

# MYSTIC ASIA

## Ayurveda in Kerala

21st to 28th March 2007

Mystic Asia invites you to another exciting retreat. This time the location is, by popular demand, in the heart of "God's own country", Kerala, India. Mala Barua of Mystic Asia and Dr Dinesh Sharma, world renowned Ayurvedic doctor have creatively combined spiritual learning, five star accomodation and an ethnic ambiance to discover the luxury of true wellness in the magical setting of the backwaters of Kerala.

### Objective of the programme

The following programme is designed to give beginners a complete and comprehensive introduction to the principles of Ayurveda in a setting that could only pamper your every sense. Dr Sharma will teach the theory of Ayurveda plus diagnose your body type and will recommend particular treatments which you can enjoy in the elegant spa rooms. He will explain your body type with the relevant emotional issues that go with it and the hotel will also give you an experience of Ayurvedic food specially designed for your body type. We are confident that you will return with a comprehensive knowledge of how to balance your daily living the Ayurvedic way.

**So come, experience and enjoy!**



### What is Ayurveda ?

Ayurveda is the oldest and most comprehensive healing modality on the planet. Mother to most of the world's healing traditions, the theory and practice of Ayurveda unifies the apparent disparity between them. Now as the world moves toward a single system of holistic planetary medicine it finds itself returning to the source and re-entering the vast ancient realms of Ayurveda. Ayurveda originated in India thousands of years ago and we can find historical evidence of its existence in the Vedas, the Indian scriptures, which were written over 6000 years ago.

Ayurveda is more than just a medical system. It is a science of life ( Ayur=life, Veda=science ).

Just as animals and plants live in harmony with nature, so Ayurveda too, as a healing system helps to bring the individual back into equilibrium with his true self and to maintain his health by using the inherent principles of nature.



## About the location **COCONUT LAGOON RESORT**

Coconut Lagoon is a strategically located hotel in the heart of the magical backwaters of Kerala. The approach to the hotel is also by boat and it is linked to the rest of the world by the canals surrounding it. The hotel prides itself in its indigenous architecture and its eco friendly systems. For more details please visit [www.cghearth.com](http://www.cghearth.com)



### **DR DINESH SHARMA**

Coming from the third generation of a well known family of Ayurvedic practitioners and Vedic tradition in Rishikesh , Dr Dinesh Sharma is an Ayurvedacharya ( Ayurvedic physician ) with distinctions from Maharishi Dayanand University, one of the oldest Ayurvedic Institutions in Rishikesh. He constantly travels to teach and see patients in 27 different countries including Germany, Sweden, UK, Switzerland, USA, France, Kuwait, UAE, Egypt and Lebanon. He has already hosted two advanced three week long International Ayurvedic Seminars in Rishikesh in years 2000 and 2001

Besides being on the board of American Council of Vedic Sciences, he is regularly teaching with the following

Hindu University of America, Orlando, USA  
American Council of Vedic Astrology, Sedona, USA  
American College of Vedic Astrology, Sedona, USA  
American Institute of Vedic Studies, Santa Fe, USA  
Mahindra Institute for Vedic Studies, Frankfurt, Germany  
European Academy for Vedic Sciences, Zurich, Switzerland  
Philippe Maugar Academy for Vedic Sciences, Paris, France  
Northwest Institute for Vedic Studies, Seattle, USA institutions:



### **MALA BARUA**



Mala has lived in London, Hong Kong and Singapore for the last 20 years where she practised and taught Yoga in the later years. Her time in the Far East also inspired her to learn Tai Chi and Qi Gong under Chinese Master, Dr. T.T. Ang. When she returned to India in 2000 she started by organising small groups for friends who wanted to come to India to learn about the various spiritual traditions available here. This led Mala to realise that she had a special passion to share some of the rich spiritual heritage of her beloved country with others.

Mystic Asia has been launched recently to dedicate more time to the mission of her heart and as the demand for knowledge of the Self grows Mala finds herself being able to share more with others.

She creates interesting and unusual retreats, with a spiritual bent in exotic parts of Asia and keeps her groups small so that the richness of the experience is not diluted. Her own personal journey is under the guidance of Swami Anubhavanda, a teacher of Vedanta.



**Venue:** Coconut Lagoon, Kerala, India

**Dates:** 21st to 28th March 2007

**Investment:**

US\$ 1700 per person on twin share basis.

Single occupancy price per person will bear an additional cost of US\$ 600.

**Investment includes:**

- 7 nights accommodation on twin share basis
- All meals included
- One Ayurvedic massage per day
- Airport transfer to and from Cochin airport

**Optional activities in Coconut Lagoon Resort:**

Sunset cruise in the backwater canals

Overnight stay in houseboat

Afternoon visit to Ma Amritanandmayi Ashram

Kalaripayattu ( martial arts ) practice

Yoga and meditation

Cooking demonstrations

**Additional information:**

The retreat will take place only with a minimum of 10 participants.

The closing date for bookings is 30th January 2007.

The registration form and cancellation policy will be sent to you on request

There are deluxe rooms available at the resort on special request

**For registration please contact the following:**

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**For more details please visit [www.mystic-asia.in](http://www.mystic-asia.in)**