

**NAVJIVAN VADIL KENDRA
PRESENTS**



2nd YOGA - HEALTH RETREAT



BUCKLAND HALL

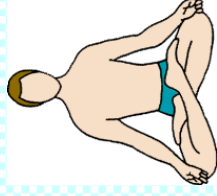
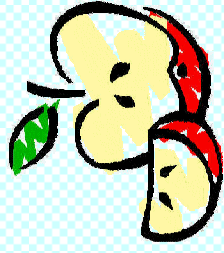
Enchanting Retreat Centre

IN WALES

(From 22 to 27 JUNE 2008)



**WHAT WILL I GET AT
“BUCKLAND HALL” RETREAT?
A beautiful pollution-free Welsh
countryside!! ALSO:**



YOGA & NATUROPATHY:

Personal consultation

Advice on Herbal &

Ayurvedic medicine

Asana Pranayama

Mantra Meditation

- **PRACTICAL WORK SHOPS:**
*Swedish & Ayurvedic
Body Massage, Facial,
Reflexology, Ayurveda &
Aromatherapy*
- **CONTROLLED DIET:**
*Based on principles of
Naturopathy*
- **JUICE THERAPY:**
*Fresh Aloe Vera and/or
Wheat grass juice*
- **GROUP WALKS: In the
Welsh countryside**
- **SOCIAL EVENINGS:**
Karaoke -- Games -Dances



NATUROPATHY & YOGA RETREAT

It is an opportunity to change your lifestyle. It is a place where you:

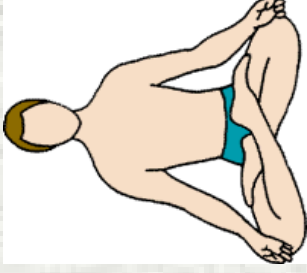
PRACTISE – LEARN – EXPERIENCE

- **YOGA**
- **PRANAYAMA**
- **ASANAS – MEDITATION**
- **REFLEXOLOGY**
- **BODY MASSAGE**
- **FACIAL & SELF-MASSAGE**
- **AROMATHERAPY**
- **AEROBICS**
- **JUICE THERAPY**
- **AYURVEDA**
- **CONTROLLED DIET**
- **NATUROPATHY**



YOGA

***IT BRINGS THE BODY,
MIND AND SPIRIT
TOGETHER INTO ONE
HARMONIOUS EXPERIENCE
THROUGH THE PRACTICE
OF ASANA, PRANAYAMA,
MUDRA & BANDHA***



ASANAS include:

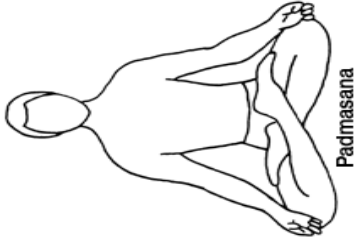
VAJRASANA
PADMASANA
PARVATASANA
VAKRASANA
GOMUKHASANA
JANUSIRASANA
PASCHIMOTTANASANA
USTRASANA
MANDUKASANA
SHASHANKASANA
SKANDHASANA



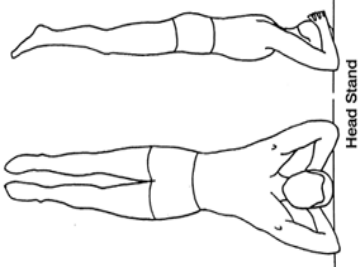
Vajrasana



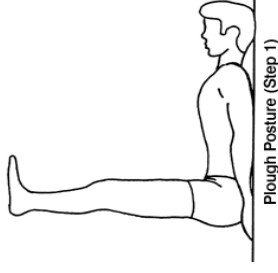
Supta - Vajrasana



Padmasana



Head Stand



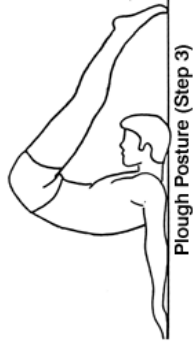
Plough Posture (Step 1)

