

## AN AYURVEDIC GUIDE TO HEALTHY LIVING RETREAT

**Ayurvedic medicine** is a 5,000 year old system of healing that originated in ancient India. In Sanskrit, ayur **means** life or living, and veda **means** knowledge, so **Ayurveda** has been **defined** as the “knowledge of living” or the “science of longevity.” It’s based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goals are to promote good health and alleviate disease. During this retreat you will have a general overview of the foundations of Ayurveda, discover your unique constitution, and learn how to apply the the tools of Ayurvedic wisdom to your daily life.

### RETREAT SCHEDULE

#### Friday, July 31

3:00 on – Check into Wiawaka, 3778 NY 9L, Lake George, NY. 12845, Retreat reservation is under my name

6:00 – Dinner

7:30 – Meet and Greet in House of Trix

8:00 to 9 pm– **Divine Sleep®Yoga Nidra** –“Yogic sleep” offers a sacred time when one can go inward for deep renewal and relaxation. It is meditative, heart opening and cultivates self-compassion. Divine Sleep® Yoga Nidra leads you out of the flight or flight mode to restoration and rejuvenation. All that is required to do is to lie down and listen as you are guided to a place of deep calm, quiet and clarity.

#### Saturday, Aug 1

6:30 to 7:30am – **Yoga on the Dock** – “Ayurveda and yoga are sister sciences that have been united for thousands of years for the sake of healing body, mind, and consciousness. Generally speaking, Ayurveda deals more with the health of the body, while yoga deals with purifying the mind and consciousness, but in reality they complement and embrace each other.” *Vishnu Dass* This gentle and compassionate session includes the practice of asanas (**yoga** postures) and pranayama (breathing exercises), which help bring peace to the mind and body.

8:00 to 9:00 – **Breakfast in Fuller House**

9:15 to 12:00 – **An Ayurvedic Guide to Healthy Living in House of Trix**

12:00 pm to 3:30pm – **Lunch and Leisure on the Lake**

3:30 to 5:00 – **The Role of Digestion in Health** – Ayurveda teaches that all illness results from poor digestion and improper diet. Learn how the role of the seasons, six tastes, and the elemental makeup of food contribute to a healthy diet. Take home some delicious recipes!

5:00 to 7:30 – **Dinner and Leisure on the Lake**

7:30 to 9:00 – **Essential Oils with Michele** – The role of essential oils are proven to be valuable for our health and well being. Discussion and activity will be about oils that will help balance your constitution.

9:00 to 9:30 – **Campfire and Sharing Circle** – Gather round and share a story, poem or thoughts on anything that inspires or is meaningful to you.

## **Sunday, Aug. 2**

6:30 to 7:45 am – **Yoga on the Dock**

8:00 to 9:30 – **Breakfast**

9:30 to 11:00 – **Taking Ayurveda Home** – Information about Ayurveda will leave you inspired, feeling empowered, and perhaps overwhelmed about how to begin. This discussion time will give you the opportunity to ask questions and offers suggestions for getting started on the Ayurvedic path. If you are interested in purchasing lunch on Sunday, the cost is \$15 payable when you check in.

ROOM and BOARD – \$260.00 includes 2 nights, 2 breakfasts, 1 lunch, 2 dinners and tax

AN AYURVEDIC GUIDE TO HEALTHY LIVING WORKSHOPS AND MATERIALS – \$150

ROOM, BOARD AND WORKSHOP FEES (\$410 total) PAID DIRECTLY TO LINDA  
with **CASH OR CHECK**

To make a reservation CONTACT LINDA: [adkayu70@gmail.com](mailto:adkayu70@gmail.com) or call 518-538-7712, and send a deposit of \$130 (50% of room and board) at time of booking. 5 of 15 places have already been reserved.

Balance of \$280 due June 15. FULL REFUND if cancelled by June 15.

\$25.00 fee if CANCELLED June 15 to JULY 15.

Send Checks to

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