



An Ayurvedic
retreat at
TAPOVAN

Health, Beauty, Wellness

Indian traditional science of vital energy, Ayurveda, scientifically recognized in India for its effectiveness, **integrates pure knowledge and applied sciences that improve the longevity and quality of life.** The Ayurvedic retreat draws its inspiration straight from the profound sources of Ayurveda (5000 years old and more) and is certainly more than a simple fitness retreat.

An Ayurvedic retreat is more of a “**science of living**”, a deep resourcing, a complete submergence into the five elements which constitutes the universe and ourselves (Earth, Water, Fire, Air, Ether), **a discovery of our underlying nature and a better knowledge of ourselves.**

It is an exceptional moment, far away from the hustle of daily life; it is truly **an appointment with oneself.** It is a moment where one finds the knowhow of well being, often forgotten despite its simplicity and discovers the joy and serenity which we lack so much.

During the retreat, you will feel like an Indian maharaja or maharani receiving oil massages, unctiions, sudations which favor the elimination of all that blocks the energy circulations in different *nadis*: a very special feeling of “return into oneself”.

Soothing and enveloping texture of oils, perfume of incense, deep appeasing music or mantras, spring and autumn bouquet, flower

petals floating in a stone pot, all contributes to the creation of a calm and serene atmosphere.



Marriage of India and Normandy

Beauty and contemplation in the “Ananda Mayi” room, dressed with saris, fabrics and furniture from Gujarat; charm of the back and forth movement of the swinging *jula*, grace of the antiquities of India or family treasures in the presence of Saraswati, goddess of knowledge, art and music.

Everything is here, from the reception, to incite you to travel...then the marriage of India and Normandy! Surprising? Not at all.

Inside the soft cocoon of the retreat, the scented atmosphere reminds the perfumes of India; outside, through the big glass windows arise the protecting beech trees, the blossomed apple trees or full of fruits, the bushes changing colors as season changes...and the green of the meadow, so much soothing for the eyes and the mind.

The sea and the cliffs of the “Pays de Caux” (region of high cliffs) are just nearby. They invite you for a walk, to breathe the marine smell of algae of shells, to carry your sight far away and inhale deeply before regaining the **warmth and sweetness of the retreat.**

It is a journey as far as to the Indian continent with **this atmosphere full of authenticity and profound truthfulness.** On the other hand, a journey inside the countryside of Normandy with its subtle charm and its earthly wealth, starting with the “garden of herbs” and vegetable plots that produce aromatic plants used in herbal tea as well as seasonal vegetables, true fountains of youth!



An ecological site

Since the beginning TAPOVAN is careful about its **harmonious integration in the environment.** For that, Tapovan uses noble and natural materials for construction. All are of organic and health-oriented origin. Solar panels to capture solar energy and rain water harvesting were installed as a permanent concern to respect ecology.

The organization of treatments

The surprise is first created by the organization of the retreat where you do not have to take care of your schedule: **your mind is free to relax and rest.**

The treatment is given on your resting bed or you are brought to a special room for grand massages with warm oils. The sauna is situated in a Nordic chalet and the “*shirodhara*” space evokes “*shanti*”, the absolute peace and serenity.

Additionally, you can benefit from “*Panchakarma*” (purifications), attend yoga classes, and learn recipes of healthy, tasty and nourishing recipes using the magic of spices.

You can offer yourself some more pleasure and relaxation by receiving a facial treatment, a feet or hands treatment or a Kerala massage. In the evenings, you can listen to some special lectures or debates, watch a video film in the “Yehudi Menuhin” hall, to remind

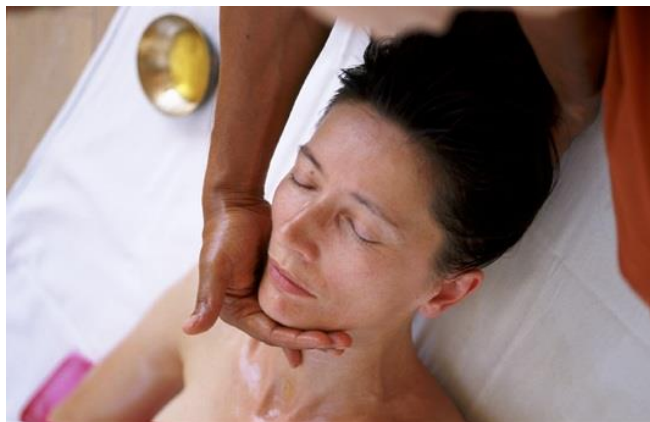
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this illustrious guest was once in Tapovan enjoying the same retreat as you are.

