

श्री राधारमणो विजयते

Navkanan-Punyadri Peeth
Maharshi Atreya Ayurveda Ashram

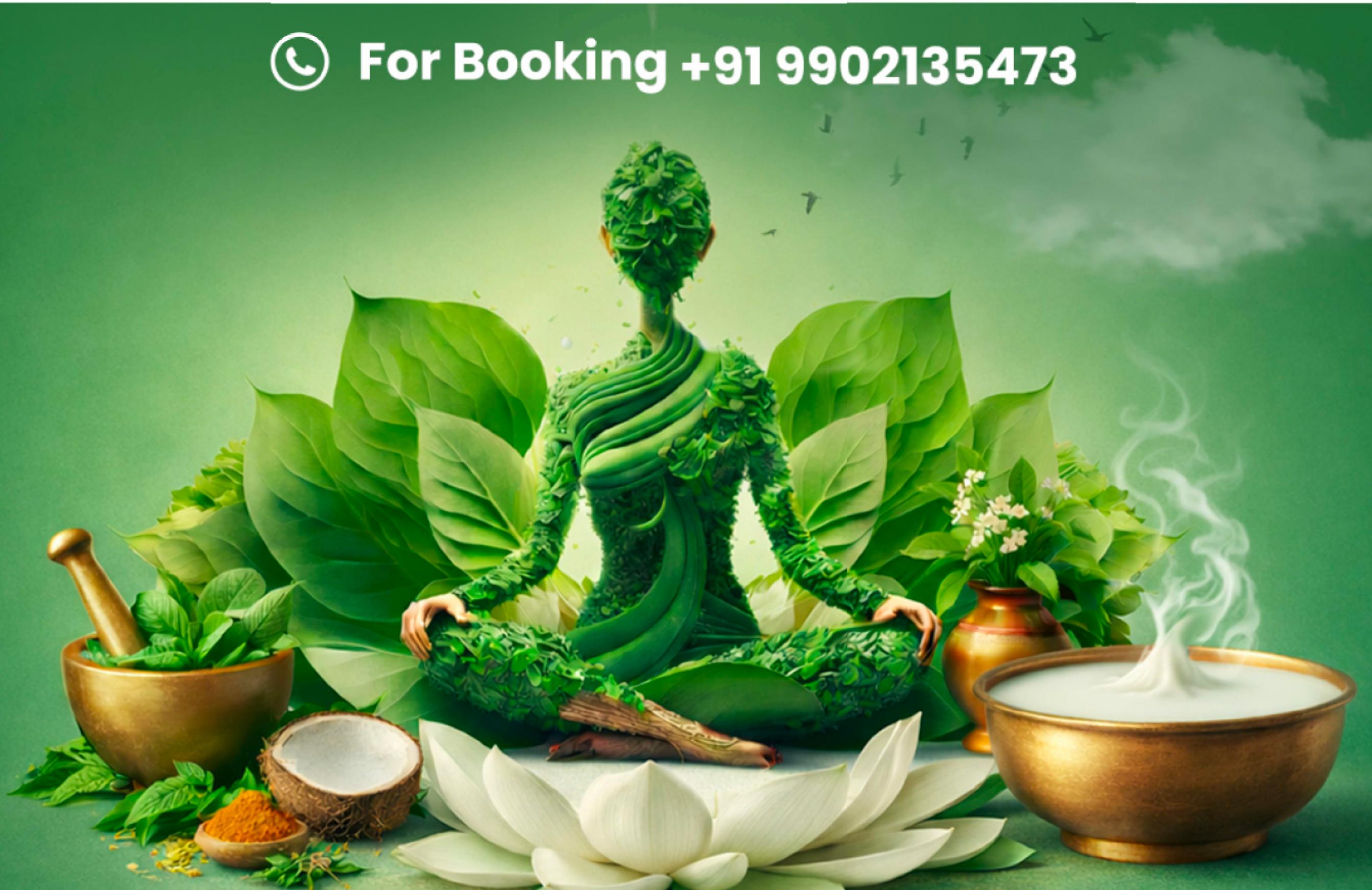
Payovrata Vasant Retreat

From 15 February to 24 February

- **Ideal Time for Vata Kapha Detox**
- **Best Season for Skin Care**
- **Best Time for Body Pain Relief**
- **Best Time for Obesity Treatment**



For Booking +91 9902135473



Duration: 10 Days

Join us for a transformative 10-day Spiritual Meditation & Panchakarma Detox and Retreat at the Govardhan Navkaran Ashram, Neem Goan, Govardhan. This retreat is designed to rejuvenate your mind, body, and soul, offering specialized treatments for various health concerns.

