



# Ayurvedic Cure

The Indian natural healing system, Ayurveda — meaning "the knowledge of life" — views the body, mind, and soul as a harmonious unity. This beautiful philosophy, which cherishes physical health and inner peace equally, is at the core of all our Ayurvedic treatments. Every Ayurvedic treatment revolves around the three vital principles (Doshas): Vata, Pitta, and Kapha, ideally working together in perfect harmony. Stress, illness, or other burdens can disturb this balance, which can be gently restored through a holistic Ayurvedic cure.

We help you cleanse your body of toxins that accumulate even with a mindful lifestyle and are often the root of chronic illnesses. At our Ayurveda treatment center in Turkey, guided by experts from various fields, you'll find the perfect environment to recharge your life energy and address any ailments. Ayurvedic healing focuses on deeply understanding your physical, mental, and emotional state. Ancient traditions offer clear guidelines to assess your unique body-mind constitution, essential for identifying any imbalances.

Based on your health, the Ayurvedic approach includes a personalized diet, lifestyle recommendations, healing therapies like Panchakarma (detoxification therapy), herbal supplements, yoga, pranayama (breath work), and meditation to restore your inner balance and renew your energy. Furthermore, Ayurveda emphasizes maintaining your newfound health and preventing future illnesses, ensuring a life full of vitality and peace.

## PANCHAKARMA CURES AT GAIA TEMPLE AYURVEDIC WELLBEING CENTER

In our busy and often stressful lives, we encounter many harmful influences that impact our overall well-being. Over time, toxins build up in our bodies, disrupting the natural harmony of our Doshas — our Prakriti. According to Ayurveda, this imbalance is often the hidden cause behind many modern ailments and chronic conditions.

Our lovingly crafted Panchakarma cures offer a path to restore this balance.

Panchakarma treatments are the heart and soul of Ayurvedic medicine, providing a deep cleanse for body, mind, and spirit. Our dedicated Indian Ayurveda experts will tailor a therapy plan just for you, based on the timeless wisdom of Ayurveda and your unique Doshas and imbalances.

At Gaia Temple, every Panchakarma cure is designed to gently stimulate your body's natural detoxification process, helping you shed unnecessary burdens and rejuvenate completely. Let us guide you on a journey to rediscover your inner harmony and vibrant health.



## IS A PANCHAKARMA CURE RIGHT FOR ME?

In our region, we're constantly exposed to environmental and climatic influences that are beyond our control. Even our usual diet can have deficiencies that, over time, lead to the buildup of toxins in our bodies. Allergies and other modern ailments are clear signs of this issue.

A Panchakarma cure is perfect if you want to free your body, mind, and soul from unnecessary burdens and bring your Doshas back into harmony. Ayurveda defines health as a state where the body is free from toxins, organs function normally, the mind is at peace, and we are filled with calm and happy emotions.

If you often feel a vague sense of discomfort, get tired after meals, have a coated tongue, suffer from bad breath, or are troubled by negative thoughts, then a Panchakarma cure is just what you need to detoxify and rejuvenate. Let us help you restore your inner balance and feel your best!

## WHAT DOES A PANCHAKARMA CURE ACHIEVE?

Panchakarma, literally meaning "Five Actions," involves a series of procedures aimed at detoxifying and eliminating toxins from the body, providing a holistic cleansing experience that encompasses both the body and the mind.

This customized therapy combines various treatments, taking into account factors such as your Ayurvedic constitution type (Prakriti), existing imbalances (Vikriti), digestive fire (Agni), age, immune status, and overall health condition.

While Panchakarma is generally a pleasant experience, the process of releasing toxins may sometimes lead to temporary discomfort known as "healing crises." These phases may involve a brief worsening of symptoms before long-term improvement is achieved.

Beyond its physical benefits, Panchakarma also fosters a spiritual transformation, allowing for a release of physical burdens that can liberate the mind. It facilitates a slowing down, providing a space for introspection while promising a renewed sense of purity for the body. Additionally, our comprehensive Ayurvedic diet, provided as part of our full board service, plays a vital role in enhancing the effectiveness of the Panchakarma cure.

# Panchakarma cures offer relief for various conditions, including:

These treatments aim to restore balance and promote well-being, addressing both physical and emotional needs.

