Meditation
- 8:00 Tea break
- 8:15 Yoga practice
(Pranayama, Asanas)
- 10:00 Breakfast
- 11:00 Ayurvedic treatment
or free time
- 13:00 Lunch
- 14:30 Ayurveda workshop
Tips to implement in my
everyday life
- 16:00 Goodbye

Who we are

Mirella Cartillone *Yoga teacher*

Mirella is a dedicated Yoga teacher with Italian roots, born in Switzerland. More than 10 years ago, she discovered Yoga as a vital counterbalance to her analytical and stressful job as a lawyer. Ever since, Yoga has been part of her life and slowly, the initial tool for stress-relief turned into a life-changing path. For the past 10 years she has been dedicating her life to the deepening of her spiritual practice.

Mirella recognizes Yoga as a beautiful path to realize one's true nature and is wholeheartedly dedicated to transmitting not only the physical aspects of Yoga, but also its spiritual treasures. She believes that the true yoga practice happens in our everyday life; that love, presence and mindfulness are way more important than the ability to put our legs behind the head. She encourages to practice Yoga in a mindful way, emphasizing the importance of the breath and sharing her passion for Kirtan (devotional music). Her classes are a combination of static postures and flowing movements - sometimes dynamic and challenging, sometimes calm and meditative.



Maharishi Ayurveda Centre

The center offers the expertise of a group of experienced individuals in Ayurvedic medicine from "Ayurveda Maharishi" for over 30 years.

It is recognized as the most authentic in India and worldwide, encompassing not only medicine but also the entire range of Vedic Sciences, including Transcendental Meditation, Sthapatya Veda (eco-bio sustainable architecture), Gandharva Veda (music therapy), and Jyotish (Vedic astrology).

The aim is to help people achieve better health and provide healing to those with health issues, drawing upon the treasure trove of knowledge and experiences from Ayurveda dating back over 3500 years. Every individual is unique, and this aspect is always taken into account in the approach to diagnosis and therapy.

The technicians at the center, including physicians and physiotherapists, undergo specialized training at Maharishi University through extensive and in-depth courses. They collaborate with Indian Ayurvedic experts, Vaidyas (Ayurvedic doctors), who occasionally visit the center, including Dr. J.R. Raju, Dr. Pavani Chakrahari Raju, and Dr. Aditya Chakrahari Raju.

Please register via email info@ayurveda-maharishi.net

Deadline for registration is **15 September 2023**. Places are limited.
Registrations will be considered in the order of their receipt.

