

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 30

3:00 on - Check into Wiawaka

6:00 - Dinner

7:30 – Meet 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, July 31

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 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 TIME 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 - **SUPPER and LEISURE TIME ON THE LAKE**

7:30 to 9:00 – **AROMA TOUCH WITH MICHELE.** The role of essential oils are proven to be valuable for our health and well being. Discussion and activity will be about some of the oils that will

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. 1

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.

ROOM and BOARD - \$310.00 includes all meals beginning with dinner upon arrival through breakfast on day of departure.

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

ROOM, BOARD AND WORKSHOP FEES (\$460 total) PAID DIRECTLY TO LINDA with **CASH OR CHECK** by JUNE 30.

TO RESERVE A SPOT CONTACT LINDA: adkayu70@gmail.com 518-538-7712. \$155.00 due at time of reservation.

FULL REFUND (EXCEPT \$25.00 Materials fee) IF CANCELLED NO LATER THAN JULY 15.

Adirondack Ayurveda, 70 West Mountain Road, Queensbury, N.Y. 12804