Vajrasana Supta Vajrasana

Padmasana

Shirsasana

Halasana



Plough Posture (Step 3)

Halasana



Shoulderstand

Sarvangasana



Fish Posture

Matsyasana



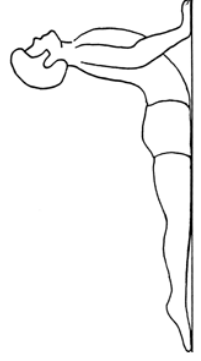
Twist Posture

Ardha Matsyendrasana



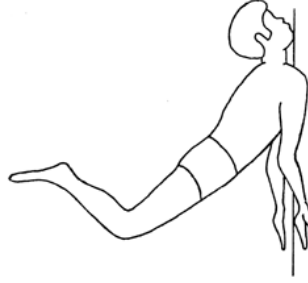
Bow Posture

Dhanurasana



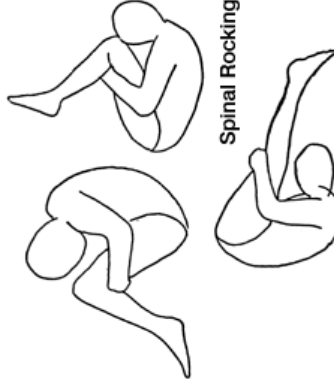
Cobra Posture

Bhujangasana



Locust Posture

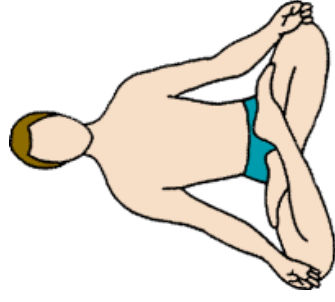
Shalabhasana



Spinal Rocking

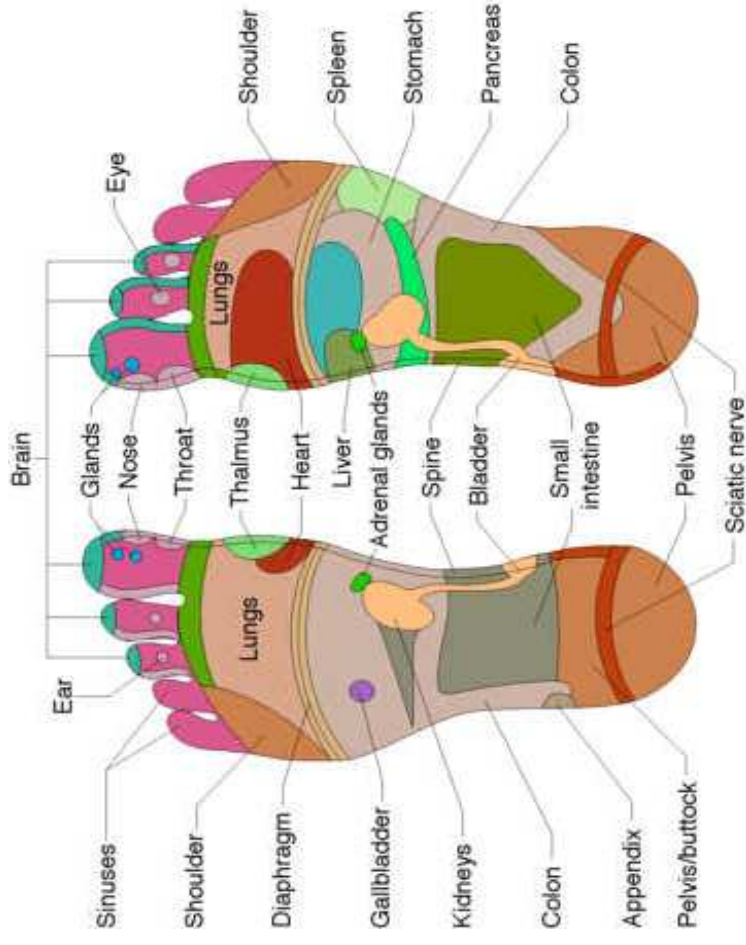
Spinal Roll

YOGA PRANAYAMA



- PRANAVA
- BHASTRIKA
- KAPAL-BHATI
- BAHYA
- AGNISAR
- UJJAYI
- KEWLI
- ANULOM VILOM
- NADI-SHODHAN
- BHRAMARI
- UDGEET

REFLEXOLOGY



It is based on the theory that reflex on the feet and hands are linked to other areas and organs of the body with the same zone.

