Brochure Ashtanga Hridayam
Video Class & Practice Retreat

21 day intensive program
plus optional
pre- and post-programs

Vaikom – Kerala, India
Academy of Ayurvedic Studies
Sree Krishna Ayurveda Chikitsa Kendram
A UNIQUE RETREAT:

- modern application of Ashtanga Hridayam
- 3 weeks of theory and practice: an intensive study retreat
- video classes and practical learning in a unique environment
- pre- and post-programs

Heal yourself through knowing the Self (Ayurveda)!
Our team:

<table>
<thead>
<tr>
<th>Dr. Vijith</th>
<th>Dr. Vidya</th>
<th>Gabriele Karpf</th>
<th>Rolf Jost</th>
<th>Coen van der Kroon</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Dr. Vijith" /></td>
<td><img src="image2" alt="Dr. Vidya" /></td>
<td><img src="image3" alt="Gabriele Karpf" /></td>
<td><img src="image4" alt="Rolf Jost" /></td>
<td><img src="image5" alt="Coen van der Kroon" /></td>
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Introduction

In January 2013 we will offer a unique study opportunity for all of you who want to deepen and speed up your ayurvedic knowledge, practice and understanding - based on the teachings of the first 15, very important, chapters of the Ashtanga Hridayam – partly based on exquisitely made video classes with Dr. Vijith, carefully prepared and filmed mostly on location over a period of two years. The other part being the subject of the morning video class brought to more life by demonstrations, explanations and experiential events. This will be in the form of a 3 week super-intensive retreat with Dr. Vijith, supported by his wife Dr. Vidya, and several assisting teachers to monitor the video class part of the program: Gabriele Karpf, Coen van der Kroon and Rolf Jost. Together with the staff of Sree Krishna and of the accommodating hotel we welcome you as a potential participant of this special theory and practice retreat in Kerala, God's own country!

“This retreat will be about the value of the first 15 chapters of the Ashtanga Hridayam, for your own life as well as for your practice as an ayurvedic clinician – and the retreat is for all who really want to understand how to read the Ashtanga Hridayam in a ‘modern’ and applicable way, how to apply it and how to advise its contents, and how to make this valuable information the foundation of your day-to-day clinical practice.”
Dr. Vijith & Dr. Vidya about studying the ancient texts

The ancient texts of Ayurveda have long been the ultimate resource for teaching as well as learning within the millennia old tradition of this healing science of life. The texts themselves are considered authoritative and to some extent also complete in themselves. This particularly counts for the Brihat Trayam – the Big Three – texts: Charaka Samhita, Sushruta Samhita and Ashtanga Hridayam. Each of those texts can be studied independently as complete ‘study tracks’. The Ashtanga Hridayam is a special text in itself, as it is said to represent the essential teaching form the other two, and this in a very condensed and logically built up structure – written in poetry to remember it more effectively and to even deeper penetrate the consciousness of the student. In order to stay in line with this tradition, the Academy of Ayurvedic Studies have started a beautiful project of making short, condensed, inspiring video classes with Dr. Vijith explaining the crux of each of the first 15 chapters of the Ashtanga Hridayam of Vagbhata. We now have a completed series of 2 preparatory video class lessons, followed by 15 exquisite video class lessons on those first 15 chapters – which together give a wealth of useful, practical and inspiring information.

Ashtanga Hridayam: a special learning tool

The Ashtanga Hridayam is in fact so logically built up – as a complete textbook of Ayurveda – that even today it can serve perfectly as a teaching and learning tool for a modern day Ayurveda student who also wants to apply this knowledge in the present world and life. Nevertheless, all the ancient texts themselves say that an experienced teacher is necessary to explain the texts, and that without this it is not possible to get to the core of those teachings. This fits into the old Gurukula tradition of teacher and disciple, where the teacher is...
actively involved in helping the students to evolve through all the stages of learning these intricate vedic sciences such as Yoga, Ayurveda, etcetera. The Ashtanga Hridayam is built up in such a way that it helps understanding the crucial order in approaching many aspects of life, as well as of clinical matters. Dr. Vijith and Dr. Vidya are fully experienced in working with this text in this beautiful way, which is a very unique asset. They teach from the Ashtanga Hridayam in full congruence with this principle and this makes the learning experience deep and effective, also on a personal development level – both as an individual as well as a (future) clinician.

