

SEPTEMBER 2008

September 10-14 or September 17-21

CLEANSE and RENEW

Ayurvedic detoxification & rejuvenation retreat in Coeur d'Alene, Idaho

FIVE DAYS dedicated to uncovering and recovering **RADIANT HEALTH**

ADMISSION BY APPLICATION ONLY ~ Limited to 16 participants
Preference will be given to students and practitioners of Yoga

PURVAKARMA

Two weeks of cleansing preparation before Panchakarma includes individual consultation and a group class, where each participant will receive an elegant and effective daily regimen of food, herbs and exercise to cleanse and prepare the major systems of the body and mind for the 5 days of Panchakarma.



PANCHAKARMA

THE CENTERPIECE OF THE RETREAT

Panchakarma consists of Five Days of intensive bodywork treatments to support deep detoxification; including abhyanga (Ayurvedic massage) with individually prescribed herbs, shirodhara, and steam treatments. You will arrive each day for your session at Scharelant, a beautiful healing center with inspiring mountain views, overlooking Lake Coeur d'Alene, and just minutes from town. Instruction for additional self-administered treatment, yoga, pranayama & exercise will be given as well as a cleansing diet and recipes. Optional cleansing lunch/supper provided at additional cost. Accommodations arranged for out-of-town participants.

The retreat will be led by Drs. Nandan and Amruta Lele, Ayurvedic physicians and Panchakarma specialists from Pune, India. Treatments and procedures will be coordinated by Ayurvedic intern, Patricia Berger, B.A., LMP, RYT, and supported by a team of 4 therapists.

PASCHATKARMA

After Panchakarma, follow-up prescriptions for a two week post-cleanse provide Herbal support (Rasayana) and lifestyle guidelines to integrate, maintain and magnify rejuvenation.

COST: option 1: Full 5 day Panchakarma - \$1800. option 2: 2 day Panchakarma - \$600.
Once your application has been accepted you will be asked to submit a deposit of \$250.

To apply or for more information contact Patricia Berger
Phone: 208.665.1946 or Email: oneheart@bluelotussanctuary.com