Treatments

Subtle Body Treatment (Sukshma Shareer Chikitsa) Meditation, Indriya Chikitsa (Arati), Bhajan & Keertan, Discourse on Bhagawat Geeta & Manas

Gross Body Treatment (Sthoola Shareer Chikitsa)

After an initial assessment, a customized selection of Panchakarma procedures will be planned according to individual health issues. This includes selecting internal detox remedies such as Vamana or Virechana, followed by Basti Chikitsa. Alongside these internal therapies, external Marma therapies will also be provided.

Sacred Dinacharya

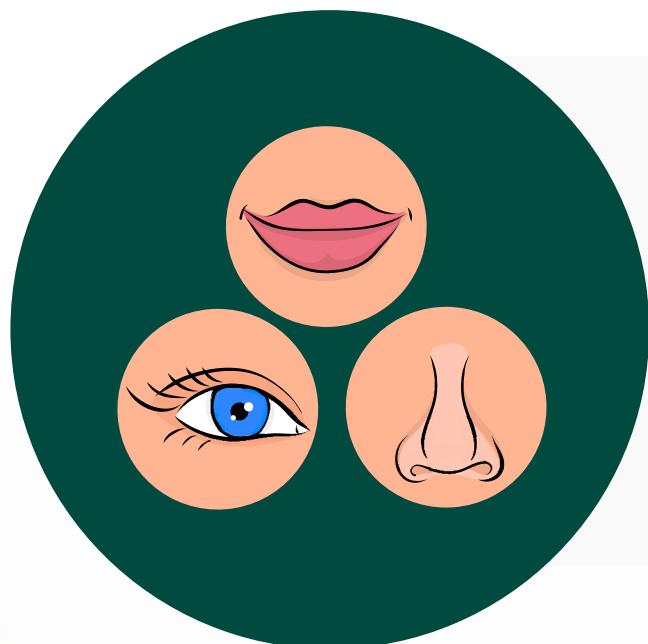
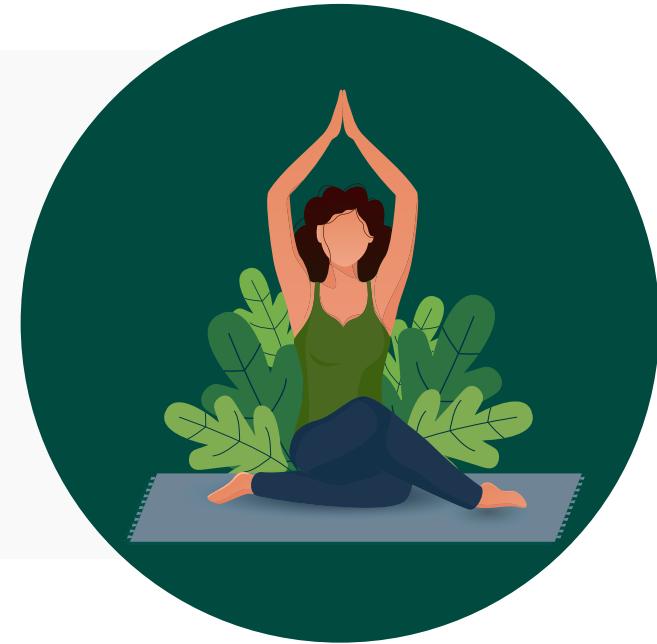


6:00 AM – 6:30 AM HERBAL SUNRISE RITUAL

Begin your day with Ayurvedic herbal tea and a refreshing cleansing shower.

6:30 AM – 7:30 AM YOGA & PRANAYAMA

Āsana, Prāṇāyama & Meditation for strength, breath, and inner balance.



7:30 AM – 8:00 AM PANCHENDRIYA ŚUDDHI

Five-sense detox through Nasya, Gandūsa, Neti, and Ayurvedic eye cleansing.