Authentic ayurvedic approach

Dr. Vijith and Dr. Vidya are fervent practitioners and teachers of authentic Ayurveda – and it is our personal experience that when you study with such teachers – your understanding speeds up at least 3-fold. Also – and especially so – on a deeper level! They teach straight from the Classic Texts, but in a way which is very accessible as well as modern in its applications. An authentic ayurvedic approach is very important in these days, where Ayurveda otherwise is in a risk to lose its deeper roots by too much of adaptation to modern, regular western medicine, which is based on a much more fragmented and mechanical paradigm than was the case with the more holistic oriental or other traditional healing sciences. Ayurveda has its own and very solid paradigm, and it is only when one understands this thoroughly, applies it thoroughly and lives it thoroughly, that one really gets to the core and effectiveness of Ayurveda. Then more than ever ayurvedic practice can and will show excellent results in clinical practice. This is very important, not only for the patients, but also for the profession itself: in order to maintain and nourish the respect that Ayurveda as a solid and clinical science deserves. In this retreat this approach will be highlighted, both in theory and in practice.

Purpose of this retreat

This retreat will be about the value of the first 15 chapters of the Ashtanga Hridayam, for your own life as well as for your practice as an ayurvedic clinician – and the retreat is for all who really want to understand how to read the Ashtanga Hridayam in a ‘modern’ and applicable way, how to apply it and how to advise its contents, and how to make this valuable information the foundation of your day-to-day clinical practice. In order to do this, we will be using a series of video classes specially made for and by the AAS – shot in the last two years, chapter by chapter – on those first 15 chapters of the Ashtanga Hridayam, including two extra and introductory video classes where Dr. Vijith explains the importance of Ayurveda and Vedic living also for the present day world – and also in a clinical sense – and
the science philosophy which forms the solid foundation of the ayurvedic science, especially the theory and practical expression of Shad Padartha. In the afternoon we will go to the Sree Krishna clinic to see and experience each subject of the morning lecture come alive a practical, clinical setting.

Theory and practice

The practical purpose of this retreat will be to infuse the participants with a maximum of good and deep material straight from the Ashtanga Hridayam – through the excellent video classes with Dr. Vijith as well as assignments to activate your own understanding – and to let this material immediately come alive – or see it demonstrated – in a very real, live clinical setting – through a practical and demonstration part of each day (in the afternoon) in the Sree Krishna Clinic of Dr. Vijith and Dr. Vidya. There will be patients there – treated in the clinic – and there will be the daily activities of preparing the right foods, making medicines, doing rituals, etcetera. In this way we want to give you the opportunity to in fact ‘breathe in’ all the knowledge – theory and practice hand in hand. By the end of this retreat you will be able to apply – on a deep practical level –many of the very core ayurvedic principles and concepts in your own life and in any level of practice you are currently involved in. Practicing afterward what you will have learned in these 21 days of solid infusion, will bring you important rewards: working with an authentic ayurvedic approach consistently, will bring anyone deep and thorough results, wisdom and wealth – according to the old texts!
Overview of all the topics

I. Ayurveda, Sanskrit & Yoga Retreat – in Ayurveda Resort (see attachment at the end of this brochure)

II. Ayurveda Asthanga Hridayam Retreat (video classes, theory & demonstrations) – in hotel & SreeKrishna

III. Ayurveda Advanced Internship Program – in SreeKrishna (see attachment at the end of this brochure)

Note:
- This brochure is mainly giving informing on the program as mentioned under II.
- Program I is for people who want to do some basic Ayurveda program BEFORE the retreat, and in a light atmosphere; this will be very useful for anyone wanting to join Program II, but still requiring some of the basics, or wishing to refresh their basic knowledge; it can also be a perfect way to acclimatize in Kerala while at the same time integrating some active contact with Ayurveda, Yoga and Sanskrit, and of course with Dinacharya. Program I can also be done independently from Program II.
- Program III is for a few of our advanced students who still want to go for more clinical internship, and Dr. Vijith wants to continue his yearly medical camp; it would be open potentially for other students as well if they have a solid basis in Ayurveda, know some basic Sanskrit (terminology, vocabulary), and preferable have been taught by Dr. Vijith before in some kind of way (video classes or otherwise)
- There is a possibility of doing PK afterward: AAS students have the opportunity to do this as an experiential educational study event, which implies undergoing the treatment as usual and 100% as a ‘normal’ client, but doing the treatments activates the understanding of them on many levels, and it is advised to keep some notes for writing a report afterwards of the experience, which will then – in combination with undergoing the treatments – be subjected to the AAS and actual study points can be earned by this set up; contact the AAS for more information.
### Full schedule of retreat

