

Waves of Wellness

- An Ayurvedic Escape

Ayurvedic Retreat in GOA – India
2nd March – 15th March 2026

**Step into a land where
time slows down,**

Where the ocean whispers peace, and where the time less wisdom of Ayurveda meets the joyful spirit of Goa. For thousands of years, Ayurveda has been the guiding light for health, vitality, and inner balance.

Hidden in its ancient texts are powerful secrets of healing, longevity, and emotional freedom.

Our Retreat Follows Ayushakti's Time -Tested

3 - Step Philosophy:

Remove Toxins

through cleansing therapies.

Restore Balance

with tailored diet & lifestyle guidance.

Renew Vitality

by nourishing mind, body, and spirit.

At this retreat, Imagine waking up to the soothing sound of ocean waves, practicing yoga as the sun rises over the Arabian Sea, celebrating Holi with colors, music, joy and ending your day with nourishing Ayurvedic therapies that leave you lighter, calmer and deeply rejuvenated. This retreat is more than a getaway. It is a living classroom of Ayurveda where every Ayurvedic meal, and every session with our experts becomes a doorway to self-discovery.

Nestled in the serene landscape of Goa, our centre is a sanctuary for true healing. Rooted in classical Ayurveda, each therapy is personalized to gently cleanse the body, calm the mind, and awaken the body's innate healing intelligence.

Our Approach Includes:



Nadi Pariksha

Decoding health through pulse wisdom



Diet & Lifestyle Guidance

Restoring balance through mindful living



Panchakarma Detox

Deep cleansing and rejuvenation



Herbal Medicines

Time-tested Ayurvedic formulations



Marma Therapy

For resetting body's natural healing mechanism

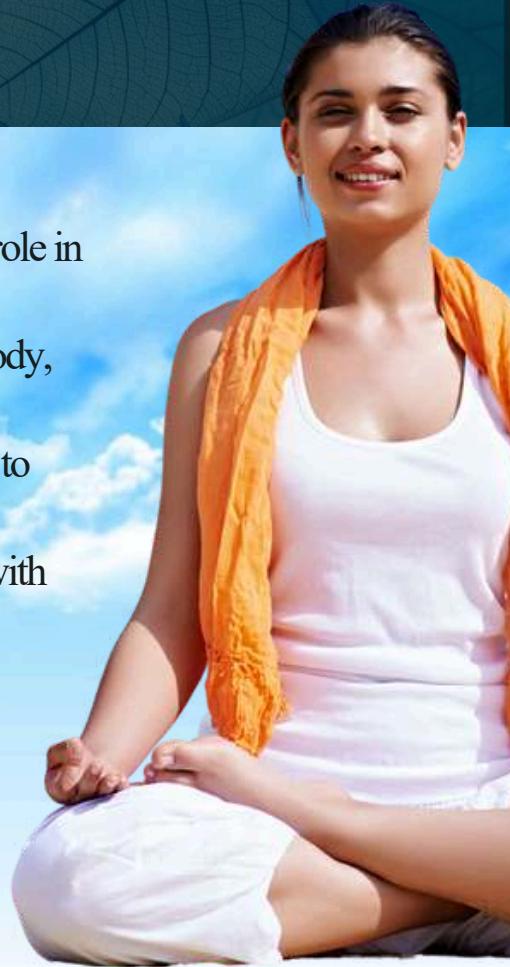


Home Remedies

Carrying healing beyond the retreat

Together, We Will Explore:

- Ancient wisdom from Ayurveda's classical texts.
- The mystery of the five elements (Panchamahabhuta) and their role in shaping your health.
- The secrets of Tridosha balance and how to bring harmony to body, mind & emotions.
- Know your Prakriti & Vikriti – your unique constitution & how to recognize imbalances.
- Dinacharya & Ritucharya – aligning daily & seasonal routines with nature.
- Kitchen Remedies – healing with common spices & herbs.
- Marma Therapy – vital points for pain release & energy flow.
- Ayurvedic Beauty & Longevity Rituals – natural rejuvenation method
- Practical ways to live Ayurveda daily – through food, breathe, routine, and awareness.



