

श्री राधारमणो विजयते

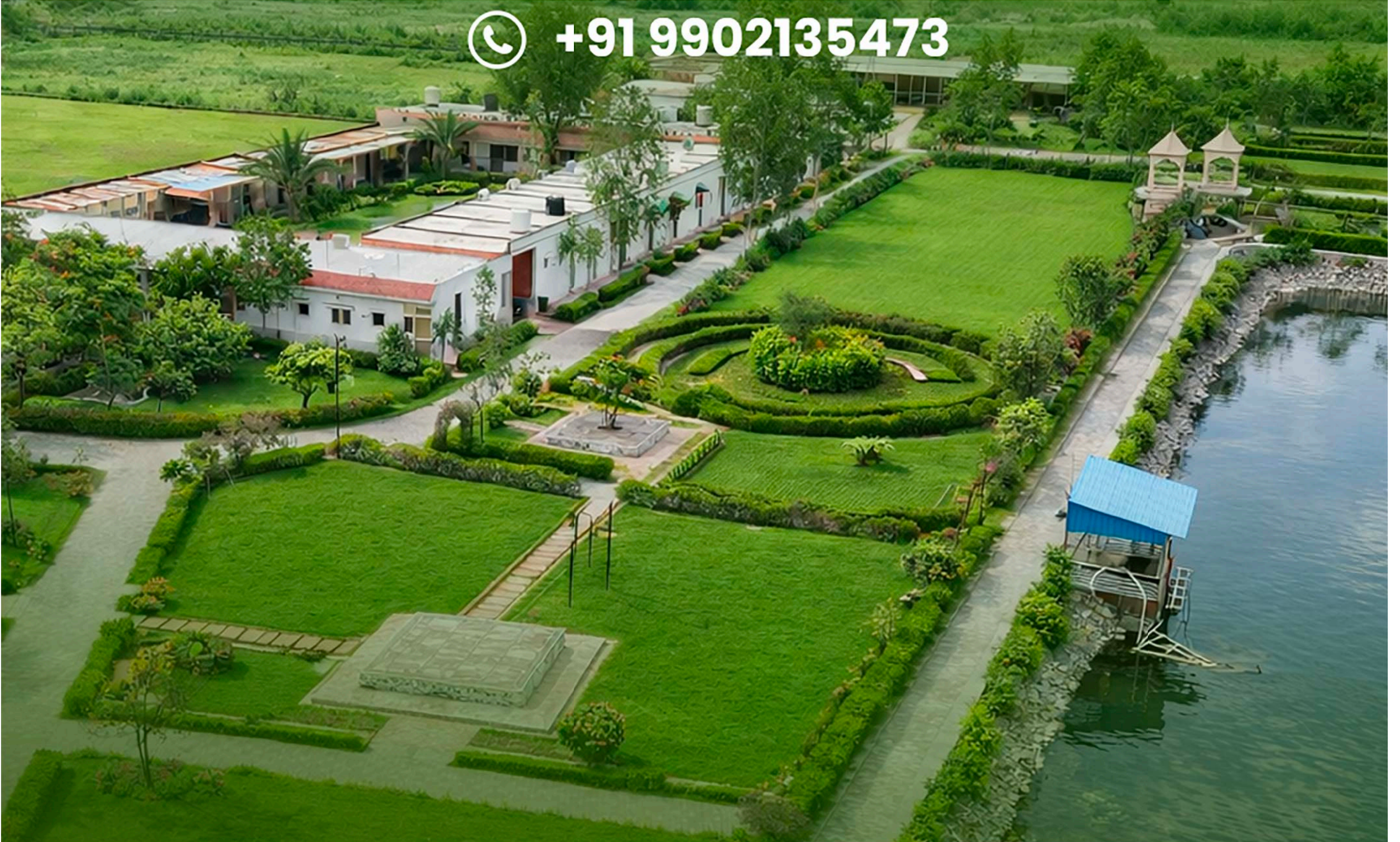
Navkanan-Punyadri Peeth
Maharshi Atreya Ayurveda Ashram

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

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www.gosval.com



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Duration: 10 Days

Join us for a transformative 10-day Spiritual Meditation & Panchakarma Detox and Retreat at the Govardhan Navkanan 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

