



# KAYAKALPA

## 20 DAYS REJUVENATION PROGRAMME

# India 2024

From 18th February to 8th March 2024

DETOX RETREAT THROUGH  
PANCHAKARMA THERAPY



KALARIGRAM TRUST

TEMPLE OF KALARIPAYATTU & AYURVEDA

# KAYAKALPA

## DETOX RETREAT THROUGH PANCHAKARMA THERAPY

Our vital energy and wellness is a reflection of our lifestyles choices and thoughts. According to Ayurvedic knowledge, we store our desires and memories in the mind and consciousness. When desires are not fulfilled, a melancholic state is created that produces a bio-toxicity in the body known as "Ama". Ama depletes the natural health of the body.

Panchakarma is an ancient Ayurvedic system of detox therapy for total body rejuvenation. Originated in India, this practice is based in five actions or treatments that promote health and prevent degenerative diseases. Panchakarma is known to bring the physical and energetic bodies of yogic beliefs, back into balance through purification processes and nourishment. Thus allowing the transcendence of any deteriorating condition to a state of optimal health and holistic recovery.



## 20 DAYS REJUVENATION PROGRAMME FROM 18TH FEBRUARY TO 8TH MARCH 2024

This retreat is designed for anyone who is interested in recovering vitality through this ancient Indian healing practice. During the programme, each participant will be assessed (by seniors Indian gurus) and a person-centred treatment, according to their own health, will be designed consisting in a variety of procedures (actions) belonging to the Panchakarma system such as: Ayurvedic massage, herbal cleansing, vital breathing practices, therapeutic steaming baths, Ayurvedic meals and diet (dosha\* balance) and wellbeing advice fully immersed in the traditional South Indian Culture.



# THE PROGRAMME IS DIVIDED IN TWO STAGES

## STAGE I

**Purification/Cleansing process:** This consists of 14 days of morning and evening massage; sweat therapies, baths and other Panchakarma actions tailored to the individual's unique healing needs.

## STAGE II

**Recovery and self-observation:** 6 days of rest with plant base medicine techniques, Ayurvedic diet and spiritual practice: Meditation, pranayama practice (breathing exercises) and ceremonies based in Indian Culture.



The treatment will be held at the **Kalarigram Centre** in Auroville PO, Villupuram Tamil Nadu, India 605101.

During the Kayakalpa Purification Treatment, participants will also witness, Maha Shivratri (in honour to the deity Shiva), an authentic annual Hindu festival which occurs at this time and more specifically, the “Tantrotsav”, Kalarigram's annual arts and cultural festival that happens during Shivaratri, with different events and performances spanning a 3 week period; an unforgettable vibrant experience of south Indian culture.

After the 20-day treatment experience, participants will be invited to join a tour around the temples and ashrams of Pondicherry, Chidambaram and Thiruvannamala (Kerala, south India).



Some of the places we will visit:

**Gokilambal Thirukamesware**

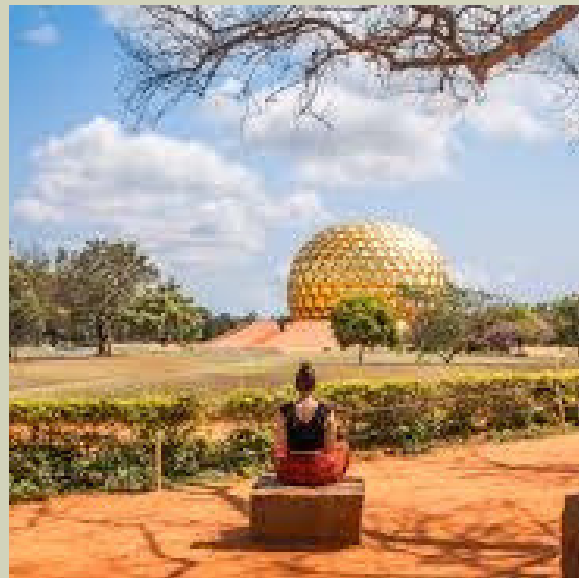


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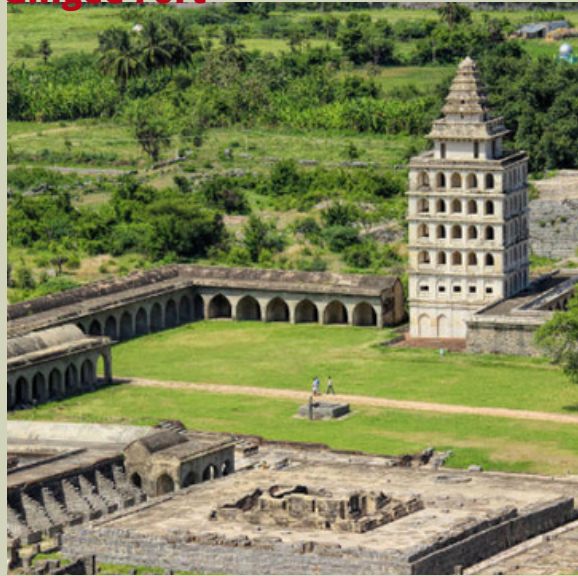
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**Auroville Matrimandir**

**Gingee Fort**



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**Chunnambar boat house**

## What to expect?

- After arrival to Pondicherry airport we will collect you and transport you to the Kaligram centre by minibus
- You will be welcomed and given a rest
- You will then have assessment and a person-centred treatment plan will be drawn up for you
- Stage 1 purification treatment for 14 days
- Stage 2 supervised recovery for 6 days
- Invitation to join a tour around the temples and ashrams of Pondicherry, Chidambaram and Thiruvannamala (Kerala, south India). The tour is optional and is parallel to the Study Residency Program.
- Transfer from the centre to the Airport

## What is included in the price?

- Transfers from and to the airport
- Treatments (steam baths/plant base medicinal treatments, etc.)
- Three vegetarian meals a day according to the Ayurvedic treatment plan
- Massage (morning/evening)
- Accommodation:  
<https://www.kalarigram.org/residential-training>
- Tours (entry tickets are not included) Optional



## What is not included in the price?

- Flights
- Vaccines
- Visa
- Travel insurance

## Who are we?

The Kayapalka program and the Study residency program are organised and designed by Kaloorika (Chile) and Kalariargentina (Argentina) in Collaboration with Kaligram (India).

Do you want to see photos of previous programs in the recent years?

Get to know the team by Instagram account for photos, videos and more follow us!

<https://instagram.com/kaloorika> - Macarena Rubio/Manoj V. Mathai

<https://instagram.com/kalariargentina> - Carla Guida Johnson

<https://instagram.com/kalarigram>





# FEES

## > Early bird

\$2600 USD (£2070 aprox) paid by the 30th of January 2024

## > Full price

\$2800 USD from 31st of January 2024

**Deposit (booking required): \$500 USD**

Outstanding balance of fees must be paid prior to course start.

Do you want to know more?

Drop us a line expressing your interest at:

Carolina Sanchez (UK representative)

[theyogarden@gmail.com](mailto:theyogarden@gmail.com)

[carolinasancheztherapies.com](http://carolinasancheztherapies.com)

Telephone number: +447596323942

Hablas español?

Ponte en contacto: (este programa esta tambien disponible en español)

Email: [viajeaindia8@gmail.com](mailto:viajeaindia8@gmail.com)