- CHRONIC OR PSYCHOSOMATIC AILMENTS
- ASTHMA
- SKIN DISORDERS
- DIGESTIVE ISSUES
- AUTOIMMUNE CONDITIONS
- HIGH BLOOD PRESSURE
- CARDIOVASCULAR AILMENTS
- DIABETES
- MILD DEPRESSION
- BURNOUT
- MIGRAINES
- TINNITUS
- INSOMNIA



## HOW DOES A CLASSIC PANCHAKARMA JOURNEY UNFOLD?

To ensure the utmost effectiveness of your Panchakarma retreat, we recommend preparing beforehand by adhering to a vegetarian diet and avoiding coffee and alcohol for one to two weeks prior to your arrival. Additionally, for our female guests, please note that treatments are not recommended during the first two days of menstruation.

Your Panchakarma experience at Gaia Temple commences with an initial consultation with our general practitioner and a seasoned Ayurveda expert. Together, they assess your overall health, physical and mental constitution, and tailor the detoxification intensity accordingly. This forms the basis for crafting a personalized therapy plan, incorporating specific Ayurvedic oils and herbs to suit your individual needs.

Preparing your body for the cleansing process involves initially loosening accumulated Doshas from the tissues through massages and Ghee intake, followed by transportation to their origin. Supporting therapies include sweating sessions and a metabolism-boosting diet.

## HOW DOES A CLASSIC PANCHAKARMA JOURNEY UNFOLD?

During the detoxification phase, our adept Ayurvedic practitioners systematically eliminate toxins from your body. Various methods may be employed, such as therapeutic purgation (Virechana), enema therapy with herbal extracts (Basti), therapeutic vomiting (Vamana), nasal cleansing (Nasya), or, in specific cases, bloodletting (Raktamokshana).

Customized formulations of laxatives, enemas, emetics, and nasal rinses are prepared for your unique needs.

Both cleansing phases typically span half of the retreat duration. Subsequently, the crucial post-treatment phase begins, facilitating your body's regeneration and digestion. Gradually reintroducing solid food with an Ayurvedic restorative diet rekindles the digestive fire (Agni). This period of rejuvenation also offers an opportunity for mental relaxation and introspection.

After returning home, preserving that sense of liberation becomes paramount. Our Ayurveda specialists offer tailored recommendations designed not only for disease prevention but also to enhance your overall well-being. With an individualized diet plan and a commitment to self-awareness and moments of tranquility in your daily routine, the impact of your Panchakarma experience at Gaia Temple can be sustained for the long term.



## PANCHAKARMA REFRESHER

Have you experienced the rejuvenating embrace of an Ayurvedic retreat in India or Sri Lanka before? If it's been some time since your last Panchakarma journey, we have just the thing for you: our Panchakarma refresher programs.

Panchakarma isn't just about healing — it's a gentle reminder to nurture yourself. It helps maintain cellular harmony and offers relief for a variety of health concerns. But beyond that, it's a journey of self-discovery, guiding you to reassess your habits, desires, and comforts, and break free from limitations.

As you immerse yourself in this holistic experience, you'll find yourself drawn more towards what truly nourishes your body and soul. This awakening of "Prajna wisdom," the intelligence of your cells, promises not just physical renewal, but a deeper connection with yourself.



## 7 - Day Detox Program per Person

- 4X ABHYANGA (FULL BODY OIL MASSAGE)
- 3X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)
- 2X KIZHI (HEAT TREATMENT WITH HERBAL POULTICES)
- 1X SWEDANA (HERBAL STEAM BATH)
- 3X VASTI (CLEANSING OR NOURISHING ENEMA TREATMENT)
- 1X FOOT MASSAGE
- 2X NASYA (NASAL TREATMENT WITH HEAD AND FACE MASSAGE)
- WITHOUT GHEE AND VIRECANA!