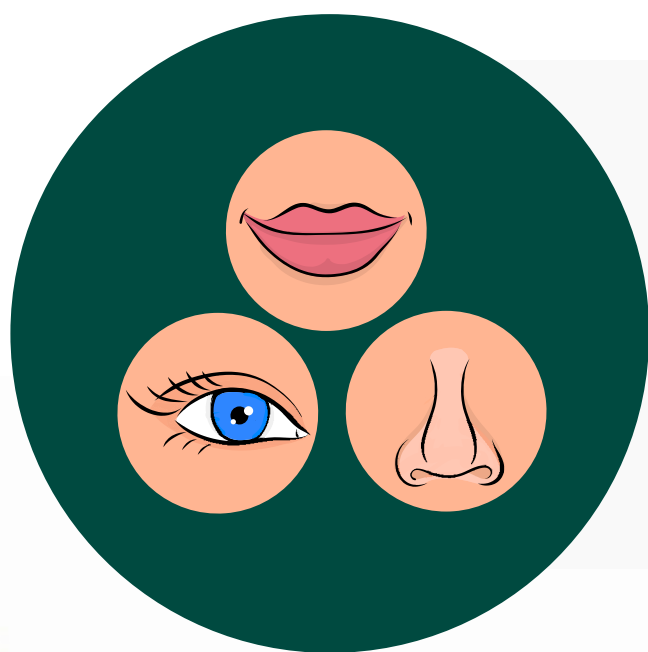
HERBAL SUNRISE RITUAL

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

6:30 AM – 7:30 AM

YOGA & PRANAYAMA

Āsana, Prānāyama & 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 ✧

VÂMANA AVATÂRA

Payo-Vrata Sâdhana

विनम्रता ही दिव्यता का द्वार है
Humility is the gateway to Divinity

08:00 AM - 10:30 AM

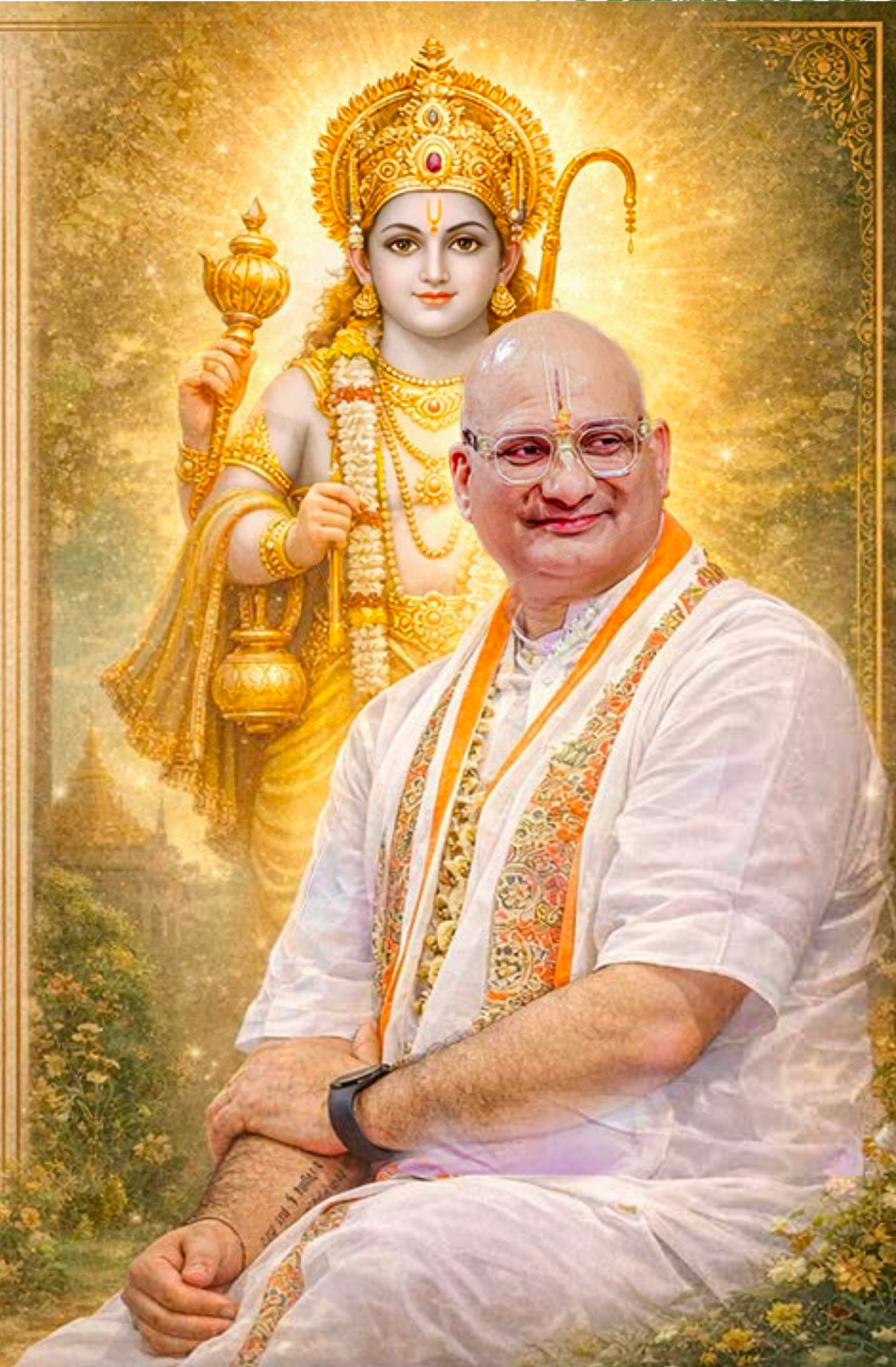
By

Acharya Dr. Tanmay Goswami

Because humility invites divine grace

- Because surrender leads to liberation
- Because Dharma always triumphs

Come and join to recharge & rejuvenate your Soul



10:30 AM – 1:00 PM

AYURVEDA & NATUROPATHY THERAPIES

Panchakarma, naturopathy, and personalized Ayurvedic counselling for holistic rejuvenation.



1:00 PM – 2:00 PM

