

श्री राधारमणो विजयते

Navkanan-Punyadri Peeth  
Maharshi Atreya Ayurveda Ashram

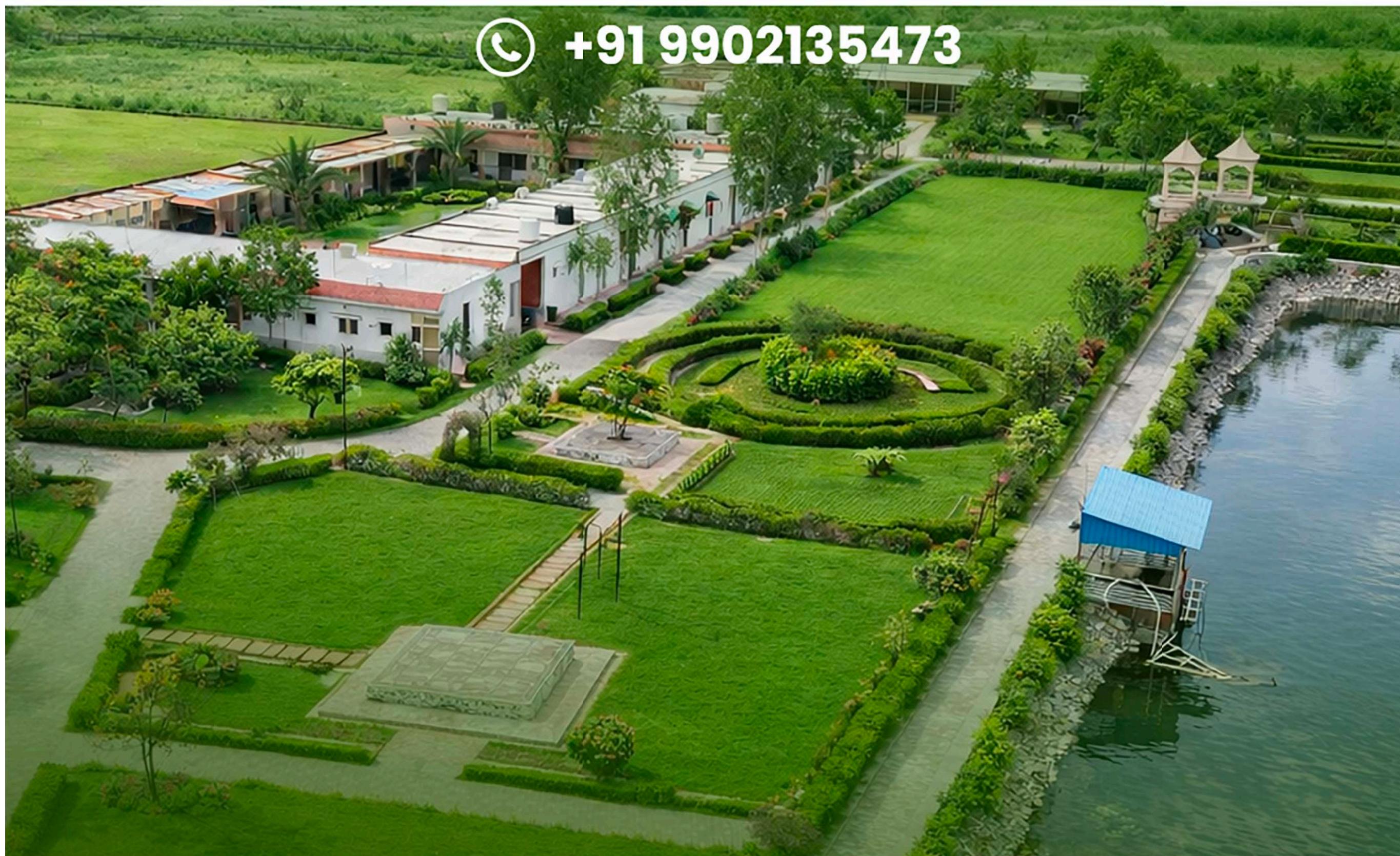
## Payovrata Vasant Retreat

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**



+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)**

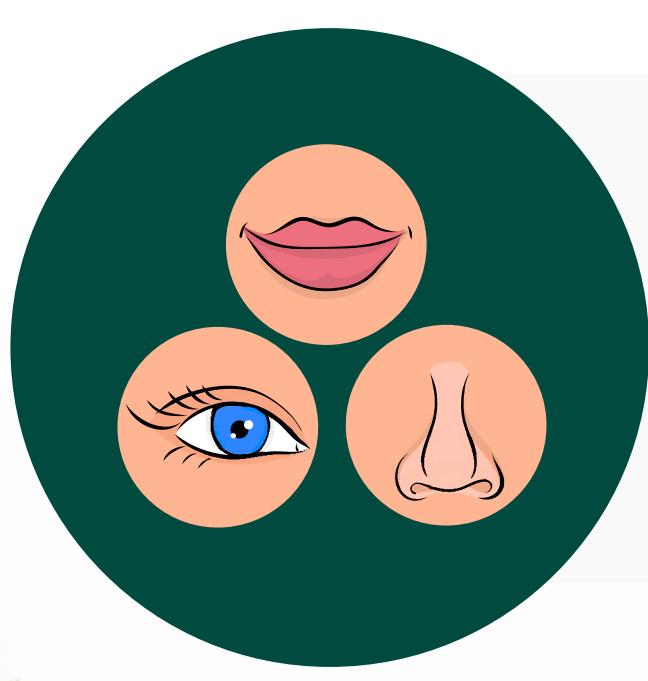
After an initial assessment, a customized selection of Panchakarma procedures