

Navjivan Vadil Kendra Holistic Health Retreat

ST. KATHARINE'S

NEAR HENLEY-ON-THAMES

18th to 23rd November 2007



A Life-changing experience in a
beautiful English countryside



An opportunity to change your lifestyle
through Yoga & Naturopathy



**NATUROPATHY & YOGA TREATMENTS
HEADED BY A QUALIFIED EXPERT IN
COMPLEMENTARY THERAPIES:
DIPAK JASHAPARA BA (HONS) MIGHT
(FEDERATION OF HOLISTIC HEALTH)**

NATUROPATHY AND YOGA BASED HEALTH RETREAT

PRACTICE – LEARN – EXPERIENCE



- PRANAYAMA
- ASANAS
- MEDITATION
- REFLEXOLOGY
- BODY MASSAGE
- SELF-MASSAGE & FACIAL



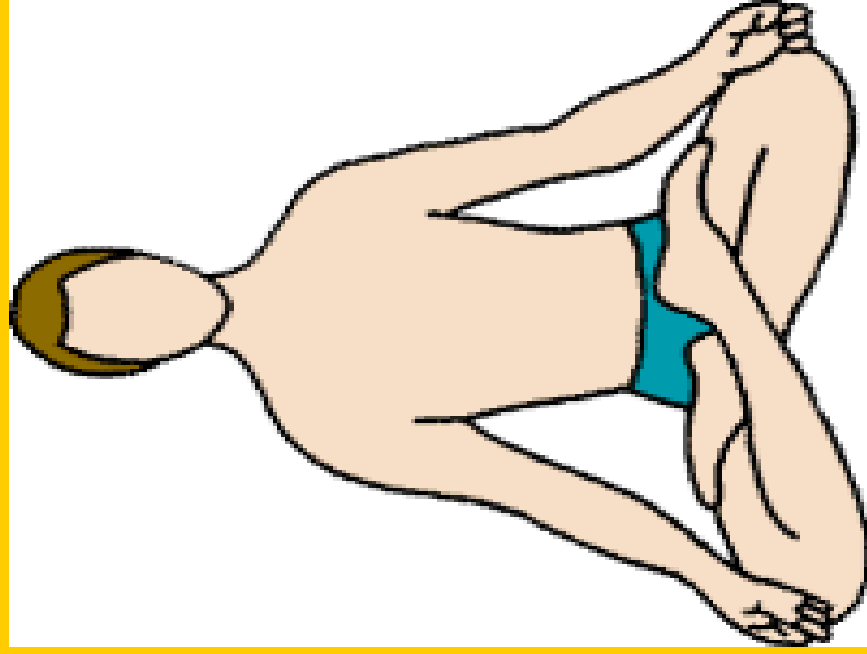
- AROMATHERAPY
- AEROBICS
- JUICE THERAPY
- AYURVEDA
- CONTROLLED DIET
- NATUROPATHY

YOGA

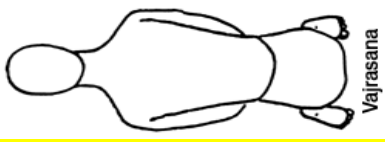


IT BRINGS THE BODY, MIND AND SPIRIT
TOGETHER INTO ONE HARMONIOUS
EXPERIENCE THROUGH THE PRACTICE OF
ASANA, PRANAYAMA, MUDRA & BANDHA

YOGA ASANAS



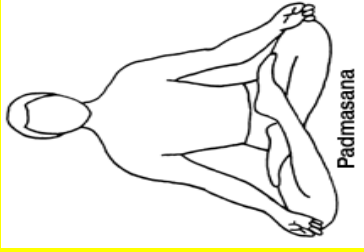
- VAJRASANA
- PADMASANA
- PARVATASANA
- VAKRASANA
- GOMUKHASANA
- JANUSIRASANA
- PASCHIMOTTANASANA
- USTRASANA
- MANDUKASANA
- SASHANKASANA
- SKANDHASANA



