Ayurveda Yoga Retreat with Vedic Master Anand
Sept 26 till Oct 2nd 2022
at the oldest Spa in the World in Ischia, Italy

We invite you to experience, to rejuvenate and to purify your body & mind with this authentic Ayurveda Yoga Retreat at the famous Fonte Delle Nitrodi Spa. Enjoy daily Yoga and Meditation classes and the healing properties of the Nirodi spring water. Your Retreat starts with a personal Ayurveda Consultation with Vedic Master Anand. He will share his traditional knowledge of Yoga and the Vedas, which he acquired from his ancestors and recognized yogis in the Himalayas. Yoga means union of body, mind and soul and is a method combining Physical exercises, breathing exercises and Meditation techniques.

Master Anand derives from a Vedic Brahmin family of Badrinath in Himalaya. Since childhood he has been studying the Vedas at the Sanskrit University in Varanasi and post graduated his mastery in Jyotish- Vedic Astrology and Viakaran- Sanskrit with the honorific title Acharya. From his grandfather and father he received deeper knowledge about Astrology, Palmistry, Vedic Rituals- Yagyas and Mantra. The traditional and intense practice and realization of Yoga, Mudra and Meditation he achieved from Yogis in the Himalayas. Since 2005 he has been teaching and sharing his knowledge in his Yoga and Ayurveda Centres in Austria and India.

India: http://vedicvalley.in/yoga-ayurveda-in-india-goa - Austria: https://www.yogamitanand.at/

Ayurveda Yoga Retreat Content & Daily Schedule timing 09.00 - 10.30 and 17.00 - 19.00

- Daily Yoga, Pranayama and Meditation Classes
- Introduction to Mudra and Mantra techniques
- Yoga Nidra: Deep Relaxation Practice
- Shatkarma: Explanation of the six purification systems of the body
- Introduction to the Vedic knowledge
- Ayurvedic Nutrition
- Vedic Fire Ritual

Ayurveda Yoga Retreat rate per person for 7 days € 390,- (exclusive accommodation and Spa)

Bookings Nirodi Spa, Ischia:
https://en.fonteninfenitrodi.com/the-spring/health-giving-water