## 10 - Day Panchakarma Program per Person

- 6X ABHYANGA (FULL BODY OIL MASSAGE)
- 3X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)
- 2X KIZHI (HEAT TREATMENT WITH HERBAL POULTICES)
- 1X SWEDANA (HERBAL STEAM BATH)
- 2X FOOT MASSAGE
- 3X VASTI (CLEANSING OR NOURISHING ENEMA TREATMENT)
- 3X NASYA (NASAL TREATMENT WITH HEAD AND FACE MASSAGE)



## 14 - Day Panchakarma Program per Person

- 7X ABHYANGA (FULL BODY OIL MASSAGE)
- 3X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)
- 3X KIZHI (HEAT TREATMENT WITH HERBAL POULTICES)
- 2X SWEDANA (HERBAL STEAM BATH)
- 1X BACK MASSAGE
- 2X FOOT MASSAGE
- 5X VASTI (CLEANSING OR NOURISHING ENEMA TREATMENT)
- 3X NASYA (NASAL TREATMENT WITH HEAD AND FACE MASSAGE)

## 21 - Day Panchakarma Program per Person

- 8X ABHYANGA (FULL BODY OIL MASSAGE)
- 1X SYNCHRONIZED ABHYANGA
- 3X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)
- 1X NABHI BASTI (ABDOMINAL WARM TREATMENT)
- 3X KIZHI (HEAT TREATMENT WITH HERBAL POULTICES)
- 1X URO BASTI (CHEST WARM TREATMENT)
- 2X SWEDANA (HERBAL STEAM BATH)
- 2X PIZHICHIL (SYNCHRONIZED FULL BODY OIL POUR)
- 2X FOOT MASSAGE
- 4X VASTI (CLEANSING OR NOURISHING ENEMA TREATMENT)
- 3X NASYA (NASAL TREATMENT WITH HEAD AND FACE MASSAGE)
- 1X NETRA BASTI (EYE OIL BATH)
- 1X MUKHA LEPAM (FACE AND FOOT MASSAGE, AYURVEDIC FACIAL MASK)

## 3 - Day Panchakarma Refresher Package per Person

- 2X ABHYANGA (FULL BODY OIL MASSAGE)
- 1X SWEDANA (HERBAL STEAM BATH)
- 2X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)
- 1X FOOT MASSAGE

## 5 - Day Panchakarma Refresher Package per Person

- 3X ABHYANGA (FULL BODY OIL MASSAGE)
- 2X KIZHI (HEAT TREATMENT WITH HERBAL POULTICES)
- 2X MATRA VASTI (NOURISHING ENEMA TREATMENT)
- 2X SWEDANA (HERBAL STEAM BATH)
- 1X FOOT MASSAGE

## MANASANTHY RETREAT AT GAIA TEMPLE

In Ayurveda, mental harmony holds paramount importance. The mind is considered the seat of health and happiness, serving as the bridge between the senses and the soul. "Manasanthy" translates to "mental peace," derived from "Manah" (mind) and "Shanthi" (peace). During stressful life phases or when experiencing emotional tension due to external factors, our thoughts and consequently our minds reflect this burden. This, in turn, affects the functions of our senses — a cycle that needs breaking.

At Gaia Temple, our Manasanthy retreats are tailored to address these challenges. Through holistic practices and personalized therapies, we aim to restore mental peace and equilibrium. Our expert team crafts individualized plans focusing on relaxation techniques, stress management, and emotional well-being. By nurturing the mind, we facilitate a harmonious connection between body, senses, and soul — a cornerstone of holistic healing at Gaia Temple.



## WHEN IS A MANASANTHY RETREAT THE RIGHT CHOICE?

Excessive stress or significant emotional upheavals, such as grief, can demonstrably impact many systems in our bodies: disruptions in digestion or metabolism, impairment of the cardiovascular, immune, or nervous systems, and even effects on the entire musculoskeletal system. All these symptoms indicate that we are, quite literally, not at peace with ourselves. With one of our *Manasanthy* retreats, you can comprehensively address these issues and strengthen both your physical and mental well-being.

These programs are based on traditional therapies and incorporate various Ayurvedic elements.

**Need personalized guidance? Give us a call.**

## WHEN IS A MANASANTHY RETREAT THE RIGHT CHOICE?

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So, if you notice stress-related symptoms in yourself, a *Manasanthy* retreat can offer not only recovery but also enhance your resilience. It's also an effective preventative measure against burnout and will provide you with insights to better handle stress in the future.