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Subject</th>
<th>Remarks</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td><strong>January</strong></td>
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<td></td>
<td></td>
<td><strong>Morning: Yoga &amp; Sanskrit</strong></td>
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<td></td>
<td></td>
<td><strong>Afternoon: Ayurveda &amp; Sanskrit</strong></td>
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<td></td>
<td><strong>Remarks</strong></td>
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<td><strong>Subject</strong></td>
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<td></td>
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<td><strong>Friday 4th</strong></td>
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<tr>
<td>1</td>
<td>Saturday 5th</td>
<td>dinacharya &amp; yoga, sanskrit theory</td>
<td>treatments possible</td>
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<tr>
<td>2</td>
<td>Sunday 6th</td>
<td>dinacharya &amp; yoga, sanskrit theory</td>
<td>short sessions</td>
</tr>
<tr>
<td>3</td>
<td>Monday 7th</td>
<td>dinacharya &amp; yoga, sanskrit theory</td>
<td>playful set up</td>
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<tr>
<td>4</td>
<td>Tuesday 8th</td>
<td>dinacharya &amp; yoga, sanskrit theory</td>
<td>good food</td>
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<tr>
<td>5</td>
<td>Wednesday 9th</td>
<td>dinacharya &amp; yoga, sanskrit theory</td>
<td>cultural programs</td>
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<tr>
<td>6</td>
<td>Thursday 10th</td>
<td>dinacharya &amp; yoga, sanskrit theory</td>
<td>enjoying nature</td>
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<tr>
<td>7</td>
<td>Friday 11th</td>
<td>dinacharya &amp; yoga, sanskrit theory</td>
<td>relaxing &amp; sharing</td>
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<tr>
<td></td>
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<td><strong>Saturday 12th</strong> (transition or arrival day)</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sunday 13th</td>
<td>Intro: Classics, Sanskrit &amp; Sutras</td>
<td>Hotel: welcome, 1st Q&amp;A session</td>
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<tr>
<td>2</td>
<td>Monday</td>
<td>ShadPadartha</td>
<td>Clinic: welcome, tour of clinic, pharmacy, Q&amp;A session</td>
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<tr>
<td>3</td>
<td>Tuesday</td>
<td>Ayushkamiya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>4</td>
<td>Wednesday</td>
<td>Dinacharya</td>
<td>Hotel: practice with Abhyanga, Q&amp;A session</td>
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<tr>
<td>5</td>
<td>Thursday</td>
<td>Ritucharya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
</tr>
<tr>
<td>6</td>
<td>Friday</td>
<td>Roganudpapadhiya adhyaya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>7</td>
<td>Saturday</td>
<td>Dravadravya</td>
<td>Hotel: practice with Abhyanga, Q&amp;A session</td>
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<tr>
<td>Day</td>
<td>Activity</td>
<td>Location</td>
<td>Notes</td>
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<tr>
<td>8 Sunday 20th</td>
<td>resting day - outing</td>
<td>backwater boat tour + program at Kumarakom Heritage Resort</td>
<td>with advanced program students</td>
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<tr>
<td>9 Monday</td>
<td>Annasvarupa</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>10 Tuesday</td>
<td>Annasvarupa</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>11 Wednesday</td>
<td>Annaraksha</td>
<td>Hotel: practice with Abhyanga, Q&amp;A session</td>
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<tr>
<td>12 Thursday</td>
<td>Matrasitya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>13 Friday</td>
<td>Dravyadi vijnaniya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>14 Saturday</td>
<td>Rasabhediya</td>
<td>Hotel: practice, Q&amp;A session</td>
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<tr>
<td>15 Sunday 27th</td>
<td>resting day - outing</td>
<td>visit to Fort Cochin</td>
<td>with advanced program students</td>
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<tr>
<td>16 Monday</td>
<td>Doshadi vijnaniya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>17 Tuesday</td>
<td>Doshabhediya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>18 Wednesday</td>
<td>Doshopakramaniya</td>
<td>Hotel: practice, Q&amp;A session</td>
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<tr>
<td>19 Thursday 31st</td>
<td>Dvividhopakramaniya</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>February 20</td>
<td>Shadanadigana sangraha</td>
<td>Clinic: demonstrations of theory issues, Q&amp;A session</td>
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<tr>
<td>21 Saturday 2nd</td>
<td>Conclusion/small exam</td>
<td>Hotel: last session Q&amp;A, ceremony &amp; certification</td>
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**Sunday 3rd**
- morning: leaving or transition day

