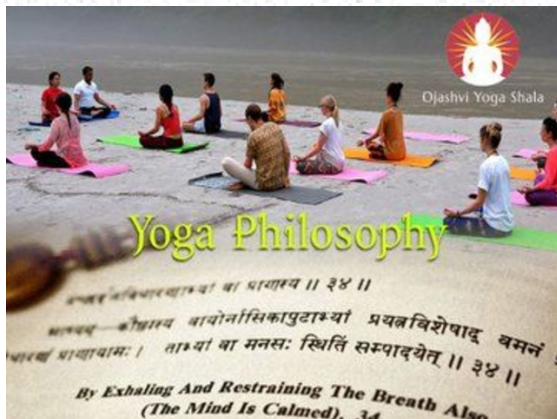


AYURVEDA AND YOGA RETREAT IN KERALA, INDIA

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Contact: Ojashvi Yoga Shala

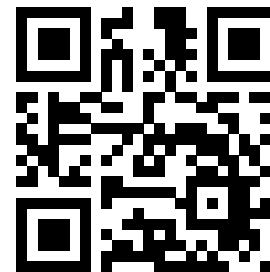
Phone:

Address: Adirondack, New York, United States

Price: 575.00 USD

Description:

Ayurveda and Yoga retreat of Ojashvi School in Varkala is one of the great opportunities to imbibe the teachings of the holistic sciences of India for the promotion of positive health and lifestyle. The teachings of Ayurveda includes the pancha karma techniques which are mainly helpful in the detoxification of the mind and body and aims in the balance of the three Doshas of the body .Yoga practices like Asana, pranayama improve the general well being through the strength and flexibility. The meditation and relaxation techniques bring the peace of mind and the stability of the emotions. The course is conducted in the beautiful location of the middle cliff by the experienced yoga teachers and ayurveda experts



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