Manasanthy retreats  
assist with;

- DEPRESSION
- STRESS
- IMBALANCE
- NERVOUSNESS
- FATIGUE
- INSOMNIA
- HEADACHES
- LACK OF CONCENTRATION



## WHAT DOES A MANASANTHY RETREAT ACHIEVE?

The focus of our *Manasanthy* retreat is on balancing the body and mind – various therapies ensure the integration of grounding, slow, soft, nourishing, and stabilizing elements. At Gaia Temple, a *Manasanthy* retreat comprises harmonized therapies including Ayurvedic treatments, nutritional and lifestyle counseling, yoga, meditation and breathing exercises, sound therapy, and psychotherapeutic support. These are our "tools" not only to heal acute stress symptoms but also to impart strengthening and calming measures for future lifestyles. Our guests can better cope with external stressors and find inner peace more easily afterward. The entire immune system is fortified, and harmony between body, mind, and soul is restored.

## OUR MANASANTHY RETREATS FOR INNER STRENGTH

Like all our wellness packages, our *Manasanthy* retreats include an initial consultation with pulse diagnosis, comprehensive guidance on lifestyle and nutrition by one of our Ayurvedic experts, an internal medicine consultation (for retreats lasting 7 days or more), twice-daily yoga sessions, and Ayurvedic full board. The intake of Ayurvedic herbs is individually determined and billed by the on-site Ayurvedic expert.

## 4 - Day Manasanthi Retreat per Person

- 3X ABHYANGA (FULL BODY OIL MASSAGE)
- 2X SHIRODHARA (FOREHEAD OIL POURING WITH HEAD MASSAGE)
- 1X NABHI BASTI (ABDOMINAL WARM OIL TREATMENT)
- 1X KIZHI (HERBAL POUCH TREATMENT)
- 1X FOOT MASSAGE

## 7 - Day Manasanthi Retreat per Person

- 4X ABHYANGA (FULL BODY OIL MASSAGE)
- 3X SHIRODHARA (FOREHEAD OIL POURING WITH HEAD MASSAGE)
- 1X NABHI BASTI (ABDOMINAL WARM OIL TREATMENT)
- 2X KIZHI (HERBAL POUCH TREATMENT)
- 1X HEAD, FOOT, AND FACIAL MASSAGE
- 2X FOOT MASSAGE
- 3X VASTI (CLEANSING OR NOURISHING BOWEL TREATMENT)

# 14 - Day Manasanthy Retreat per Person

- 5X ABHYANGA (FULL BODY OIL MASSAGE)
- 5X SHIRODHARA (FOREHEAD OIL POURING WITH HEAD MASSAGE)
  - 1X NABHI BASTI (ABDOMINAL WARM OIL TREATMENT)
    - 2X SWEDANA (HERBAL STEAM BATH)
    - 3X KIZHI (HERBAL POUCH TREATMENT)
  - 3X PIZHICHIL (SYNCHRONIZED FULL BODY OIL TREATMENT)
    - 4X FOOT MASSAGE
- 5X VASTI (CLEANSING OR NOURISHING BOWEL TREATMENT)
- 1X MUKHA LEPAM (FACIAL AND FOOT MASSAGE, AYURVEDIC FACIAL MASK)



## AYURVEDIC SLIMMING TREATMENTS AT GAIA TEMPLE

Obesity stands as one of the most pervasive modern health challenges, impacting the body in multifaceted ways and giving rise to diverse health issues. Stress, sedentary lifestyles, and poor dietary habits swiftly contribute to the accumulation of unwanted pounds, prompting a desire to shed them. Embarking on a holistic slimming retreat can mark the initial stride towards enhanced well-being and the attainment of your ideal weight.

## WHEN IS AN AYURVEDIC SLIMMING RETREAT RECOMMENDED?

In essence, everyone stands to gain from a slimming retreat: it alleviates bodily burdens, facilitates the expulsion of toxins, and fosters mental clarity. Utilize this period to reassess your lifestyle, break detrimental habits, and forge a new rhythm for yourself. Much like all our retreats, our specialized slimming program is complemented by yoga, meditation, and breathing exercises, offering mental respite alongside physical rejuvenation.

## EFFECTS OF THE AYURVEDIC SLIMMING RETREAT

In Ayurveda, slimming doesn't merely imply short-term weight loss. Instead, the aim is to attain one's personal ideal weight and sustain it in the long term. Throughout the retreat, various treatments are employed to aid weight reduction and induce metabolic changes. Concurrently, practices like yoga and meditation are utilized to encourage mental release and relaxation.