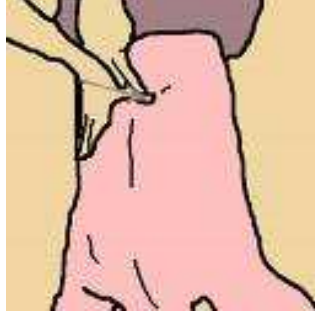
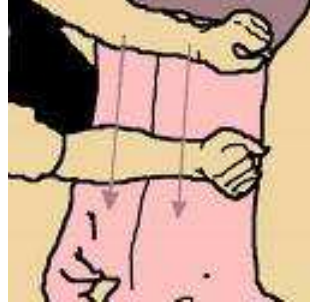
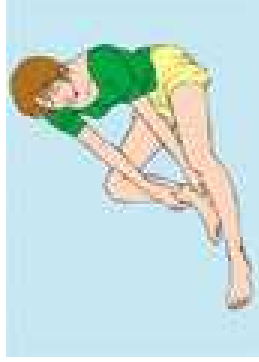
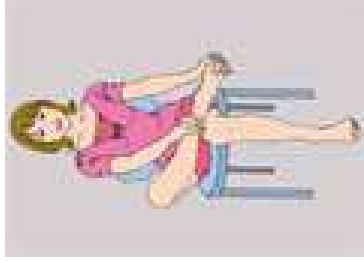
Reflexology helps to stimulate the natural healing process.

MASSAGE

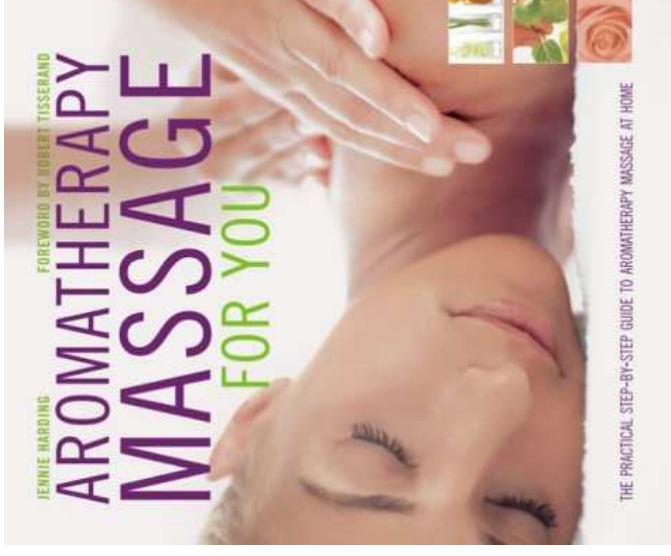


- **improves Blood Circulation**
- **Increases Concentration**
- **Decreases Anxiety**
- **Improves Sleep Quality**
- **Increases Energy**
- **Nourishes Skin**
- **Reduces Blood Pressure**
- **Improves Immune System**

MASSAGE TECHNIQUES



AROMATHERAPY MASSAGE



Aromatherapy uses ESSENTIAL OILS

from plants for rejuvenation of Body, Mind and Spirit. Many such oils have medicinal and healing properties such as Rosemary, Lavender and Jasmine.