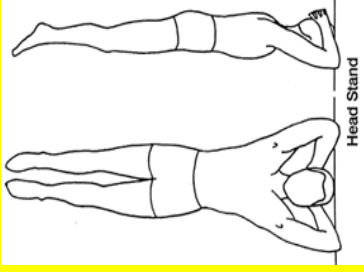
Vajrasana



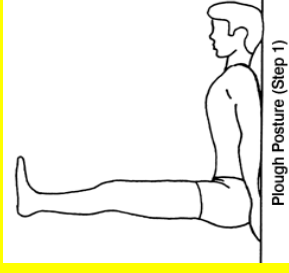
Supta - Vajrasana



Padmasana



Head Stand



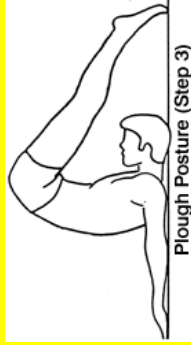
Plough Posture (Step 1)

Vajrasana Supta Vajrasana

Padmasana

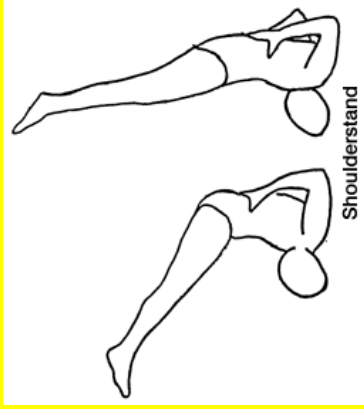
Shirstrasana

Halasana



Plough Posture (Step 3)