Slimming retreats  
assist with;

- OBESITY
- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL LEVELS
- DIABETES
- SPECIFIC LIVER AND GALLBLADDER CONDITIONS
- CARDIOVASCULAR DISEASES
- POOR LIPID METABOLISM



## WHAT DOES A MANASANTHY RETREAT ACHIEVE?

In tackling obesity, like any health imbalance, there's an excess of Kapha, characterized by qualities such as heaviness, slowness, coolness, oiliness, smoothness, density, softness, and stability, which hinders weight loss. Our slimming retreat at Gaia Temple restores balance by introducing opposing influences like lightness, sharpness, heat, dryness, roughness, liquidity, and mobility, thus promoting a balanced metabolism.

However, obesity isn't solely attributed to Kapha; often, digestive and metabolic imbalances play a significant role. Hence, our slimming retreat focuses on restoring Dosha balance and Agni (digestive fire) while addressing blockages in the Srotas (microchannels) responsible for toxin accumulation. This comprehensive approach incorporates elements of a Panchakarma treatment, detoxifying the body and preparing it for a transformative journey.

## WITH AYURVEDA TO YOUR IDEAL WEIGHT: OUR WEIGHT LOSS PROGRAMMS

Just like all our retreat offerings, our weight loss programs include an initial consultation with pulse diagnosis, comprehensive guidance on lifestyle and nutrition by one of our Ayurveda experts, an internal medicine consultation, twice-daily yoga sessions, and Ayurvedic full board.

The process of an Ayurvedic weight loss retreat typically spans a minimum of 14 days, preferably 21 days, to effectively initiate a metabolic transformation. During the initial phase, lasting four to five days, the body is prepared for the elimination process. This involves the intake of various Ayurvedic herbal formulations to enhance digestion and assist in the elimination of Ama (toxins). Externally, full-body therapies such as Abhyanga, along with the ingestion of medicinal Ghee, facilitate the release and elimination of toxins. Swedana, or sweating therapy, further primes the body for metabolic adjustments.

Following the preparatory phase, Ayurvedic specialists focus on the digestive and eliminative organs. Virechana involves cleansing the gastrointestinal tract through the oral administration of medication. Vasti, an Ayurvedic enema tailored to the patient's constitution, soothes and purifies the colon. Additionally, Nasya, which entails the introduction of medicinal oils into the nasal passages, reduces congestion and stimulates the head region.

## 10 - Day Weight Loss Retreat per Person

5X ABHYANGA (FULL-BODY OIL MASSAGE)

2X SHIRODHARA (FOREHEAD OIL FLOW THERAPY WITH HEAD MASSAGE)

2X KIZHI (HERBAL POUCH THERAPY)

2X UDVARTANA SYNCHRONOUSLY (HERBAL POWDER MASSAGE)

4X SWEDANA (HERBAL STEAM BATH)

3X VASTI (CLEANSING OR NOURISHING COLON TREATMENT)

1X FOOT MASSAGE

## 14 - Day Weight Loss Retreat per Person

3X ABHYANGA (FULL-BODY OIL MASSAGE)

2X SHIRODHARA (FOREHEAD OIL FLOW THERAPY WITH HEAD MASSAGE)

3X KIZHI (HERBAL POUCH THERAPY)

6X UDVARTANA SYNCHRONOUSLY (HERBAL POWDER MASSAGE)

7X SWEDANA (HERBAL STEAM BATH)

7X VASTI (CLEANSING OR NOURISHING COLON TREATMENT)

1X FOOT MASSAGE



## RASAYANA

At Gaia Temple, our Rasayana programs offer an intensified experience of Ayurvedic nutrition to facilitate comprehensive rejuvenation. The Sanskrit definition of Rasayana, "Yat Jara Vyadhi Nashanam Tat Rasayanam," translates to "That which negates aging and disease."

Rasayana, derived from the Sanskrit words "Ras" (essence of food) and "Ayana" (transportation within the body), focuses not only on the intake of nutrients but also on their efficient absorption. In Ayurveda, optimizing nutrition promotes personal well-being, immunity to diseases, mental acuity, and delays aging. To achieve these effects, Rasayana considers the entire human organism, from the macro to the microcellular level. Many fruits, herbs, and spices in Ayurveda are considered Rasayanas, each activating different functions in our bodies. As one of the eight main branches of Ashtang Ayurveda, Rasayana aims to maintain health and promote cell rejuvenation.