DIVINE LUNCH & REST

Sattvic prasadam and mindful time for rest and self-reflection.

2:00 PM – 5:00 PM

AYURVEDA & NATUROPATHY TREATMENTS

Personalized Marma therapy, Panchakarma detox, and Ayurvedic counselling.



4:30 PM – 5:00 PM

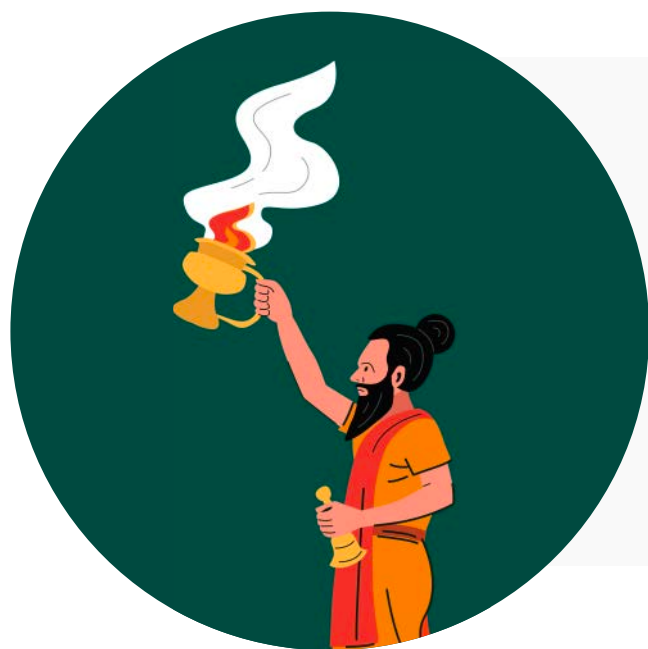
HERBAL TEA & FRUIT JUICES

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.

7:30 PM – 8:30 PM

DINNER & HEALING TREATMENTS

Divine Sattvic Dinner (Prasadam) for nourishment





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 Maharshi Atreya Ayurveda Ashram



Limited slots available!

**Maharshi Atreya ayurveda gurukul ashram – Navakanan Punyadri
Peeth, Neem Gaon – Padal, Govardhan, Mathura, UP 281001**

For any information contact :- +91 9902135473