Our last retreat touched lives from around the world – participants shared how they felt renewed, more connected to themselves, and carried home memories of laughter, healing, and soulful friendships. This time, we invite **YOU** to be part of this unforgettable journey.

What Awaits You in Goa

- **Morning Yoga & Meditation** – flow with the rhythm.
- **Traditional Ayurvedic Detox & Healing Therapies** – release stress and toxins.
- **Sacred Holi Festival** – celebrate life with colors, dance & community building.
- **Sessions on Ayurveda & Natural Healing** – learn ancient wisdom.
- **Cooking Demonstrations & Food Rituals** – discover how to make your kitchen your pharmacy.
- **Evenings of Music & Storytelling** – embrace Goa's vibrant spirit



Who Can Participate?

- Seekers of health, healing & inner peace
- Holistic practitioners, doctors, healers
- Anyone ready for a life-changing wellness holiday
- Lovers of nature and sacred knowledge
- Burnt-out city dwellers
- Anyone ready for a deep inner cleanse

**No prior Ayurvedic experience required.
Just an open heart.**



Words from Past Participants



“It wasn’t just a retreat, it was a rebirth.”

“I never imagined Ayurveda could make me feel this alive.”

“Celebrating Holi with new friends felt like pure magic.”



Why Join?

**Because Sometimes, the body remembers what the mind has forgotten.
Because healing doesn't have to be hard. Because you're ready.**

This is not a commercial spa retreat. It's a calling.
A sacred convergence of souls, nature, and ancient science.
And spots are limited.



Let's Step In?

**Registration Open Now –
Limited to 24 Participants only**

The Venue – A Coastal Oasis

Nestled amidst lush greenery, with serene spaces and a swimming pool, the resort blends comfort with soulful simplicity. Located close to Goa's iconic beaches, it offers an ideal setting for deep rest and rejuvenation.



**Follow the whispers.
Reserve your journey.
Reclaim your balance.**

Step Into Your Renewal

This retreat is not just a holiday – it's a gift to your body, mind and soul. Join us in Goa, and take home vitality, wisdom, and memories that last a lifetime..

PACKAGE DETAILS

Accommodations Type and Cost of the Program:

**\$ 3,000 USD
Per Person**

Double Occupancy Room
(Sharing)

**\$ 3,200 USD
Per Person**

Single Occupancy Room
(Private)

Check-in Date : Sunday, March 1, 2026

Check-out Date and time : Monday, March 16, 2026

What's Include?



Daily Ayurvedic Sessions

2 hours of teachings & group discussions on Ayurvedic principles, body-mind constitution (doshas), food, lifestyle, herbs, and seasonal rhythms.



3 Authentic Ayurvedic Treatments per Day

From Abhyanga oil massages to Shirodhara, detox therapies, and energy balancing – chosen specifically for your dosha type.



Complete Detox Program

Including Panchakarma-style cleansing, herbal support, and supervised protocols. Feel lighter, clearer, and deeply renewed.



Wholesome Ayurvedic Detox Meals

Tridoshic menus crafted by master Ayurvedic chefs using local, organic ingredients. Tailored for healing and balance.



A Secret Celebration: The Holi Awakening

A once-in-a-lifetime Holi celebration like no other. Not just colors — a sacred ritual of rebirth, joy, and unity.

Shhh..... there's much more awaiting.....

Packages & Inclusions



Accommodation
(private or shared)



Ayurvedic meals –
freshly prepared daily



Daily yoga, meditation &
breathing practices



Three Ayurvedic
therapies daily



Ayurveda workshops &
consultations



Cultural celebrations (Holi
festival, music, cooking)



Airport
transfers



Flights, visa, travel insurance, Ayurvedic Herbs /
herbal remedies are not included

Registration Details:



Link to Register for Private Room



Link to Register for Sharing Room



Cavelossim Beach, Mobor, Salcette,
Goa (South Goa) - 403 731



[Click here to see the location](#)

For More Information



education@ayushakti.com



education.ayushakti.com