Rasayana therapies  
help with;

- ROUGH AND DRY SKIN
- LOSS OF APPETITE
- MEMORY WEAKNESS
- CANCER
- ANTI-AGING

Discover the soothing benefits of Rasayana firsthand at our GAIA TEMPLE WELLBEING CENTER and unlock a renewed sense of vitality. A Rasayana regimen comprises a series of rejuvenating measures aimed at nourishing body tissues. Its primary goal is to revitalize physiological and endocrine functions: by enhancing the nutritional quality of food (Rasa), improving the corresponding functionality at the level of body tissues (Dhatus), and promoting the functions of transport pathways (Ayanas or Srotas), optimal bioavailability of nutrients is achieved.

Our Rasayana regimen is designed to enhance vitality on all levels – body, mind, and soul are intricately connected in Ayurveda. If you're experiencing stress, insomnia, rough and dry skin, loss of appetite, concentration or memory issues, or digestive problems, Rasayana can bring back joy to your life and boost your immune system. Even after chemotherapy or during cancer treatment, Rasayana can support your body's recovery and aid in regeneration. The combination of strengthening and relaxing treatments, along with yoga, Ayurvedic nutrition, and the intake of rejuvenating herbs, is not only suitable for addressing acute issues but also for prevention and transitional periods.



## FOR A STRONG IMMUNE SYSTEM: OUR RASAYANA PROGRAMM

Just like all our wellness offerings, our Rasayana programmes include an initial consultation with pulse diagnosis, personalized guidance on lifestyle and nutrition by one of our Ayurveda experts, an internal medicine consultation, twice daily yoga sessions, and Ayurvedic full board. The intake of Ayurvedic herbs is tailored and billed individually by our on-site Ayurveda expert.

## 5 - Day Rasayana Retreat per Person

3X ABHYANGA (FULL BODY OIL MASSAGE)

2X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)

1X NABHI BASTI (ABDOMINAL HEAT TREATMENT)

1X KIZHI (HERBAL POUCH TREATMENT)

1X FOOT MASSAGE

2X SWEDANA (HERBAL STEAM BATH)

## 7 - Day Rasayana Retreat per Person

3X ABHYANGA (FULL BODY OIL MASSAGE)

3X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)

1X PIZHICHIL (SYNCHRONIZED FULL BODY OIL POUR)

2X KIZHI (HERBAL POUCH TREATMENT)

1X HEAD AND FOOT MASSAGE

1X FOOT MASSAGE

# 10 - Day Rasayana Retreat per Person

4X ABHYANGA (FULL BODY OIL MASSAGE)

3X SHIRODHARA (FOREHEAD OIL POUR WITH HEAD MASSAGE)

1X NABHI BASTI (ABDOMINAL HEAT TREATMENT)

2X KIZHI (HERBAL POUCH TREATMENT)

1X URO BASTI (CHEST HEAT TREATMENT)

2X PIZHICHIL (SYNCHRONIZED FULL BODY OIL POUR)

2X FOOT MASSAGE

1X FACE MASSAGE



## THE JOURNEY OF A RASAYANA RETREAT

Just like all our Ayurvedic programmes at GAIA TEMPLE, the Rasayana retreat is a blend of tailored treatments designed specifically for you following the initial diagnosis.

Within this regimen, you'll experience various massages like Abhyanga, infused with custom herbal oils for a strengthening effect, Shirodhara to soothe the mind with calming oils, and Kizhis, promoting skin and muscle vitality. Additionally, expect therapies like Nabhi Basti, foot massages, and other internal cleansing practices.

Moreover, our Ayurvedic organic cuisine at GAIA TEMPLE replenishes essential bodily fluids and invigorates life forces (Ojas). Paired with yoga, meditation, and breathing exercises, this holistic approach enhances mental fortitude and rejuvenates your spirit.

It's a journey promising renewal regardless of age or life stage, preparing you to tackle everyday challenges with vigor. And remember, Rasayana treatments are integral to any Panchakarma retreat lasting 14 days or more.