will be planned according to individual health issues. This includes selecting internal detox remedies such as Vamana or Virechana, followed by Basti Chikitsa. Alongside these internal therapies, external Marma therapies will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

# *Sacred* Dinacharya



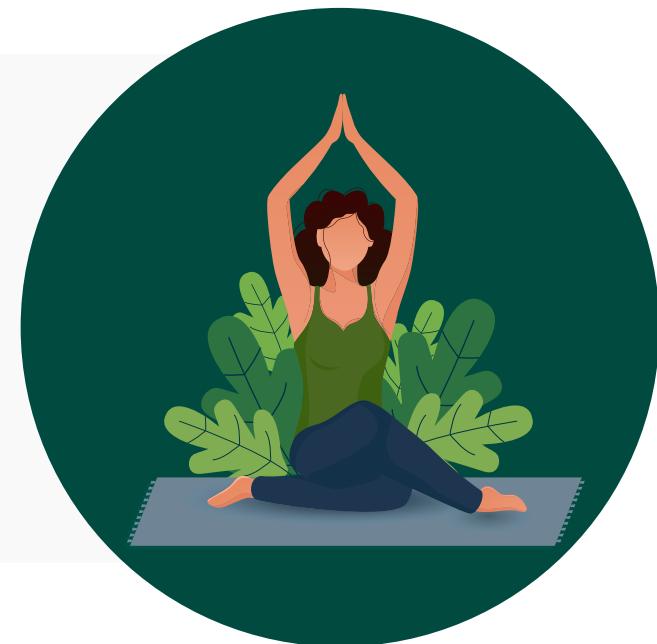
## **6:00 AM – 6:30 AM HERBAL SUNRISE RITUAL**