**Monday 4th**
- optional PK for 3 or 4 weeks at SreeKrishna
  - if (also) used for educational experience, awarded 60 contact hours
Daily schedule during retreat

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>5.30 - 6.00</td>
<td>getting up</td>
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<tr>
<td>6.00 - 7.00</td>
<td>personal dinacharya program, agnihotra &amp; meditation</td>
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<tr>
<td>7.00 - 7.15</td>
<td>chai break</td>
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<tr>
<td>7.15 - 8.15</td>
<td>exercises (vyayama) and yoga</td>
</tr>
<tr>
<td>8.30 - 10.00</td>
<td>1st video class session, assignment hand out</td>
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<tr>
<td>10.00 - 11.00</td>
<td>breakfast break</td>
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<tr>
<td>11.00 - 12.30</td>
<td>2nd video class session</td>
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<tr>
<td>12.30 - 13.00</td>
<td>discussion with teacher, student interaction</td>
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<tr>
<td>13.00 - 14.00</td>
<td>rest - fruits/snack break</td>
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<tr>
<td>14.00 - 14.30</td>
<td>travel time if going to clinic</td>
</tr>
<tr>
<td>14.30 - 16.00</td>
<td>Q&amp;A session with Dr. Vijith</td>
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<tr>
<td>16.00 - 16.15</td>
<td>chai break</td>
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<tr>
<td>16.15 - 17.45</td>
<td>practical: demonstration in clinic, or practice in resort</td>
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<tr>
<td>17.45 - 18.15</td>
<td>travel time if going back to resort from clinic</td>
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<tr>
<td>18.15 - 19.15</td>
<td>dinner</td>
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<tr>
<td>19.15 onwards</td>
<td>time for study, assignments &amp; resting</td>
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Practicalities regarding the retreat

What to expect from the retreat

This intensive retreat is an excellent addition for all who have had a solid basic training in the founding principles of Ayurveda, either more practical or theoretical. Though announced as an intermediate retreat – even more advanced students can still always & greatly benefit from this retreat, as it contains so much deep and multilevel information. You can expect to learn an incredible lot of theory from the program, but not just in a ‘dry’ way. Already the video classes with Dr. Vijith will put you on a track of ‘living the knowledge’, as this is one of Dr. Vijith’s and our main goals with these teachings. Apart from the video classes purely, we will be there to assist you with a first line of questions, and with assignments to deepen your connection with the study material. Also, you can expect a fair deal of live clinical demonstrations and practice or experiential events in the other halves of the days. These will be there to help you integrate the study material in the best possible way, as well as to stimulate you to get creative in applying the study material in your daily life and practice. You will return with an enormous amount of living knowledge, straight from the ‘source’ and well explained by Dr. Vijith and Dr. Vidya, and supported by our complete staff, as mentioned elsewhere.

Who can partake in this retreat

The Academy of Ayurvedic Studies will offer this program as an independent but also integrated part of their long term study track, and this retreat will be accredited with 120 contact hours towards the accreditation of your Ayurveda studies. International students from other schools are welcome to join this program. We advise people to come with a good basic knowledge and understanding of the foundation principles and theories of Ayurveda. In essence this comes down to having had approximately a minimum of 75 – 150 contact
(classroom) hours of solid Ayurveda education, and the concomitant hours of self-study. Also it is advised to be somewhat at home with some very basic Sanskrit – the more you know, the better – and this will definitely helpful to dive deeper into the study material of this retreat. If you do not have this connection yet, please make sure to invest in this before you come to the retreat. Also, we offer a pre-retreat program of 1 week, also in Kerala, where we will playfully bring in the Sanskrit, in order to make this retreat also more effective for all students to whom Sanskrit is fairly new. Sanskrit might look challenging at first, but once you make somewhat of a connection with it, it greatly enhances your study and understanding of authentic Ayurveda! Contact us, if you have any questions or doubts.