And as the master of the premises is a passionate and creative man of action and vision, he did not merely create a place blending the East and the West in an **ideal quest of health and beauty**; he also marked the place with his philosophy.

The place is a forum of ideas and conviviality; **the gestures of therapists lavished care with softness, respect and love**. The human exchange is authentic and the atmosphere is of a big family. These are all the reasons why we invite you to share our retreats, in a spirit of freedom and discovery.



Benefits of the Ayurvedic retreat

The retreat is firstly a place to **recharge and regenerate yourself**. It **relaxes, appeases, and clears all the toxins** accumulated since years, whatever their origin. It invigorates the whole being, cells and tissues but also the energetic and emotional systems.

The retreat improves your health that helps you to face all the difficulties and tensions of the daily life: better resistance to disorders, a stable and strong morale that helps you to cope up with stress...**a real preventive approach of health!**

The Ayurvedic cure, for whom?

To all those who search for a new “science of living and being”, a new vision of global health, to those who seek to go forward in the development of themselves, of their health and well being.

To those who are curious and search a pinch of exoticism, to those who want to explore the ancient healing system of India combined with modern comfort...



A glimpse on our main treatments

According to your retreats, you will enjoy:

- *Shirodhara*: a blissful treatment in which a soothing stream of warm oil is poured on your forehead where you will feel your mind and body deeply relaxed
- *Abhyanga*: a thorough and rejuvenating massage of the whole body
- *Pichauli*: a deep massage with nourishing warm oil given by four hands
- *Shashtishalipindasweda*: a refreshing and nurturing massage with rice pudding and Ayurvedic herbs
- *Saptasthiti* (massage of 7 postures)
- *Udvardana*: a revitalizing massage with herbal paste to deeply cleanse your skin and tone up the body
- *Kansu*® : a feet massage with a bowl to eliminate toxins and relieve stress
and more to discover...

The various retreats

Ojaskar, the wellbeing retreat

Ojas means **light**. Ojas literally means “**that increases the light of the body, its immunity**”. This is the classical retreat of well being.

Do not worry about anything, except to relax more and more deeply and to clear your mind! This is the basic condition for your “**re-birth**”.

Our treatments evolve each day, according to the principles of Ayurveda.

Karshan, the slimming retreat

This retreat includes traditional treatments that **slims you down and redefines your silhouette**. Derived from the Ayurvedic tradition, these treatments consist of *udvartana* (massage with herbal paste), *shitavastra* (wet cloth body wrap) *pichauli*, *shashtishalipindasweda*,

7 postures massage, *Kansu*®, sudation etc. Along with this retreat, you will follow an appropriate diet and drink herbal teas according to the principles of Ayurveda.

Tejas, the energy creating retreat

A retreat to regenerate the body stressed by daily work life. It increases concentration, personal effectiveness and develops creativity. The treatments change every day, according to the principles of Ayurveda: *Shirodhara*, *pichauli*, *shashtishalipindsweda*, *massage of 7 postures*, *Kansu*®, *sudation*, *patrasweda*. Personalized yoga and drinks are proposed.

Kayakalpa, the rejuvenating retreat

Kaya means body, kalp means **transformation – rejuvenation**. This is the retreat for maharajas and maharanis, a retreat of rejuvenation, **a genuine experience of a bath of youth, real happiness for the body and the mind**.

This retreat includes various treatments such as *shirodhara* with Ayurvedic oils, *pizzichili* (royal treatment of the entire body with 5 liters of special Ayurvedic oils), *ghritdhara*, *abhyanga*, *shashtishalipindsweda*, *kesardudh* (nourishing massage with milk with saffron), *Kansu*®, sudation.

(It is advised that you first experience Ojaskar retreat before Kayakalpa)

New Year retreat

Recharge yourself to start the new year! Pamper yourself and become radiant and fresh with “Lavanya”, our ayurvedic beauty treatments.

Yakrut, the detoxifying retreat

On the basis of an Ojaskar retreat, accompanied by suitable panchakarma treatments for the cleansing of the bile ducts (liver and gallbladder). This is one of the most effective approach improve their health. The week will include two periods:

- Preparing to soften and widen the bile channels to allow a painless expulsion of stones and cleaning of the small intestine and of the colon
- The appropriate panchakarma for regeneration of the liver; Organic and Ayurvedic diet will adapted for this week.

