



**AYURVEDA**  
AWARENESS CENTRE

# Ayurveda Relaxation and Wellbeing Retreat

Friday 3<sup>rd</sup> June to Monday 6<sup>th</sup> June 2022

At St John of God Retreat Centre,  
47 Gloucester Crescent, Shoalwater, WA 6169



[www.ayurveda-awareness.com.au](http://www.ayurveda-awareness.com.au)





**AYURVEDA**  
AWARENESS CENTRE

## **Ayurveda Relaxation and Wellbeing Retreat**

Arrive: 3.30 pm Friday 3<sup>rd</sup> June 2022

Depart: 1.30 pm Monday 6<sup>th</sup> June 2022

Venue: St John of God Retreat Centre,  
47 Gloucester Crescent, Shoalwater, WA 6169

Price: \$1,200 pp or \$2,000 for couple for 3  
nights per person including vegetarian meals,  
4 x seminars, 4 x workshops, daily fitness +  
yoga + relaxation exercises on the beach

Minimum PAX: 20 Maximum PAX: 32



# EVENT ORGANISER



## **Ayurveda Awareness Centre (AAC)**

<https://www.ayurveda-awareness.com.au/>

For the last 20 Years, AAC has been offering its clients:

- Lifestyle consults creating a balance in custom diet and lifestyle most suited to their unique mind-body complex
- experiential learning programs for prevention of ill health.
- detoxification and rejuvenation Ayurveda treatments.
- nationally recognised Ayurveda courses
- Ayurveda retreats and seminars





# Neerja Ahuja

(Adv. Dip. Ayu.)

**Principal Ayurveda Consultant,  
Retreat Facilitator & Yoga Therapist**

Ayurveda Awareness Centre  
Applecross  
Perth

- **Is a founding director of Ayurveda Awareness Centre and Principal Ayurveda Consultant for 20 years**
- **has a published writer in national magazines and professional journals.**
- **Her online Ayurveda courses are being taken in 135 countries by thousands of students**
- **Leads regular educational workshops and runs clinical practice.**



# Dr Rajen Cooppan

(MBChB, MD)

**Medical Director Wellness On The Go,  
Principal Ayurveda Consultant,  
Retreat Seminar Facilitator**

Wellness On The Go  
Durban  
South Africa

- **Is the Founder / Course developer for The Foundation Training In Clinical Ayurveda (FTCA)**
- **Has 43 years of clinical experience in integrating Clinical Ayurveda into medical practice in Australia and South Africa**
- **Has trained over 180 doctors and health care workers in the skills of Clinical Ayurveda in Australia and South Africa**

