

PANCHA KARMA

AYURVEDIC CLEANSING & REJUVENATION RETREAT

We are thrilled that you are interested in experiencing Pancha Karma with us at the Ayurveda Natural Health Center!

Pancha Karma is a five-step cleansing and rejuvenating program that uses a combination of Ayurvedic assessment, herbal oil massage, steam baths, nourishing food, and more to bring your unique mind and body back into harmonious balance.

We create a nurturing and relaxing space for you to receive:

Ayurvedic Consultation at the beginning of your week as well as each day to give you the best health management program custom designed for you.

Traditional Four Handed Ayurvedic Massage with two therapists working simultaneously with warm oil from head-to-toe that is suited to your unique mind/body constitution.

Steam Therapy with an essential oil suited to your unique constitution.

Shirodhara Treatment that induces a womb-like state for deep healing, as warm oil streams onto the forehead. This is followed by a thorough scalp, head and neck massage.

Fresh food prepared daily just for you

Additional beneficial therapies may be offered as part of your healing program and may include: Polarity Therapy, Craniosacral Therapy, Reflexology, Somatic Trauma Resolution and Arvigo Maya Abdominal Massage.

Ayurvedic Management Plan so you can maintain this balanced state even after you leave.



Awaken to Life in Balance

Ayurveda Natural Health Center
1342 N Fairfield Rd Suite B
Beavercreek, Ohio 45432

www.midwestayurveda.com | email: info@midwestayurveda.com
Phone: 937-429-WELL (9355)

PANCHA KARMA

AYURVEDIC CLEANSING & REJUVENATION RETREAT

Your Investment

The Five Day Program | \$1920 (Recommended for best results)

The Three Day Program | \$1150

Want to try all the therapies before committing to a full program?
Single Day Experience | \$369 (plus additional fee for food service)

To support your stay

We are happy to offer:

Lodging recommendations

Information on local attractions & parks to enhance your experience

Wellness shop on site for herbals, oils, and resources

About Anjali Brannon & the Ayurveda Natural Health Center

Anjali Mediratta Brannon, CA, RPP has grown up in the Ayurvedic tradition and is a graduate of Dr. Vasant Lad's acclaimed Ayurvedic Institute Gurukula program comprising 3 years of study both in the US and India. Anjali has been practicing successfully in the Dayton area since 2001 and will oversee your personalized Pancha Karma program for the week with her gifted staff.

The Ayurveda Natural Health Center is the Midwest's premier full-service Ayurvedic & Holistic haven for wellness in Dayton, Ohio. Our center commits itself to providing tools to empower individuals to live their most balanced life. Our offerings of Ayurvedic and complementary services are designed to cultivate balance in mind, body, and spirit for a more harmonious and peaceful world- and we believe that this can only begin by starting with our own health and well being. Our teachers, therapists, and office team are some of the most gifted and genuine people you will meet, ready and waiting to support you as you find a greater sense of wellness, vitality, and peace.



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