— A SACRED SPIRITUAL DISCOURSE —

Vāmana Avatāra Payo-Vrata Sādhanā

19 – 25 February | 8:00 AM – 10:30 AM



**Manmohan Goswami
Ji Maharaj**

Sacred exposition on the divine mystery
of Vāmana Avatāra through Payo-Vrata
Sādhanā

**Tanmay Goswami
Ji Maharaj**

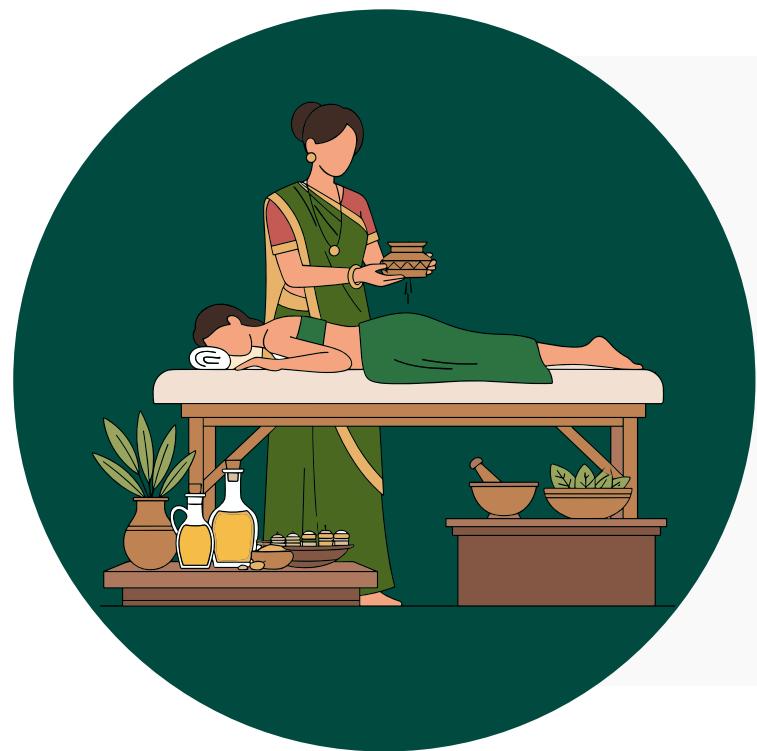
Insights into the spiritual depth and
transformative essence of Payo-Vrata Sādhanā

Why Attend

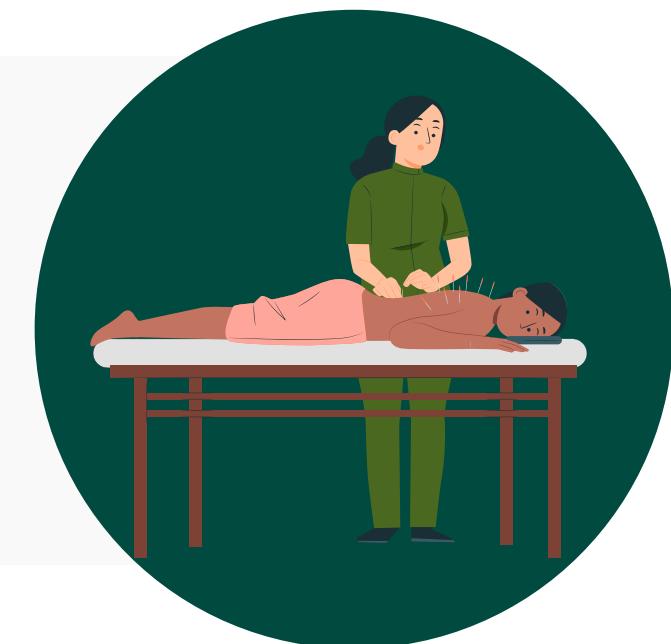
Humility invites divine grace

Surrender leads to liberation

Dharma ultimately prevails



10:30 AM – 1:00 PM
AYURVEDA & NATUROPATHY THERAPIES
Panchakarma, naturopathy, and personalized Ayurvedic counselling for holistic rejuvenation.



2:00 PM – 5:00 PM
AYURVEDA & NATUROPATHY TREATMENTS
Personalized Marma therapy, Panchakarma detox, and Ayurvedic counselling.



4:30 PM – 5:00 PM
HERBAL TEA & FRUIT JUICES
Refreshing herbal tea and fresh fruit juices to nourish and rejuvenate the body.



5:00 PM – 5:30 PM
KUND PARIKRAMA & GOSHALA
The sacred Kund walk and Goshala visit help calm the mind, purify thoughts, and nurture emotional well-being.



6:00 PM
ARTHI AND KIRTHAN
Ārati and Kīrtan elevate consciousness, calm the mind, and awaken devotion and inner joy.



