

# INDIA 2010 - 2011

## LEADERSHIP & REJUVENATION TOUR

Each year we make a pilgrimage of rejuvenation to India, it's a wonderful opportunity to completely rebalance the mind, body and soul.

India is the home of the Veda, the most ancient knowledge of life and is therefore the source of an enormous range of knowledge that is invaluable to the development of our self.

For over 10 000 years they have been able to perfect the knowledge that enables human beings to understand the real value of human potential, most importantly their development of Ayurvedic medicine as a means to preventing disease.

As the West continues to overtake the spiritual and replaces it with the material world, we get caught in the activities of life and forget the importance of rest and being. These trips are about being more than doing, within an environment that is steeped in centuries of tradition. The main focus is treatment, rest and meditation and learning.

Pancha Karma is a comprehensive set of rejuvenation treatments that are individually prescribed by a qualified Ayurveda physician. Ideally these treatments are best taken over 14-21days, combined with deep meditation and rest. The range of treatments is extensive and delivered by highly experienced and trained ayurveda technicians. For approximately 2 hours each day you receive the treatments which are individually designed according your body type and need, and which include the most soothing and deeply nourishing massage with special herbal oils. It is wonderful to experience.

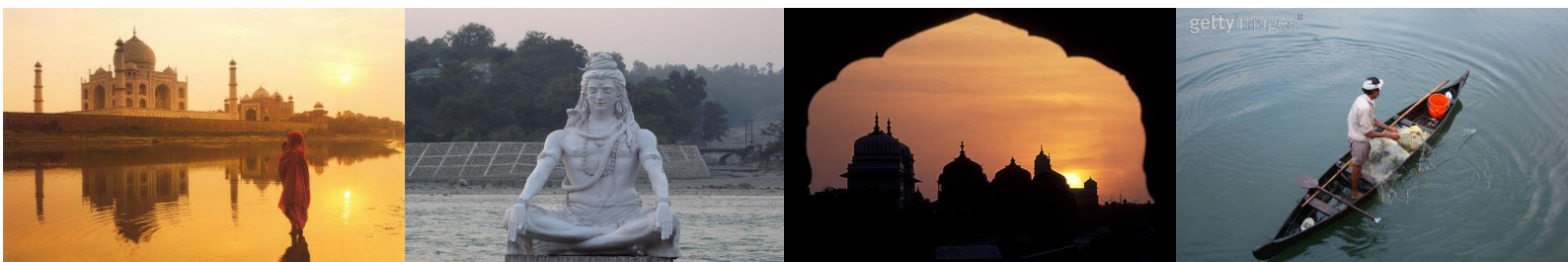
We only take a small group to the clinic each time so that it is a more intimate casual experience.

The rejuvenation clinic is in a new, modern and neat little guest house that is part of a gated community of strata title condominiums situated above the famous river Ganges in Rishikesh. Some of the unique features include excellent vegetarian food, friendly staff and highly trained technicians to administer the treatments, all under the supervision of the two resident Ayurvedic doctors, known as Vaidyas.

During your visit we can also organize for you to meet with Dr Raju who is one of India's leading Ayurvedic Doctors. His knowledge is a supreme gift, and he can detect the deep state of your health through using vedic pulse diagnosis. On the basis of this information he can make a prescription and recommendation to restore balance and wellness in a most complete and thorough manner.



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Rishikesh is one of the holiest places in India and is nestled at the foot hills of the Himalayas at the point where the Ganges comes down from the mountains. During your stay you will enjoy walks into the markets and trips to temples and a drive to the Vastitha's Caves which are 1000s of years old on the banks of the Ganges in the mountains. There is a lot to take in and enjoy

The October tour is already nearly booked out. The next India tour we will be taking is 12<sup>th</sup>-25<sup>th</sup> March 2011. We are also excited to announce a Bali Leadership Rejuvenation Tour from 1<sup>st</sup> – 8<sup>th</sup> April 2011.

So please let us know as soon as possible if you are interested in joining one of these wonderful expeditions, the maximum number on each tour is 12 people.

I hope you can see yourself in India, it's a lot of fun and I'm sure it will be an experience you will always remember not to mention the invaluable benefit to your health and well being.

Email your request to [tiffany@griffithconsulting.com](mailto:tiffany@griffithconsulting.com) or call 03 9499 8099 and we will forward itinerary details.



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