# Ayurvedic Treatments

Panchakarma presents a unique approach of Ayurveda with specially designed five procedures (Vamana karma Emesis therapy, Virechana karma- Purgation therapy, Basti karma- Enema therapy, Nasya karma-Errhine therapy, Rakthamokshana karma- Bloodletting therapy) of internal purification of body through the nearest possible route. Such Purification allows the biological system to return to homeostasis and to rejuvenate rapidly and also facilitates the desired pharma therapeutic effects of medicines administered hereafter. Panchakarma has a full therapy role as a promotive, preventive & curative procedure.

## Vamana Karma (Emesis therapy)

Is a process in which vitiated dosha are expelled through the upper route that is the mouth. It is the principal treatment for kapha predominant diseases like upper respiratory tract disease, congestion of chest and other ailments

## Virechana Karma (Purgation therapy)

Eliminating the dosha in more quantity with less stress and having lesser complications. Most widely used purificatory procedure especially for Pitha predominant diseases like Skin diseases, Constipation etc.

## Basti Karma (Enema therapy)

Which is not merely the enema rather it is a highly complex, sophisticated, and systemic therapy having a wider range of therapeutic action and indication. Considered as primary treatment modality for Vatha dosha.



## Nasyam Karma (Errhine therapy)

Nasya is the most important therapy as it is used for the treatment of upper body related diseases. Nose is the gateway of the head, the drug administered through the nose reaches the brain and eliminates only the morbid dosha responsible for producing disease. Helps in migraine, stroke rehabilitation, mental ailments etc.

## Rakthamokshana Karma ( Bloodletting therapy)

It is a unique para surgical measure indicated in various diseases where gross vitiation of raktha (blood) is present. It is helpful in skin diseases, varicose veins etc.

# Abhyangam (Massage therapy)

Ayurvedic massage therapy is not just the simple application of oil and massage as it is understood by many people. It involves therapeutic considerations, such as Doshas, Dhatu (Tissues), Prakriti (Constitution) and Pharmacological considerations.

## **BENEFITS:**

- PREVENTS AND CORRECTS THE AGING PROCESS.
- CORRECTS AND PREVENTS DISORDERS CAUSED BY AFFLICTION OF VATA.
  - PROMOTE EYE SIGHT.
  - HELPS IN NOURISHMENT OF THE BODY.
  - PROMOTES LONGEVITY.
- USEFUL TO OVERCOME SLEEPLESSNESS AND OTHER MENTAL AILMENTS.
- INCREASES ARTERIAL BLOOD FLOW TO MUSCLE AND SKIN & ALSO VENOUS AND LYMPHATIC FLOW.

## Swedana (Steam bath)

It is the process by which the sweat or perspiration is produced in the body by using various methods.

### **BENEFITS:**

- HELPS TO INCREASE METABOLISM (HEATING OF TISSUE ACCELERATES THE CHEMICAL CHANGES).
- IMPROVES VASODILATION.
- HIGH TEMPERATURE STIMULATES SWEAT GLANDS OF THE SKIN.



## Kizhi (Potali massage)

The hot drugs are made into potali (bolus) form & then Swedana is done by direct contact to the body.

### **BENEFITS:**

- SWEDANA MAKES THE BODY SUPPLE, REMOVES STIFFNESS OF JOINTS.
  - IMPROVES BLOOD CIRCULATION AND COMPLEXION.
- IMPROVES DIGESTIVE POWER AND RESTORES RELISH FOR FOOD.
  - HELPS TO REMOVE SLUGGISHNESS AND EXCESSIVE SLEEP.
- HELPS IN PAIN MANAGEMENT AND NEUROLOGICAL CONDITIONS.

## Sirodhara

One of the many special types of treatment widely practiced in Kerala for psychic diseases and psychosomatic disorders such as stress, IBS, neurological disease etc. It is the process in which medicated oil, milk, buttermilk, or decoction is poured in a continuous stream of drip on the head especially on the forehead in a specific manner.

## Sirobasti

It is the procedure in which oil is made to retain on the scalp for prescribed time. It is widely used in neurological disorders, insomnia and other psychosomatic disorders.

## Padabhyangam (Foot Massage)

It is the simplest form of therapy and is a system of stroking, pressing and kneading of the foot in a specified manner to relieve pain , relax, stimulate and tone .It is particularly effective for any stress related disorders such as tension, anxiety, headaches, muscle pain, sleeplessness , depression etc.