**8:30 PM – 9:00 PM
YOGA NIDRA THERAPY**

Guided deep relaxation for inner peace and
Stress release

10:00 PM

LIGHTS OFF – TIME FOR DEEP REST

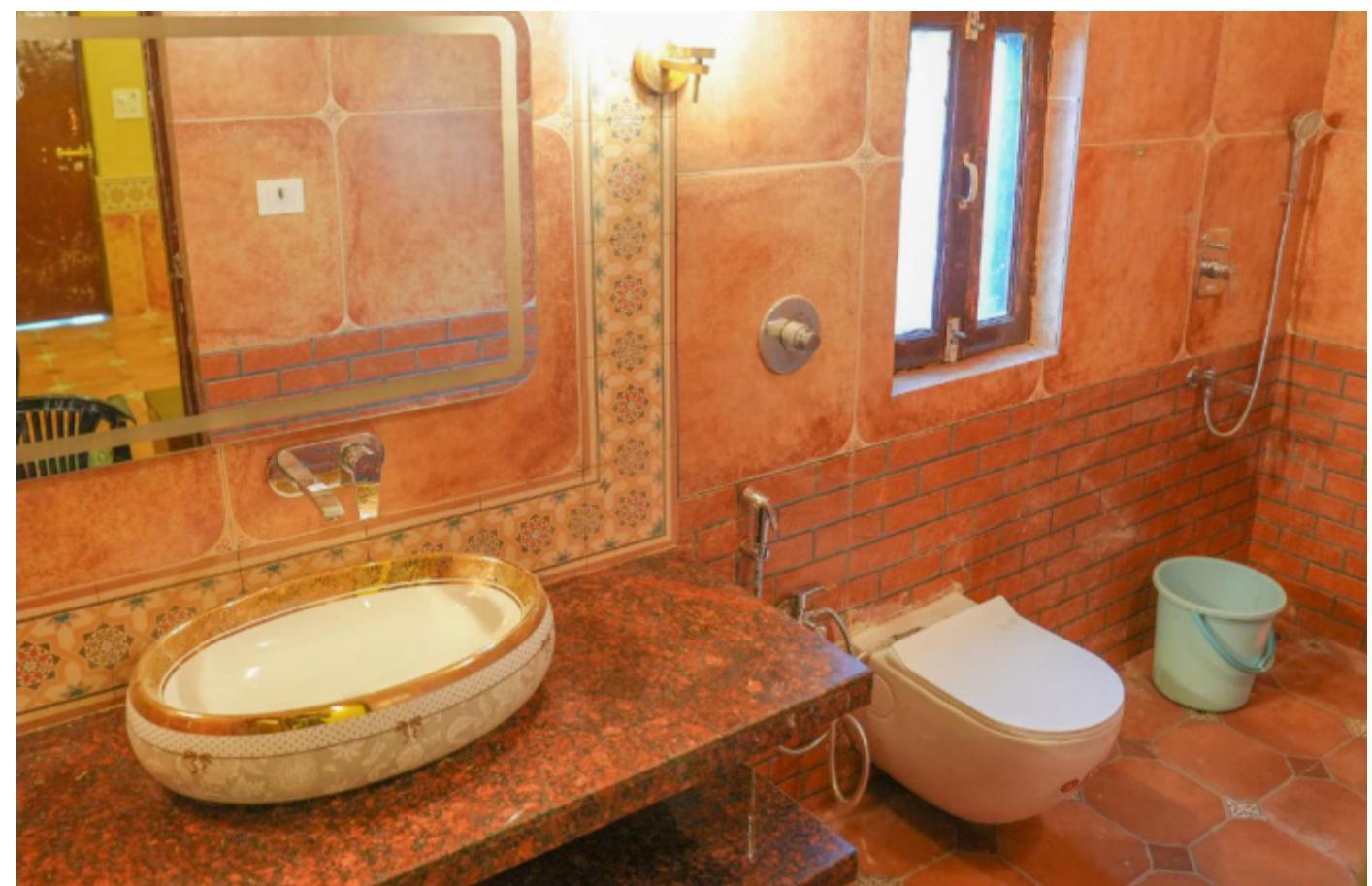
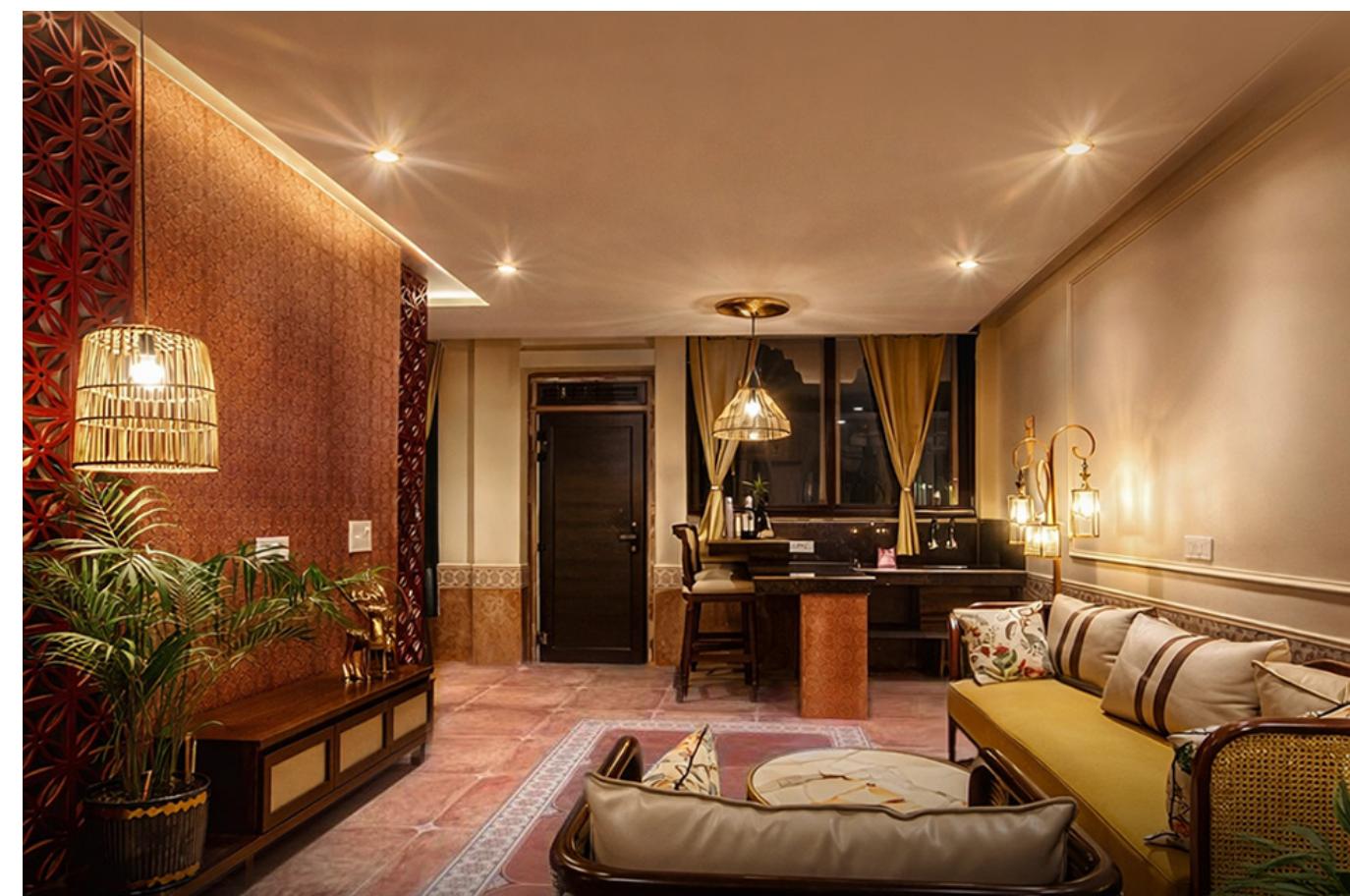
A peaceful night's sleep to recharge your Body
and Mind



WHY JOIN THIS RETREAT ?

- Experience Authentic Ayurveda & Panchakarma
- Get expert guidance from seasoned Ayurvedic healers
- Rediscover Inner Peace through Yoga, Meditation & Spiritual Discourses
- Detox your mind, body & soul with Vedic sciences
- Learn time-tested secrets of longevity & wellness

VISIT WWW.GOSVAL.COM TO RESERVE YOUR SPACE







Where ?



Navakanan - Punyadri Peeth Maharishi Atreya Ayurveda Ashram



Limited slots available!

**Maharishi Atreya ayurveda gurukul ashram – Navakanan Punyadri Peeth,
Neem Gaon – Padal, Govardhan, Mathura, UP 281001 +91 9902135473**