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



## **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 हे

*Humility is the gateway to Divinity*

**08:00 AM - 10:30 AM**

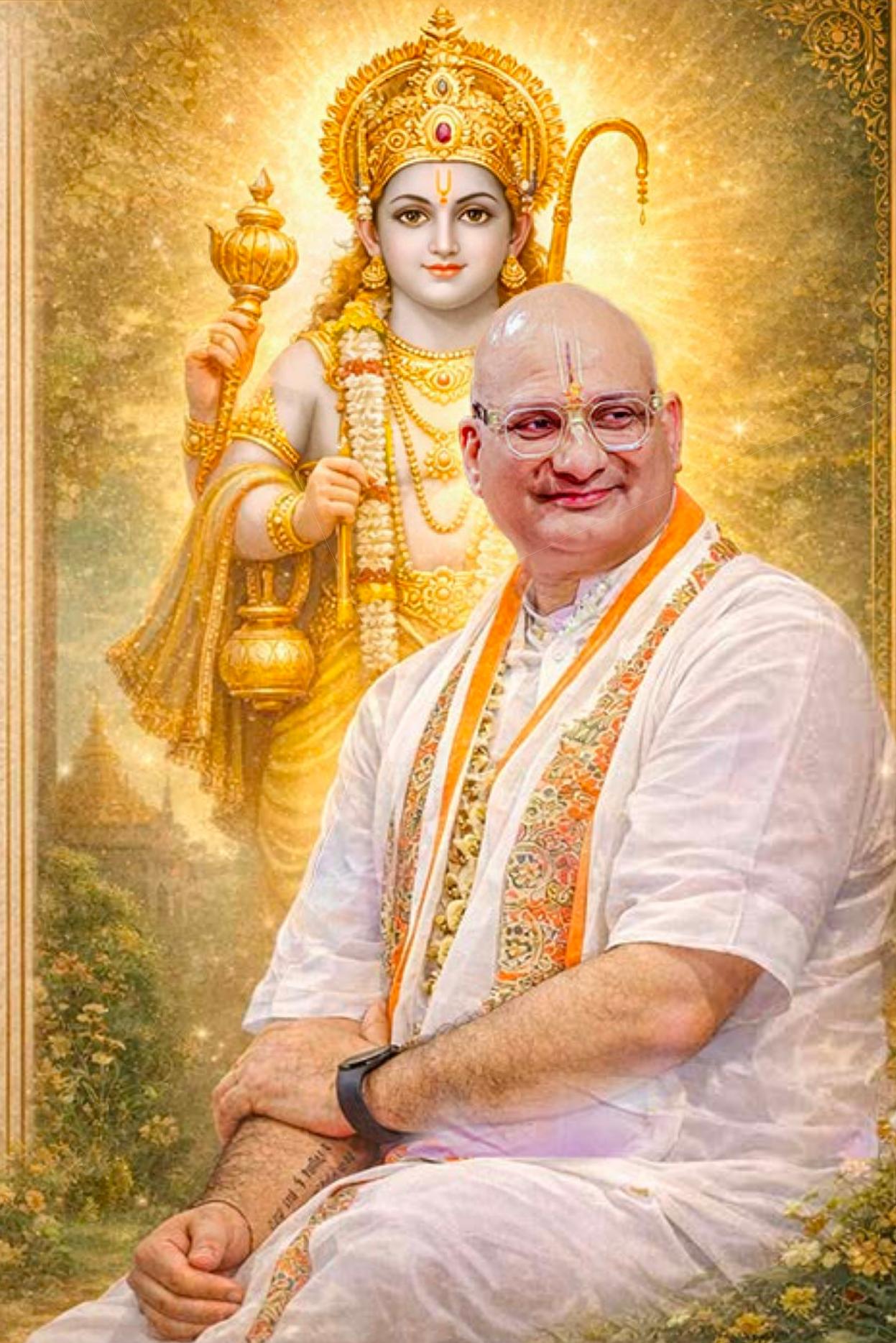
By

Acharya Dr. Tanmay Goswami

Because humility invites divine grace

- Because surrender leads to liberation
- Because Dharma always triumphs

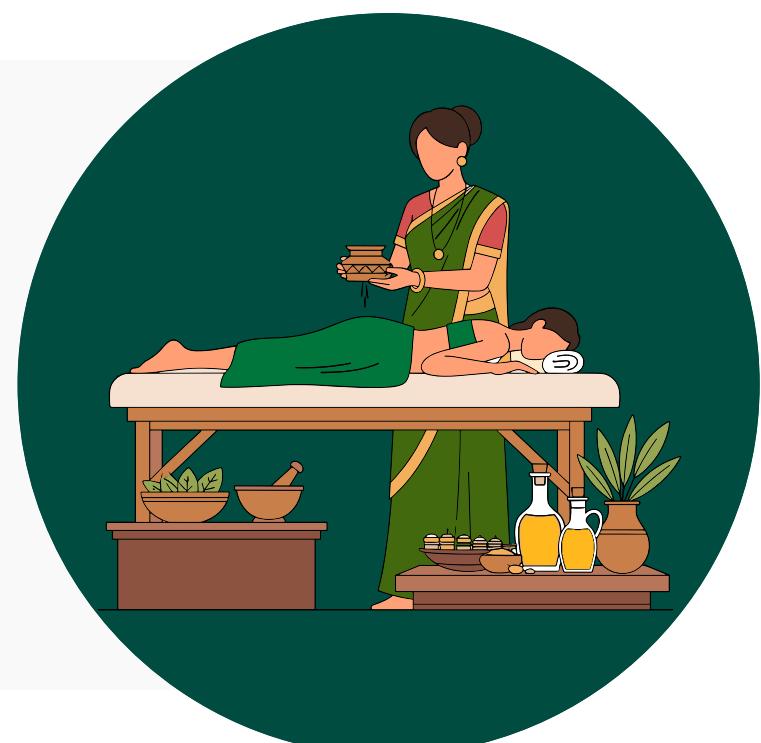
Come and join to recharge & rejuvenate your Soul