# Seminars: Key Role of Ayurveda in Preventative Health



Seminar Facilitator Dr Rajen Cooppan

**Digestion - Key to Health and Disease**

**Six stages of Disease**



**Prakruti - your Unique Body type**

**Ayurveda for preventative health**

# Workshops: Immunity Enhancing Techniques of Health Care



Workshop Facilitator: Neerja Ahuja + Jatinder Ahuja

Choose “right” foods  
according to your  
Prakruti

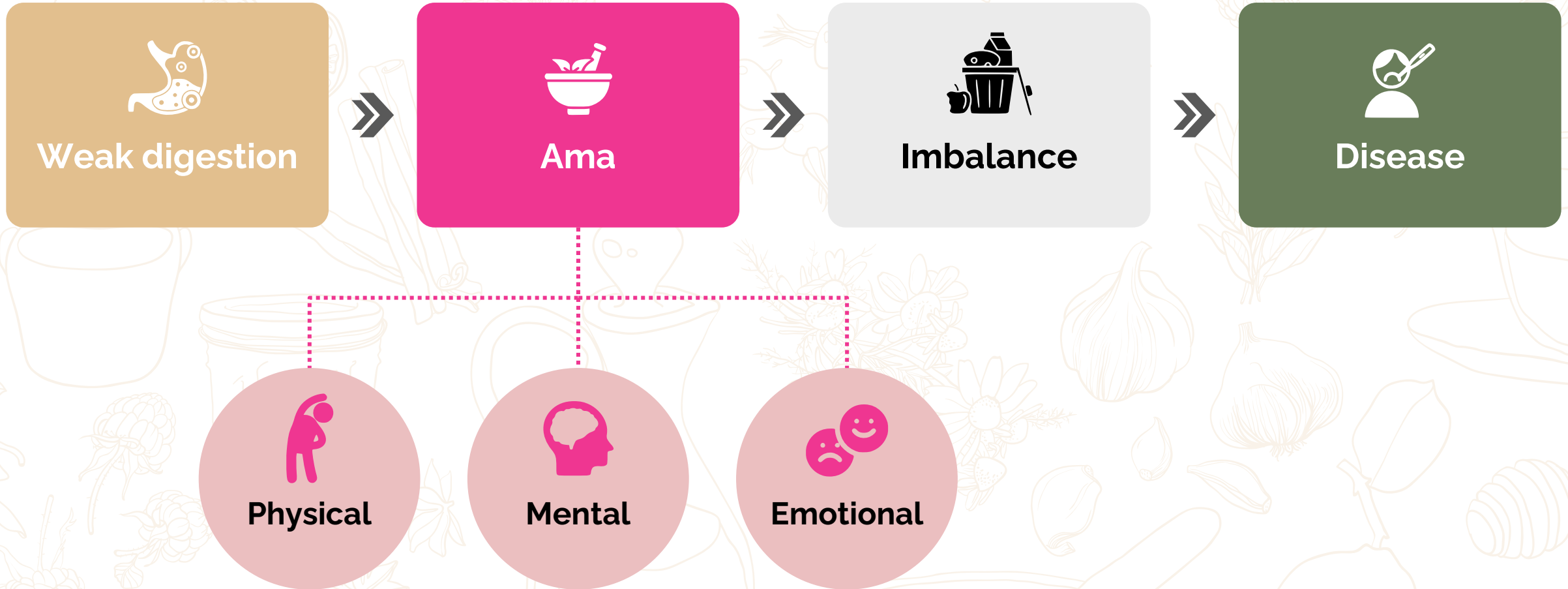
Yoga and breathing  
exercises for relaxation