## Udwarthana (Powder massage)

Reinforced friction of the body with some powdered medicine called Udwarthana. Indicated in obesity, diabetes mellitus associated with obesity, initial stages of MND and other neurological disorders, skin diseases having Kapha and Pitta predominantly.



# Netra tharpnam

It is the procedure in which the retaining of medicated ghee or oil in a specified manner over the eyes to eliminate the diseases for a certain period of time. Which is good in relieving burning sensation and itching, and strain due to over used screen time.

## Pizhichil (Pouring of warm medicine)

It is the procedure widely used in Kerala, pouring of medicated warm oil over the body from specific height for specific time is called Pizhichil.

### **BENEFITS:**

- HELPS TO RELIEVE PAIN, TIREDNESS.
- IT CONFERS STABILITY OF TISSUE.
- NOURISHES THE BODY.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.30-08.00	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK
08.00-09.00	YOGA & MEDITATION	YOGA & MEDITATION	YOGA & MEDITATION	YOGA & MEDITATION	YOGA & MEDITATION	YOGA & MEDITATION	YOGA & MEDITATION
09.30-10.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
13.00-14.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
17.30-18.30		AYURVEDIC INFO TALK				AYURVEDIC INFO TALK	
18.30-19.30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
19.30-20.30	SOUND HEALING				INCENSE WORKSHOP		
20.30-21.30		RESTORATIVE YOGA	FULL MOON RITUAL			YOGA NIDRA	

Empty spots and free hours are therapy time.

An appointment will be made at check-in for a personal check-in and check-out consultation.

Restorative yoga and yoga nidra; It's a soft, gentle, non-tiring type of yoga that prepares you for sleep.

Activities and hours in the table may vary.



## SOUND HEALING

Sound Therapy, also called sound bath, is a healing modality that has been used for many years and is aimed at purifying and harmonizing the body, mind and spirit using healing vibrations of various instruments. It increases energy, strengthens the aura by balancing the chakras, allows the mind to reach a state of deep meditation and higher levels of consciousness. It also reduces stress and anxiety, improves the quality of sleep, renews tissues and organs and strengthens the immune system. It's a practice of deep relaxation and listening, in which no prior experience is required for participation.

In our session, instruments such as crystal bowls, a crystal pyramid, a rain stick and wind chimes accompany us. This inner journey creates space for you to listen to the voice of your heart and awaken the healer within you.



## MINE YALCIN FULLER

is a yoga teacher, sound therapist, breathwork facilitator and an energy healer who holds space for healing and transformation. Inspired by her personal healing journey which started in 2004, Mine subsequently attended and completed Yoga Teacher Trainings in India and California; '5 Elements Ecstatic Dance', 'Breath of Bliss Breathwork' and 'Sonic Alchemy Sound Healing' trainings in Bali and 'Shakti Spirit Training' in Thailand. She has also studied Thai Massage, Quantum Touch, Bioenergy and Reiki Energy Healing techniques. With her interest in Shamanism, she has experienced shamanic healing ceremonies and received shamanic initiations in Peru. For nearly 20 years she has travelled to different parts of the world, giving private and group lessons, organizing and leading women's circles, workshops and retreats. In the summer of 2021, Mine returned to her native Turkey and continues to share her knowledge, experience and wisdom, from her heart and soul. For more info about Mine's work:

[www.mineyalcinfuller.com](http://www.mineyalcinfuller.com)

























# Pre-Program Recommendations

In order for your purification process to be comfortable, it is recommended that you make preliminary preparations, ideally 1-2 weeks, minimum 3-4 days before your arrival to Gaia Temple. This way you may reduce inflammation in the body.

## THESE PREPARATIONS MAY INCLUDE

Drinking 1.5 - 2 liters of alkaline water everyday.

Again, drinking herbal teas throughout the day; fennel, sage, melissa etc.

Eating a diet rich in fresh vegetables and green leafy vegetables. Be sure to reduce animal protein, dairy products, gluten and sugary foods from your daily diet.

Drinking a nice vegetable soup before meals helps you eat smaller amounts of food and supports your electrolyte and mineral levels.

Reduce or eliminate caffeine, alcohol and acidic drinks.

1 portion of fruit can be consumed per day.

Fish can be consumed 1-2 times a week.

Try to finish your dinner between 18:00 and 19:00.

Preferably use avocado oil and coconut oil when cooking your meals.