**10:30 AM – 1:00 PM**

### AYURVEDA & NATUROPATHY THERAPIES

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



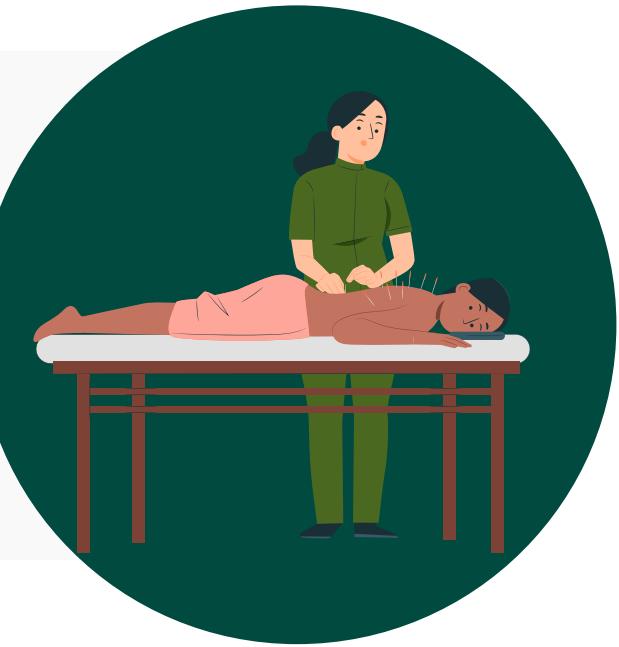
**1:00 PM – 2:00 PM**  
**DIVINE LUNCH & REST**

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

**2:00 PM – 5:00 PM**

## **AYURVEDA & NATUROPATHY TREATMENTS**

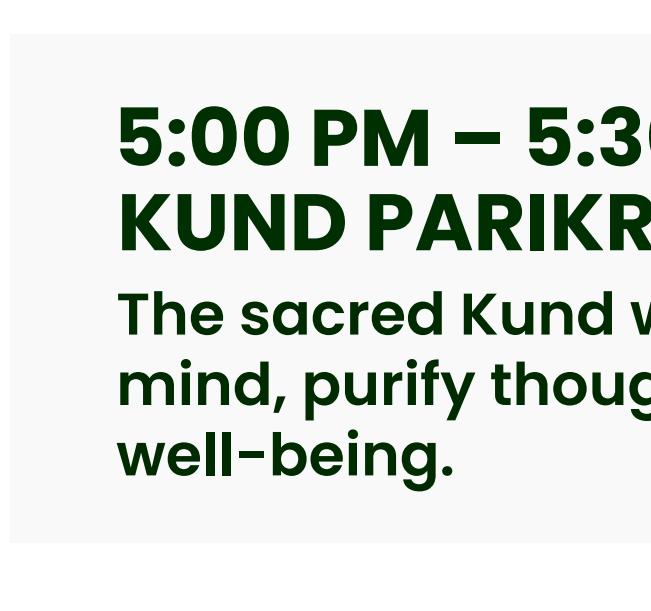
Personalized Marma therapy, Panchakarma detox, and Ayurvedic counselling.