Choose appropriate  
lifestyle according to  
body type

Immunity enhancing  
herbs and daily routines

# Digestion – Key to Health and Disease

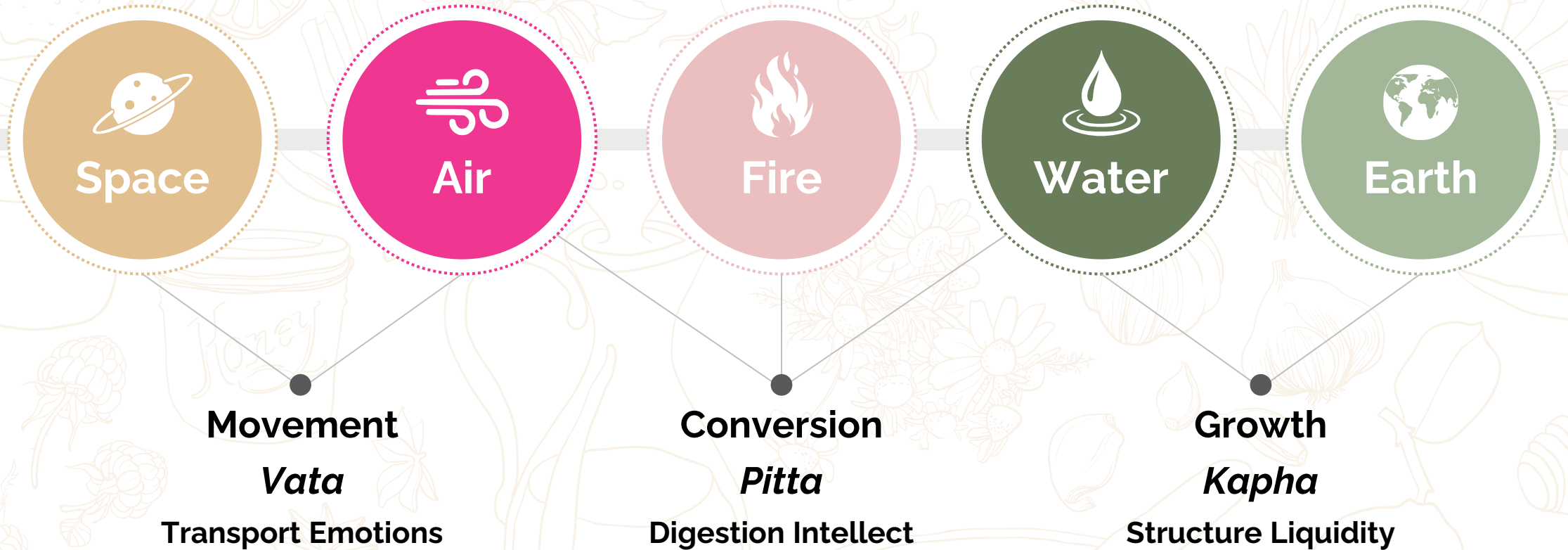




# Prakruti - your Unique Body type



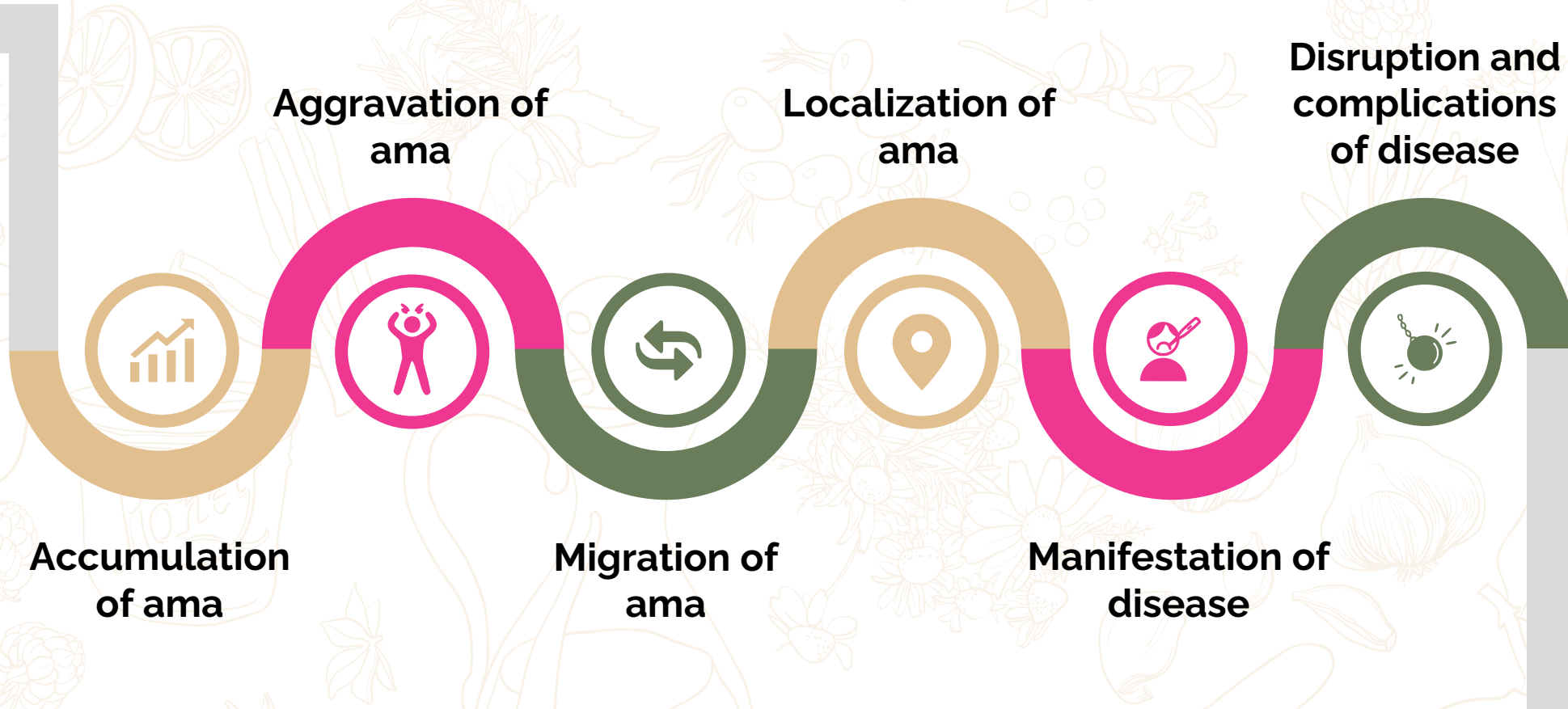
Five primordial elements Interconnectedness and interplay between body and universe