Halasana



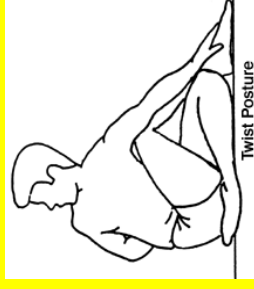
Shoulderstand

Sarvangasana



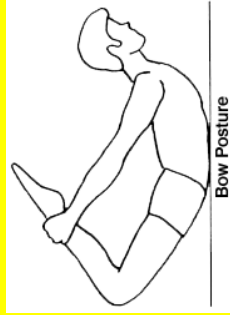
Fish Posture

Matsyasana



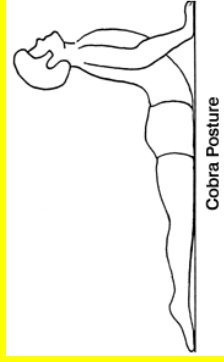
Twist Posture

Ardha Matsyendrasana



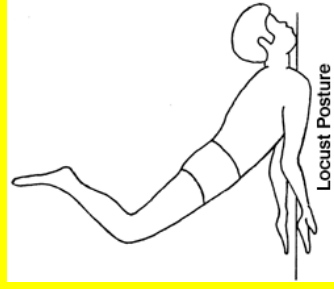
Bow Posture

Dhanurasana



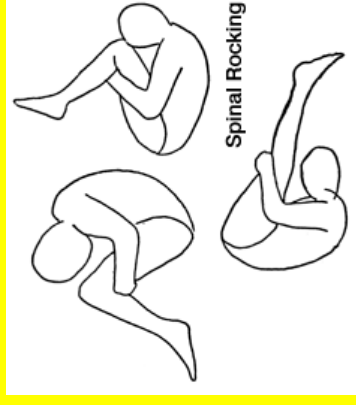
Cobra Posture

Bhujangasana



Locust Posture

Shalabhasana

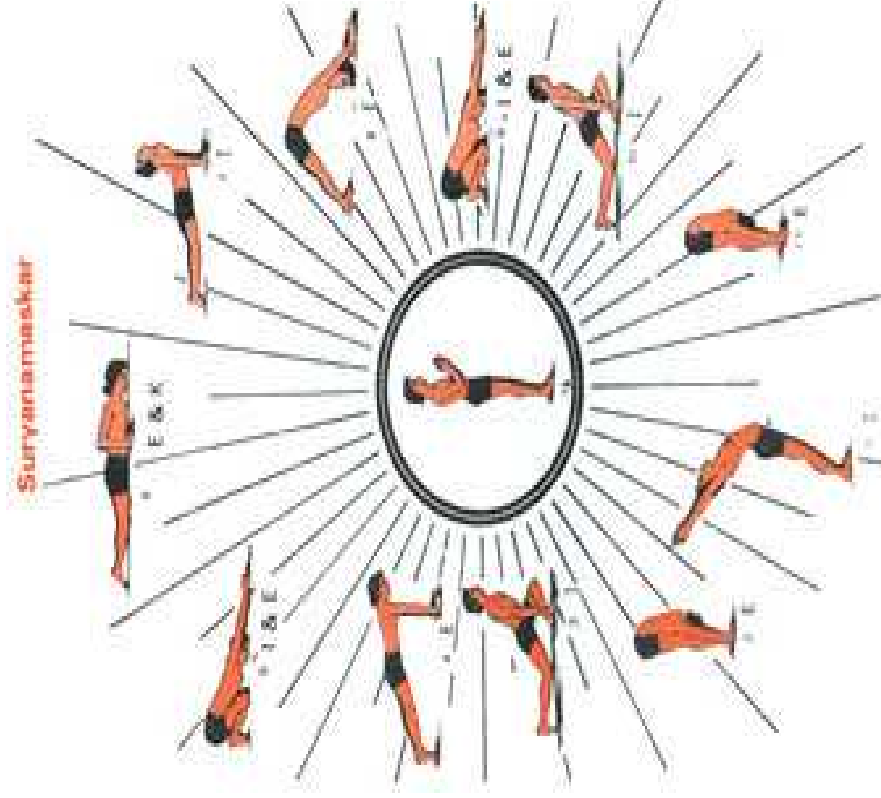


Spinal Rocking

Spinal Roll

SURYA-NAMASKAR

(Sun Salutation)



THOSE WHO ARE

FIT TO DO

“ADVANCE YOGA”