Video classes and ‘monitoring’

The morning program will be based on a series of 17 video classes on the scientific language of Ayurveda, and the first 15 chapters of Ashtanga Hridayam. They will be monitored by Gabriele Karpf and/or Coen van der Kroon, and they will be there as instructors as well in respect to getting deeper into the matter being taught. They will be there to answer the ‘first line’ of questions: things that are not clear on the surface and to explain things based on their own experience. Gabriele Karpf has studied for many years with Dr. Vijith in a teacher-student setting, going through all these chapters of Ashtanga Hridayam line by line. Gabriele now has a ‘Praxis’ in Munich, where she is applying this knowledge on a regular basis with her clients. The monitors are also there to ‘just’ stimulate you to dive deeper into the material, to explore it, to make assignments that will help you to make more connections, and to comfort you when you think it is too much or too big to understand it all at this moment. Learning from the ancient texts has its own dynamics, and it is good to have some expert guidance in this process. The monitors will also take part themselves in the afternoon programs at the clinic, as assistants of Dr. Vijith and Dr. Vidya.

Demonstrations and practicals

Afternoons will be spent on the practical application and explanations thereof, referring to the specific topic of each morning program. The afternoon programs will be taught, guided or instructed by Dr. Vijith and his wife Dr. Vidya, either on location – mostly in their clinic SreeKrishna. The afternoon program will by times be more instructive, but at other times also highly interactive – also depending on the subjects of the morning lectures.
Demonstrations might vary from how to use coconut water – and of course drinking and experiencing it yourself, fresh from the coconut – to showing specific treatments illustrating certain aspects that were central in a specific morning lecture. This could be Abhyanga and massage, but also giving nourishing forms of Pindasvedana treatments, or cleansing treatments such as Udvartana. Where possible, sometimes an opportunity will be given to self-experience such treatments (though generally we refer for this kind of hands on practical training to our other practical retreats with Dr. Vijith, Dr. Vidya and Gabriele Karpf; feel free to ask us for more information on this). There will be ample opportunities to integrate all theoretical information and demonstration in life as we live it during the retreat: with the meals of local food we will be served there, with the outings into Keralan nature, etcetera.

Assignments

Each chapter has its own – potentially very elaborate – topic. Don’t forget that in this tradition a teacher could be spending easily several weeks or months on just one of the chapters – line by line. Since we will only have the opportunity during this retreat to watch the condensed video classes on each chapter (or on the most important topics in them), we will also give you some assignments to – on your own accord and time allowing – make some more and deeper connections with the text and the material therein, as well as with some text fragments from the ‘sister-text’ of Ashtanga Hridayam – the Ashtanga Sangraha. We highly advise you to form small study groups with fellow students during the retreat and do these assignments together – as mutual exchange on all the study topics might greatly enhance your understanding thereof. And it can be more fun too, in this way! ‘Playing’ in this way with the study material will activate your creative talents, which is a great asset of a good practitioner.

Dinacharya and morning yoga classes

You will be instructed – if not yet known – in to the Dinacharya regime advised by Dr. Vijith and Dr. Vidya for all students and clients of the clinic. And it is advisable to integrate that routine or adapted form of it into your own daily schedule during the retreat, especially the morning routine. We will be of help with any questions or doubts, or for common shared application of procedures on the roof top terrace in the morning. In the morning there will also be a yoga class on the roof top terrace, guided by Rolf Jost. It will be a fairly mild approach of Hatha Yoga, integrating some elemental principles of ayurvedic yoga therapy into the routine. Also, Rolf will work with the 5
Vayus exercises as taught by Dr. Vijith. If you have your own sadhana or routine, feel free to stick to that as well. If not, be welcome to join the class offered by us – it can greatly benefit you, also to stay charged with enough energy during this intense retreat with so much necessary intellectual and intuitive digestion.

Vedic fire ritual

Another tool to support you to digest things well – on all levels – is the Vedic fire ritual or Homa/Agnihotra, which Dr. Vijith does every morning on the premises of his clinic. Since you as participants will be accommodated in a hotel nearby, it is not possible to join this fire ritual every morning. Instead we will plan in one or two days each week on which we will all go and join that ceremony in the morning in the Sree Krishna clinic – the ceremony lasts approximately 30-40 minutes. On the other days there might be a small and much shorter Homa/Agnihotra on the roof top terrace as part of the morning yoga routine, with time for meditation.