# 6 stages of disease



Health

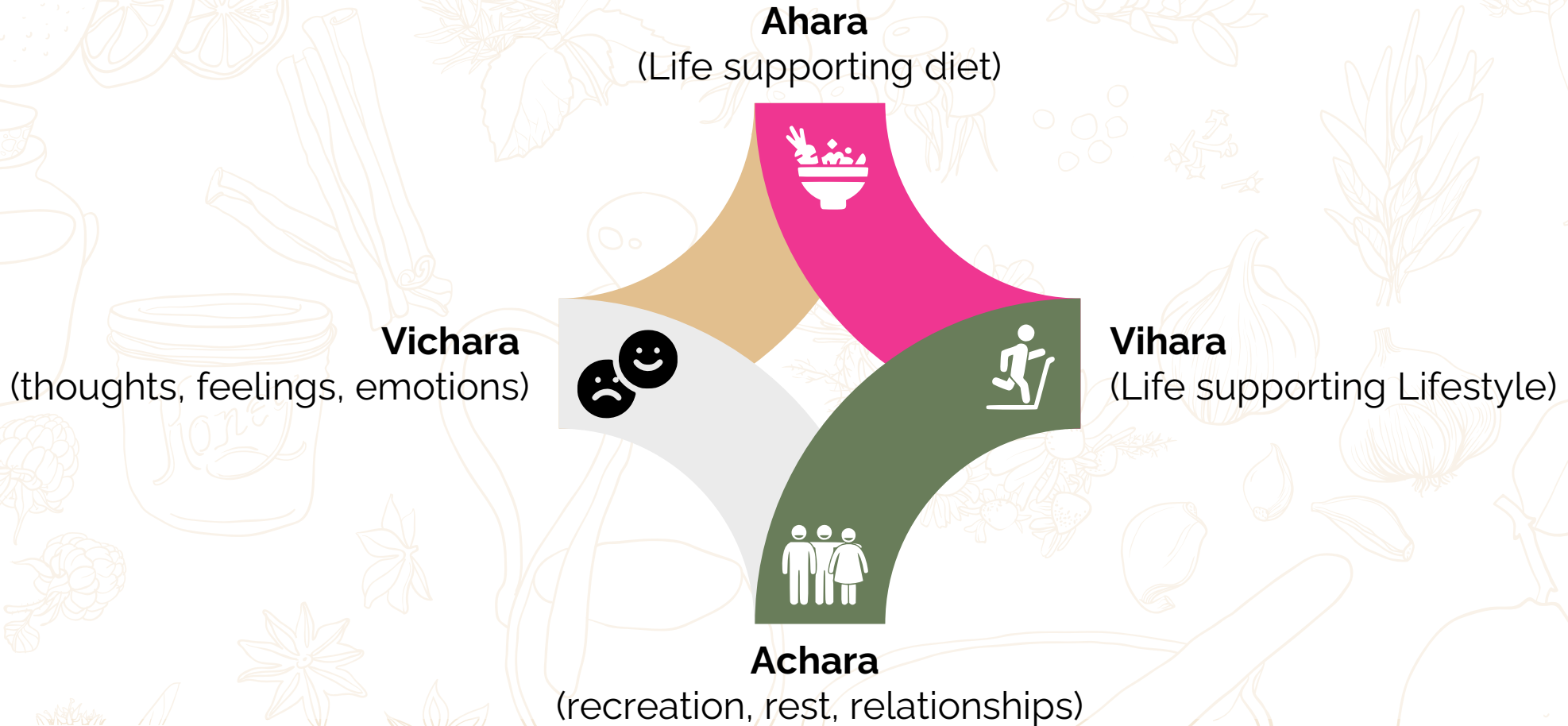


Death

# Ayurveda for preventative health



For good physical, mental, emotional, Spiritual health we look at



# Process of relaxation and wellbeing



**Choose “right”  
foods according to  
your Prakruti**



**Choose appropriate  
lifestyle according to  
body type/  
seasons/what is  
going on in life to the  
best of your ability  
and continue to  
improve**



**Work on emotions/  
feelings**

- Relax
- Focus
- Emotional “detox”
- Human values/  
ethics/ morals



**Recreation/  
Relationships**

- **Work at levels of**
  - Logic
  - Memory
  - Emotions
  - Energy

# Tools and techniques for Preventative Health

1

**Diet and lifestyle consultations**

2

**Herbs**

3

**Yoga and meditation**

4

**Bodywork panchakarma treatments**

5

**Learn for better understanding and self practice**

- Self Care with Ayurveda as complete program and its different components
- Self paced or online LIVE learning
- Other workshops/ challenges

6

**Learning for other health care practitioners, including GPs**

- Foundation Training in Clinical Ayurveda (FTCA)
- Ayurveda Appreciation course
- Other workshops and seminars

# Benefits people experience



Some key benefits people say they experience

Improved digestion



Enhanced energy, experience wellness and vitality

Focus and connection

Enhanced joy and satisfaction, reduced stress

# Thank you!

BOOKING

**Book with us:**

**Education, Consultation, Detox & Rejuvenation Treatments**



**Website:**

**[www.ayurveda-awareness.com.au](http://www.ayurveda-awareness.com.au)**



**Email:**

**[info@ayurveda-awareness.com.au](mailto:info@ayurveda-awareness.com.au)**



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