



AYUSHAKTI ACADEMY OF AYURVEDA

PRESENTS

## Rejuvenation in Vacation:

7-DAY AYURVEDA DETOX & WISDOM IMMERSION



**“GET REJUVENATED WHILE  
LEARNING THE POWER OF  
AYURVEDA”**

Program Dates:

Batch 1: 23 – 29 June, 2025

Batch 2: 18 – 24 August, 2025

### A Vacation with a Difference : Detox and Learn Ayurveda

Are you looking for a vacation that not only rejuvenates your body but also enriches your mind? This is your perfect opportunity to combine self-care and self-improvement by indulging in a detox program while learning the ancient science of Ayurveda. This program is an investment in your health and knowledge. A week of this program will make you feel refreshed and also equipped with practical tools and insights to maintain a healthier lifestyle.



## What Makes This Program Special?

This is not just a detox. It's a complete reset of your body, mind, and spirit — all from the comfort of your home.

### 7 Days of Dual Transformation:

- **Detox Your Body** through a carefully designed Ayurvedic regimen
- **Enrich Your Mind** by learning the timeless wisdom of Ayurveda – Siddha Veda


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You'll be guided online by Ayushakti's expert Vaidyas with decades of lineage wisdom to help you:

- Improve digestion & energy
- Discover how to live in tune with nature
- Sleep deeper and think clearer



## Program Highlights:

 **Ayurveda Detox at Home**  
*Gentle. Powerful. Effective.*

- Expert-curated daily detox plan
- Reduce toxins, bloating, lethargy
- Improve metabolism & clarity of mind
- Feel lighter, sleep better, and restore your natural rhythm



 **Learn Siddha Veda Wisdom**

*2 hours daily live with  
Ayushakti Vaidyas*

- Explore ancient secrets made practical for modern life:



# You will Learn:

**The meet will cover a wide range of topics which will change your perspective towards vibrant health:**

- **Relationships between nature and the body:**

A deep understanding of the concept of the five elements and Tridoshas and the deep relation with the mind, body and emotions.

- **Unique concept of Prakriti, Vikruti & self-analysis**

What is the difference between Prakriti (constitution) and Vikruti (imbalances) ? How to identify what is mine?

- **Quick pain management with Marmaa points:**

Practical demonstration of pressing the Marma points (vital points) by our expert Vaidyas to heal different kinds of physical, mental and emotional pain.

- **Importance of emphasizing the traditional ways of eating food:**

Know why it is important to make changes in food habits according to the ancient texts of Ayurveda.

- **Simple remedies at your kitchen steps:**

Learn how to use simple kitchen spices in overcoming various health challenges

- **Daily and seasonal regimens:**

Guidance about the regimens to be followed daily and seasonal wise for the maintenance of health. Preparation of seasonal face packs for various skin types.

- **Gut health and management:**

Detailed description of gut health, how gut health affects the physical as well as mental health and its management.



By consciously using some of the vacation time to focus on health, you can return to your daily routine feeling revitalized, more resilient, and better equipped to handle the demands of work and life.



## Who Can Participate:

- Individuals who are enthusiasts about Ayurveda (aspirants of Ayurveda)
- Individuals who are working in holistic ways of healing
- Yoga teachers/professionals
- Physicians, naturopaths, osteopaths, chiropractors, and naturopaths
- Any healthcare provider

## Class information:

- Class – English
- Study material – English
- Mode of class – Online

## Registration includes:

- 7-day Detox Protocol – daily plan, recipes & guidance
- Live Ayurveda Classes – 2 hours/day with Vaidyas
- Study Material – in English
- 2 Personal Consultations – 20 min each
- Post-detox Guidance – lifestyle, remedies & diet
- Online Access (for 1-year) to the downloadable full program (Recorded sessions & materials)

## TO REGISTER, CLICK ON LINK BELOW:

 <https://education.ayushakti.com/course/Rejuvenationinvacation-69565>

CONTACT DETAILS FOR QUESTIONS OR NEEDED SUPPORT:

Email – [education@ayushakti.com](mailto:education@ayushakti.com)

**“Enrich your life with the power of Ayurveda”**

<https://education.ayushakti.com/>