WILL BE ABLE TO

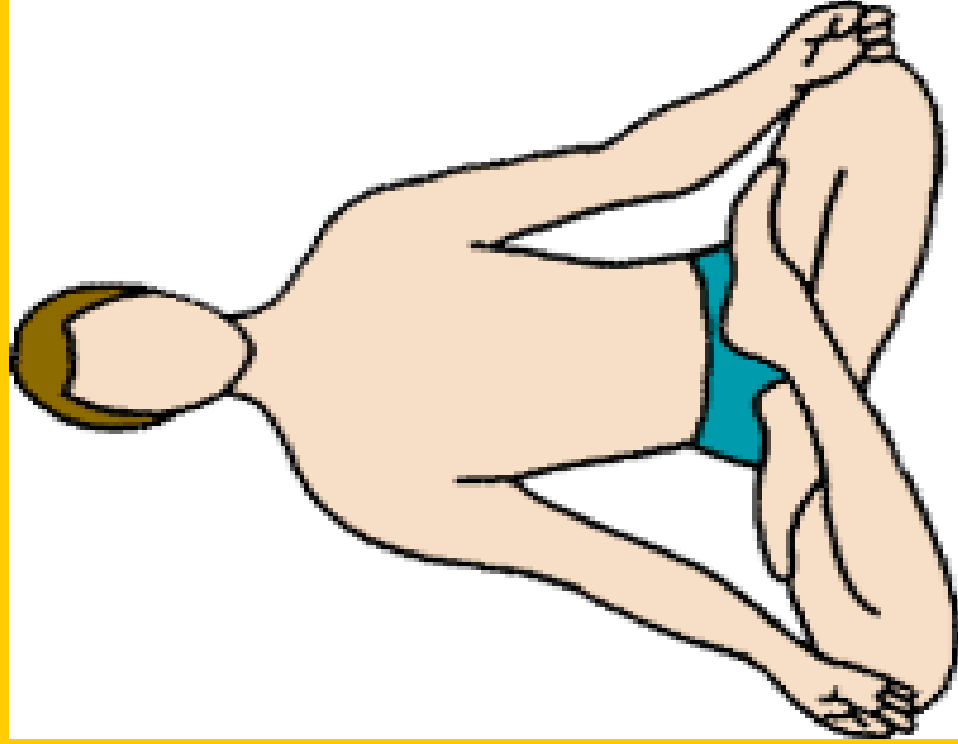
DO MANY MORE

DIFFICULT ASANAS

& 12 SESSIONS OF

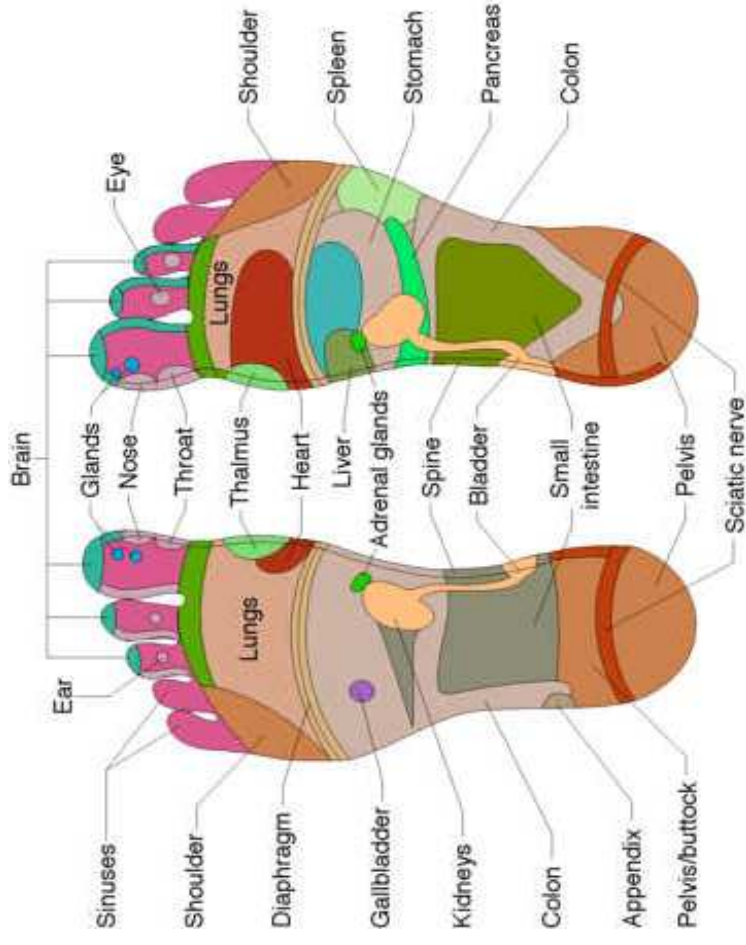
SURYA NAMASKAR

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.

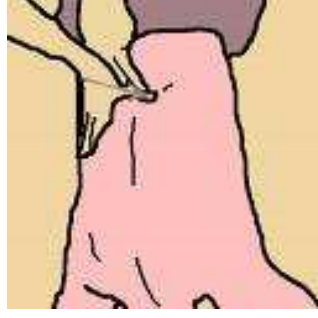
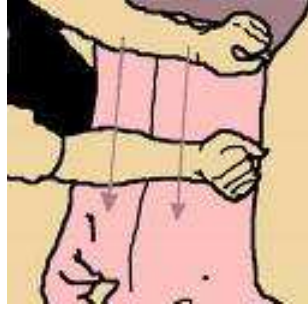
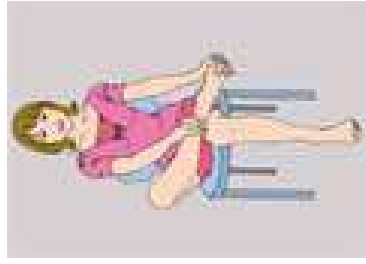
Reflexology helps to stimulate the natural healing process.