The Vedic fire ritual goes back to a very old tradition of paying respect to i.a. the Sun, the Fire as well as the other divine elements in nature. As such it touches the very core of the ayurvedic healing practice, as this is also a science of Agni in many respects and on many levels. We therefore highly recommend to take part in these rituals, as they are an integrated part of the study program. The fire rituals also help in meditation and in keeping your focus, which – again – can be very helpful, given the study intensity of this retreat! Feel welcome to join the fire and pay your respect to it!

Leisure and outings

Evenings are for assignments, reading, preparing and leisure. Leisure is mentioned last, but it might be the most important by times! The days will be full of studying and digesting all the things offered to you. So make sure to keep track of your needs for some necessary rest or other ‘distractions’. There are two days totally devoted to your leisure – and we have planned outings on these days that will greatly help you in finding some relaxation and diverting your mind to other matters than study material. One of the outings will be a beautiful and relaxing boat tour on the famous back waters of Kerala. We can guarantee you’ll have a highly enjoyable and peaceful day on the backwater boats! The other outing is a little more active and involves a tourist visit to the old Fort Cochin, where there are many good places for food, drinks and buying books and souvenirs. The tours will be organized by us, and they are optional and at an
additional cost (i.a. depending on how many people will join). You can also simply stay in the hotel on those two resting days, or do your own thing. Joining one of the tours however, can be a lot of fun and give the opportunity to share and exchange with each other outside of the more formal parts of the program.

The doctors and teachers

The doctors and the other teachers and staff are there to help you in making optimal use of your retreat study time and investment. However, the doctors are also involved at the same time in a full schedule of treating the patients in the clinic and this might – at times have some priority – as you can understand. We will therefore ask your cooperation in adjusting to program changes based on this incidental priority. Doctors in India are treated in their clinic setting with a certain amount of respect and behavior according to the local customs. It is very important for all participants of the retreat to be aware of this situation, and to adapt your own behavior to this general situation – of course as long as it does not interfere with your personal ethics. Please always feel free to check with the monitors and other teaching staff to check what is the custom, or what is allowed and what not in certain clinical settings. Always treat all the patients with the utmost respect and professional approach. Never interfere with the interaction of the doctors with the patients unless when very clearly invited to do so. Also, doctors as teachers have a respectable place in the Indian tradition. Please keep in line with this tradition, and avoid too informal interaction with the doctors, unless the situation is verily welcoming this or open for it. This will guarantee a good and safe environment for both doctors, teachers, students, and patients alike.

Pre-program: Ayurveda, Yoga and Sanskrit Retreat

For anyone who wants to deepen or refresh their general Ayurveda knowledge, yoga practice, and Sanskrit connection, we have organized a very attractive – and partly leisure – program in the nearby Kumarakom Heritage resort, where Dr. Vijith and Dr. Vidya offer Shamana treatments as an addition or alternative to the Pancha Karma treatments in their Sree Krishna clinic. All details in the extra attachment to this brochure.
Post-program: personal PK options

Often people go to India for a program and since this for many of you will be a big investment in time and energy, already just to go all the way to India, it might be an attractive and welcome idea to extend your stay in order to undergo certain ayurvedic treatments, for example a personal Pancha Karma program, which last option could preferably for 3 or 4 weeks. It would also give you an opportunity to experience in a purely passive way many of the principles you have been studying actively during the retreat. Nevertheless, if you opt for this opportunity, you will have to take into account that – during your treatment – you will be in the role as ‘normal client’ and not as an active student any longer. So no intellectual involvement in the treatment and no general ‘ayurvedic’ discussions advised – just the regular doctor-client interaction – also important for your needed external and internal rest in the case of your treatments!

Maximum and minimum required amount of participants

<table>
<thead>
<tr>
<th></th>
<th>Pre-Retreat Program</th>
<th>3-Week Retreat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum required*)</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Maximum possible</td>
<td>14</td>
<td>18</td>
</tr>
</tbody>
</table>

*) if less than this amount of registrations are in by November 1st 2012, we keep the right to cancel the program, in which case we will refund all fees
Other practicalities

Travelling to India

Travelling to and from India has to be arranged by yourself. Best port of destination is Cochin. There are good options to fly directly to Cochin in South India via the Middle East, with airlines such as Emirates, Etihad, Qatar, Gulf Air, etcetera. European and American airlines have connections only through major Indian cities such as Delhi, Mumbai, Bangalore and Chennai. From there one can fly on with domestic airlines. Most positive experiences – generally and financially – are with Emirates via Dubai. Check with a travel agency or book your flights online. You do need a visa for India and make sure to check all details for the application ahead of time. It is not wise to wait with this till the last moment. Different countries have different procedures.