Rasayana, the regenerating retreat

Rasayana has a detoxifying and rejuvenating action on the body. It performs a deep cleaning of the *dhatu*s (tissues), while providing regeneration, vitality and inner calm. After a mono diet that allow your body to eliminate *ama* (toxins), an Ayurvedic consultation will determine the suitable panchakarma and treatments for you. The traditional Ayurvedic treatments of Ayurveda such as *Shirodhara*, *pichauli*, *shashtishalipindsweda*, *Kansu*®, but they will be adapted to this retreat. Ayurvedic and herbal tea

will be proposed with the objective of rasayana (rejuvenation), their action will be more all the more effective as the body has been detoxified previously. Yoga exercises, walks and moments of complete silence are part of this retreat. This retreat, lasting 9 days, will be followed by Dr. Cascales.

Prasavpure, prenatal retreat

Prasavpure is a special retreat for pregnant women (between the 4th and end of the 6th month): for the wellbeing of the baby to be born and the mother.

Prasavottar, postnatal retreat

This retreat is specially designed for women after delivery in order to regain fitness and strength.

(Take care that someone accompanies you to take care of your baby when you receive treatments)

A la carte treatments

Choose your favourite from a list of à la carte treatments in addition to your retreat (according to the availabilities): facial, feet and hands treatments, feet reflexology, *udvartana*, *shirodhara*, *abhyanga*, *tridosha* or kerala massage. You may also have an ayurvedic consultation, a yoga class, a cooking class or a *panchakarma* program. You can book them at the reception.

2014 Dates

Ojaskar, Karshan, Prasapurve, Prasavottar: from Sunday 4pm to Saturday 9 except *

16 to 22 March	23 to 29 March	30 March to 5 April	6 to 12 April	13 to 19 April
Mon 21 to Sun 24 April	11 to 17 May	Mon to Sun 15 June	6 to 13 July	20 to 26 July
27 July to 2 August	3 to 9 August	24 to 25 October	24 to 30 August	14 to 20 September
28 Sept to 4 Oct	5 to 11 October	19 to 25 October	26 Oct to 1 Nov	2 to 8 November

Kayakalpa	1 to 7 June	17 to 23 August	12 to 18 October
Special events	25 May to Sunday 27 April (Literary days)		15 to 22 June (Ayurveda Symposium and Sustainable development fair)
Tejas	27 April to 3 May		7 to 13 July and 10 to 16 August
Karshan	16 to 22 March/23 to 29 March		6 to 12 April/13 to 19 April/9 to 15 June
	6 to 12 July/27 July to 2 August/1 to 7 June		3 to 8 August/14 to 20 Sept/5 to 11 Oct/26 Oct to 1 Nov/17 to 23 Aug/ 12 to 18 Oct
Lavanya – New year	Thu 26 Dec. 2013 to Wed 1 st Jan 2014		Fri 26 Dec 2014 to Thu 1 st Jan 2015
Rasayana (9 days)	Saturday 3 (2pm) to 11 May (1pm)		Saturday 6 Dec. to Sunday 14 September
8 days retreat	Saturday 19 April to Sunday 27 April		Saturday (2pm) to Sunday 15 June
Yakrut (detox)	Mon 21 to Sun 27 April		19 to 25 October
Monodiet	18 to 24 mai		21 to 27 September
Maternity	30 March to 5 April/11 to 17 May		20 to 26 July/24 to 30 August/28 Sept to 4 Oct/2 to 8 Nov

Prices

To calculate the price of a retreat:

Retreat price + accommodation + food + sojourn tax (0,25€/day)

Ojaskar	Karshan	1230€	Tejas	1280€
Off season 745€	Maternity	790€	8 days retreat	930€
Mid season 790€	Kayakalpa	1480€	Maternity	1100€
Peak Season 900€	Rasayana	1690€	Monodiet	850€
	Lavanya – New year	1150€	Yakrut – detox retreat	1075€
			Special events	930€

Accomodation

Tapovan proposes two categories of onsite lodging:

Room with attached bathroom (with towels):

- 85 €/night
- 390 € for 6 nights for 1 person – Single room
- 210 € for 6 nights for 1 person– Double room (shared)



Food

- Ojaskar, Prasavpurve, Prasavottar: 240 €/ week
- Karshan, Tejas, Lavanya: 280 €/week
- Kayakalpa, Rasayana: 310 €/week
- Yakrut: 240 €/week