JUICE THERAPY



Wheatgrass



Aloe-Vera



Exclusive diet of
fruit & vegetable
juices

NATURE'S SIMPLE WAY OF TREATING DISEASES

WHEATGRASS BENEFITS

- Abundant Vitamins & Minerals
- Called “Green Blood”
- Lowers BP & Cholesterol
- Anti-cancer Agent
- Balances Blood Sugar level
- Nourishes Skin
- Excellent “Living Chlorophyll”



ALOE-VERA BENEFITS



- Miracle Healing Benefits
- Extends Lifespan
- Anti-bacterial & Anti-fungal
- Lowers Blood Sugar Levels
- 70 “Essential Ingredients” including Vitamin B12, Minerals, Enzymes, Protein & Amino Acids

AYURVEDA & HERBS



Ayurveda offers holistic treatments which are scientific, natural & help to alleviate the pressures of modern living

- Shila-jeet
- Ashwagandha
- Trifala
- Isabgul
- Chavan-pras

NATUROPATHY



- Healing Power of NATURE
- IN RIGHT CONDITIONS – WILL SELF HEAL OR SELF CORRECT
- PREVENTION better than CURE
- PERSON TREATED NOT DISEASE
- DISEASE NOT “SUPRESSED” – BUT ROOT CAUSE IS TREATED
- PHYSICIAN EMPOWERS PATIENT

NATUROPATHY REQUIRES

- SINCERITY
- SACRIFICE
- DEVOTION
- DEDICATION
- DISCIPLINE

PREPARE YOURSELF TO CHANGE YOUR LIFESTYLE

LEARN, PARTICIPATE & EXPERIENCE!

IT'S YOUR RETREAT MAKE THE MOST OF IT!!

NATURE IS YOUR FRIEND

YOU BECOME ILL WHEN YOU BETRAY HER!

NATUROPATHY & YOGA *ARE TWO WHEELS OF A CART*

NATUROPATHY REQUIRES 3 "D"'S

- *DEVOTION*
- *DEDICATION &*
- *DISCIPLINE*



NATUROPATHIC DIET

- Do not mix cooked & uncooked food
- Cooked Food for Lunch & Uncooked Food for dinner
- 50% to 80% food in natural state – fruit & vegetables
- AVOID: **SUGAR, SALT, SMOKING – SATURATED FAT & SEDENTARY LIFE-STYLE**
- Perform regular fasts on juices only

MILK – GOOD OR BAD?



FOR A CHILD, BREAST MILK IS BEST



FOR A CALF, COW'S MILK IS BEST!

NARUTOPTHY REPLACES COW'S MILK WITH:

➤ **SOYA MILK** – (Excellent source of Class A Protein, lowers blood cholesterol, antioxidant protects from cancer)



➤ **RICE MILK** – (Natural vitamins A, D and Calcium)

➤ **GOAT MILK:** (easier to digest, can be consumed by people with lactose intolerance)



NATUROPATHY REQUIRES:

Dedication

Devotion

Discipline

Sacrifice

Sincerity

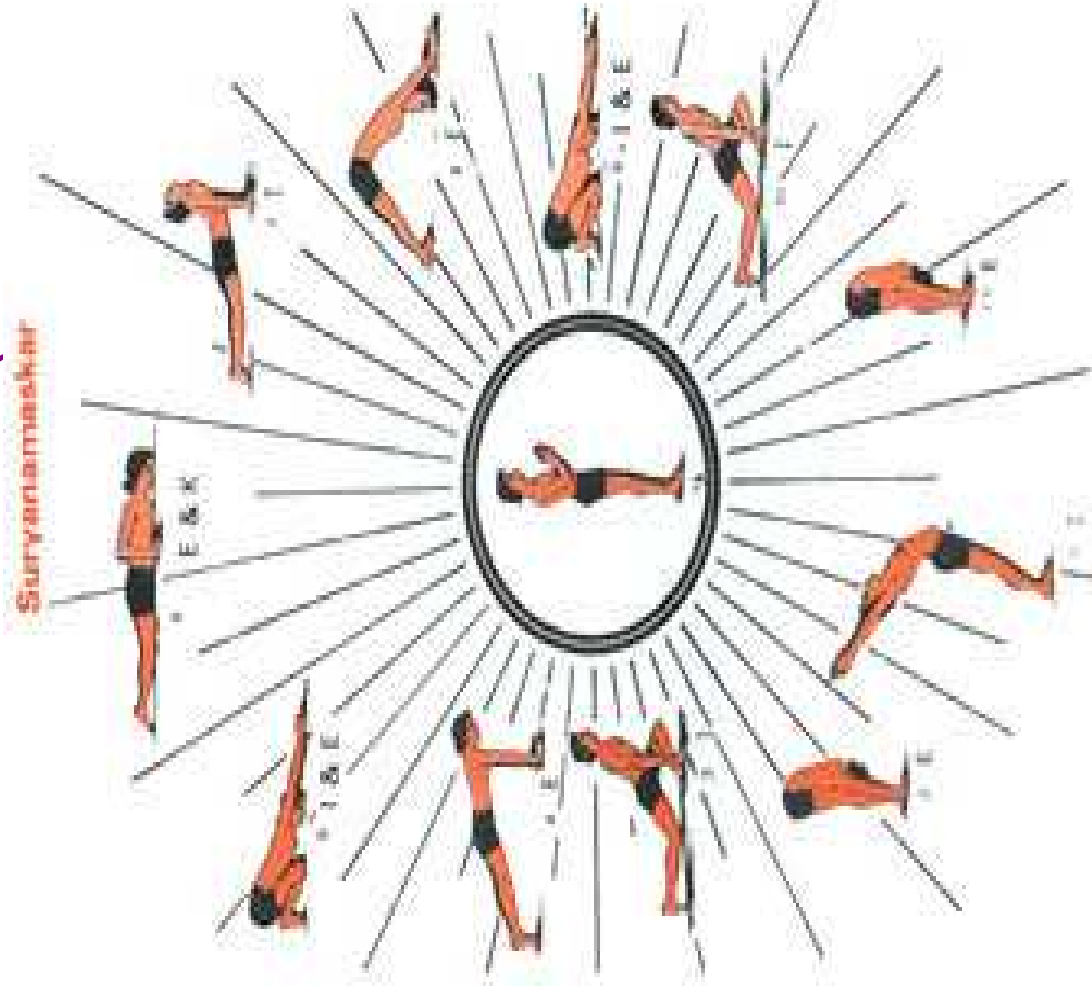
**PREPARE YOURSELF TO
CHANGE YOUR LIFESTYLE**

**LEARN, PARTICIPATE &
EXPERIENCE!**

**IT'S YOUR RETREAT MAKE
THE MOST OF IT!!**

SURYA-NAMASKAR

(Sun Salutation)



THOSE WHO ARE FIT
TO DO "ADVANCE
YOGA" WILL BE ABLE
TO DO MANY MORE
DIFFICULT ASANAS &
12 SESSIONS OF
SURYA NAMASKAR

Itinerary

5.30 – 6.00 am	Surya Namaskar
6.00 – 8.30 am	Yoga (mainly Asanas)
8.30 – 9.30 am	Breakfast
9.30 – 12.30	Walking and free time
12.00- 1.00 pm	Yoga in open (Pranayama, Laughter, Chinese and Facial Massage)
1.00 -2.00 pm	Lunch
2.30 – 4.30 pm	Workshops in complimentary Therapies
4.30 – 6.30 pm	Yoga
7.00 – 8.00 pm	Dinner
8.00 – 10.30pm	Entertainment