**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**

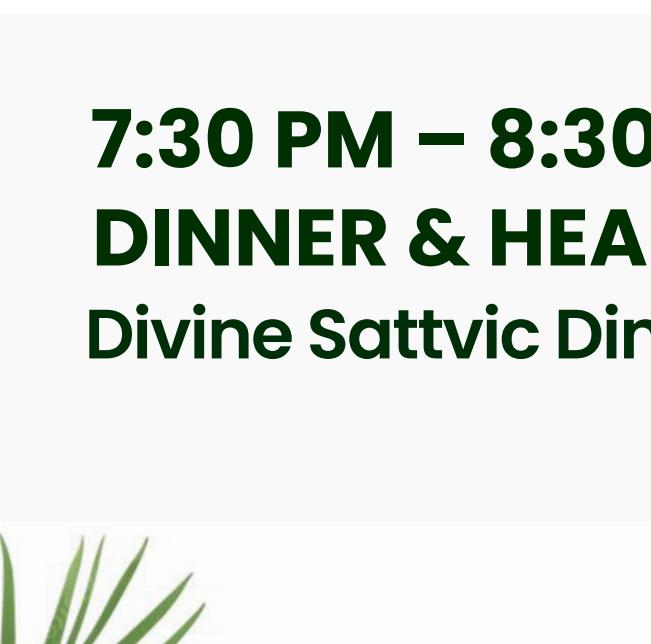
The sacred Kund walk and Goshala visit help calm the mind, purify thoughts, and nurture emotional well-being.



**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 ?**

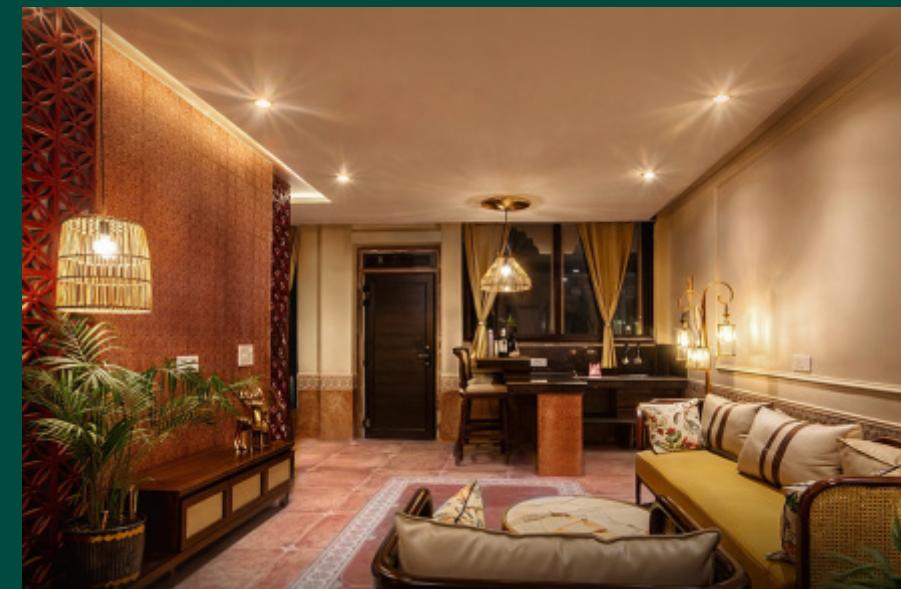
- Experience Authentic Ayurveda & Panchakarma
- Get expert guidance from seasoned Ayurvedic healers
- Rediscover Inner Peace through Yoga, Meditation & Spiritual Discourses
- Detox your mind, body & soul with Vedic sciences
- Learn time-tested secrets of longevity & wellness

**VISIT [WWW.GOSVAL.COM](http://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**