MASSAGE

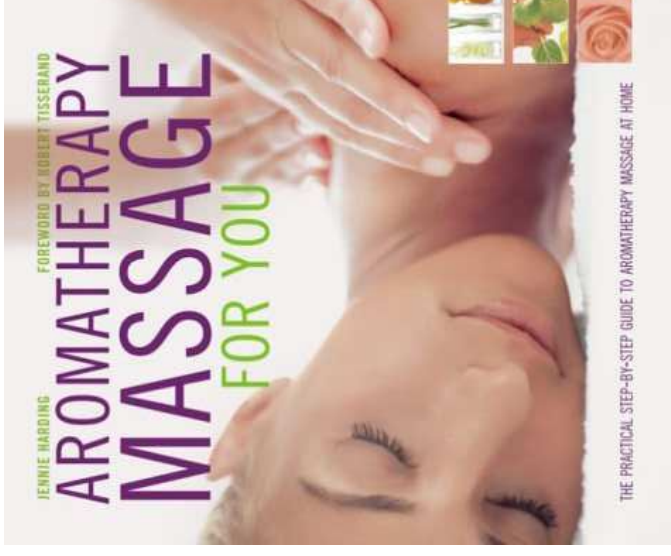


- Increases Blood Circulation
- Increases Concentration
- Decreases Anxiety
- Enhances Quality of Sleep
- Increases Energy
- Nourishes Skin
- Reduces Blood Pressure
- Improves Immune System

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

NATURE'S SIMPLE WAY OF TREATING DISEASES



Wheatgrass



Aloe-Vera



Exclusive diet of
fruit & vegetable
juices

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



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)



WHAT WILL YOU GET AT ST. KATHARINE'S?



Beautiful,
pollution-free,
English
countryside!



YOGA & NATUROPATHY INCLUDES:

- PERSONAL CONSULTATIONS: advice on herbal & Ayurvedic medicine
- YOGA: Asanas, Pranayama, Meditation
- HOLISTIC TREATMENTS: Massage, Reflexology, Reiki, Indian Head Massage
- CONTROLLED DIET: based on Naturopathy principles – e.g. “not mixing cooked & uncooked foods”.
- JUICE THERAPY: Every day FRESH ALOE VERA JUICE. Also Apple, Orange, Pomegranate, etc. juices
- GROUP WALKS: Every day pollution-free beautiful country-side walks
- SOCIAL EVENINGS: Antakshri, Sangeet Sandhya, Rang-e-Mahfil, Bhajan, Ras Garba and Dandya etc.

PROGRAMME ITINERARY

5:00 - 6:00am	Yogic Kriya	
6:00 - 6:30am	Laughing Class	
6:30 – 8.30am	Yoga	(Between Breakfast & Free Time i.e. from 8.30 to 2.30 patients can arrange to have private treatments such as Massage, Reflexology, Reiki etc. by NVK appointed experts – there will be a nominal charge of £10 per half hour)
8:30 – 9.30am	Breakfast	
9:30 – 12:00pm	Walking etc.	
12:00 – 1:00pm	Lunch	
1:00 – 2:30pm	Free time	
2:30 – 4:30pm	Therapies class	
4:30 – 6.30pm	Yoga	
6:30 – 7:30pm	Dinner	
7:30 – 9:00pm	Entertainment	

ITEMS TO BRING

ITEMS MUST INCLUDE:

(REFER TO THE DETAILED LIST INCLUDED IN THE JOINING INSTRUCTIONS)

- Warm clothing
- Trainers
- Track suits
- Yoga mat
- 2 Bedsheets
- 2 Large towels
- Almond oil bottle
- Alarm clock
- Medicines, etc.

HOLISTIC HEALTH



EVERY DAY CLASSES IN:

MESSAGE

REFLEXOLOGY

AROMATHERAPY

NATUROPATHY ETC.

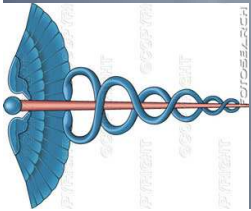
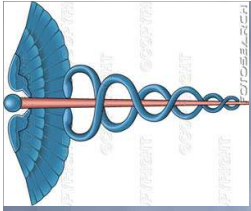
OPPORTUNITY TO LEARN,

PRACTICE &

EXPERIENCE

- PREPARE YOURSELF TO CHANGE YOUR LIFESTYLE
- IT IS **YOUR** RETREAT
- LET US ALL PRAY TO GOD TO MAKE THIS TRIP SUCCESSFUL & BENEFICIAL
- REMEMBER SERVICE TO MAN IS SERVICE TO GOD!
- PARTICIPATE, VOLUNTEER AND ABOVE ALL ENJOY THIS LIFE-CHANGING EXPERIENCE!





Any Questions?