

## Book Your Wellness Retreat Today!

Detox retreat participation is subject to assessment done by the host, Shveta Mishra ,  
Ayurveda Wellness Counsellor

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# Monsoon Detox Retreat

Nestled in Nature's Embrace

**Welcome to Vasumdhara,  
Karjat  
(2.5 hrs from Pune/Mumbai)**

Detox is the process of giving rest to the gut and mind

Based on Ayurveda principles, know your body, understand your mind and bring it back to balance

Yoga, Abhyangam, Pranayama, Uddhwarthanam , customised meals, Art therapy, Water therapy



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## Accommodation & Facilities

### Shared Basis

The farmhouse boasts of open architecture , beautiful luxurious huge bedrooms and bathrooms. Natural greenery, ancient trees and thriving fruit orchard are the joys of being here.

### Customised meals

As per the preexisting health conditions vegetarian meals are customised for participants., All therapeutic activities are prescribed as per individual needs.

### Pool

Clean well maintained pool is used for aqua yoga and for a lot of group fun

### Abhyangama

Ayurveda led whole body massage to relax , rejuvenate and detox the body and mind, done by a professional.

### Uddvarthanam

Dry or wet scrubbing of body to remove toxins , support blood circulation and release stress.

### Yoga and Pranayama

For the seekers of internal balance,yoga and pranayama will bring the elements in harmony and practice will bring in calm and bliss



## Fri Itinerary - 21st June

**Welcome - 4pm onwards**  
**Evening detox drink**  
**Retreat Initiation**  
**Dinner**  
**Meditation**  
**Relaxation Asanas**  
**Trataka**



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## Sat Itinerary- 22nd June

**Morning Detox Drink**  
**Morning Asana Session**  
**Breakfast**  
**Abhyangam**  
**Acupressure**  
**Udvarthanam**  
**Lunch**  
**Rest hour**  
**Art therapy**  
**Aura Cleansing**  
**Tea at the stream**  
**Individual Consult**  
**Movement Therapy**  
**Dinner**  
**Trataka**  
**Meditation**

## Sun Itinerary- 23rd June

**Morning Detox Drink**  
**Morning Asana Session**  
**Breakfast**  
**Abhyangam**  
**Acupressure**  
**Udvarthanam**  
**Lunch**  
**Aura cleansing**  
**Departure from 3.30-4pm onwards**



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## Energy Exchange

### Assessment Call

If you are interested in being a part of Detox retreat , kindly call for the introductory assessment.

### Registrations

Post the assessment call , you can go ahead and register yourself for the retreat.

**Registrations close on 18th June,24**

### Retreat per person

**7500/-**

**For two friends coming together**

**7000/- per person**