Travelling to the locations

Travelling from the airport or from Cochin city can be arranged by Sree Krishna Clinic, as long as we receive your date, time and location ahead of time, so that we can arrange your pick up with a taxi in the appropriate manner. The cost of the taxi falls under your own expenses, and you should count on appr. €40 for a one-way ride from Cochin Airport to the location (hotel) in Vaikom.
The locations

- Vaikom Ayurveda Resort – accommodation & study program
- Sree Krishna Ayurveda Chikitsa Kendram, Vaikom – study program & post-retreat optional PK program
- Kumarakom Heritage Resort – pre-retreat optional study program & leisure

Your accommodation for the retreat will be: a newly opened resort in nature, Vaikom, Kerala, India. For the most recent contact information regarding the resort, a website will be available from September onwards. It is only 10 minutes from SreeKrishna. Registering for the retreat, we will arrange and handle your booking with the resort, but only for the indicated period of the retreat as in the program. Any days of accommodation BEFORE and/or AFTER the retreat has to be handled and arranged by yourself with the resort directly, and costs and conditions fall entirely under your own expenses and responsibility.

Payment for the indicated period of the resort – and booked through us – will be directly to the resort, preferably soon after arrival. This payment includes – standard – a shared double room basis as well as the meals in the resort, as indicated and within the meal plan as collectively organized with the resort for the whole group. Any other arrangements, accommodation and food or drinks, with the resort have to be paid for separately and individually. Registering for the retreat cum resort arrangement includes a contract that you are fully agreeing with this.

The clinic of Dr. Vijith and Dr. Vidya – Sree Krishna – is close to the resort, approximately 1.5 KM away, i.e. less than a 10 minute Rickshaw ride or a 15 minute walk. All the most recent address and contact details can be found on www.ayurvedapancakarma.com
What to take

Things that are useful to take with you, for your stay and study there, are:

- flash light (there are the occasional power outages in India)
- light and comfortable cloths (can also be bought in Vaikom)
- light and more formal cloths (can also be bought in Vaikom)
- toiletry stuff
- mosquito repellent (it is NOT a malaria area)
- notebooks and pens plus pencils
- Ashtanga Hridayam book I (chapters 1 – 15)
- Ashtanga Sangraha book I
- bathing suit
- one towel (can also be bought in Vaikom)
- eye pad (to take a nap when your room mate is still up)
- ear plugs
- easy footwear; sandals, flip flops
- umbrella or light rain jacket
- brush for the soles/heels
- liquid wash soap for underwear washing
- for women: better not to wear transparent cloths
- other things you might think necessary yourself 😊

Clothing – dress code

It will be warm and usually dry in that period, but occasional (heavy) showers can occur. Light and breathing clothing is the best option. Due to the traditional and conventional environment, plus due to the fact that people will see students sort of already as ‘doctors’, it is advised to dress semi-formal while going to the clinic, and to dress properly while going into town. Ask people there for a dress code when going to temples. If temples do allow non-hindus, nevertheless the dress code for everyone going in will be on the conventional side, and might even require wearing a dhoti/lungi for men, or a long dress or salwa kamiz for women. All these clothes can be purchased easily in shops in Vaikom where staff usually is friendly and helpful.
Bedding and towels

Bedding and towels will be provided by all places mentioned above, so you do not have to take anything of that. One (used) towel for your own Abhyanga might be useful, but you can as well buy excellent thin Indian towels for that in Vaikom itself.

Laundry

The hotel has a laundry service for which they will charge regular hotel prices, which are quite reasonable. In case you will also stay in Kumarakom Heritage or Sree Krishna Clinic before or after the retreat, you can hand in laundry there and ask them the costs, which are usually quite low. Small laundry you can do easily by yourself in the usually big Indian bathrooms. Due to the warm and relatively dry weather in this period, laundry dries fairly quickly.

Weather and seasons

January is till the ‘winter’ season of South India. This only means that the nights can be relatively cool, for Kerala standards. For most of you this will mean comfortably warm nights, but still warm – minimum around 16-18 degrees Celsius. Occasionally it can even still be quite warm. Daytime temperature in January and February is between 25 and 33 degrees Celsius. Kerala overall has a humid tropical climate, although in that season there it is relatively dry.
Insects and animals

Since Kerala has a tropical and humid climate, you can count on a fair amount of the usual fauna in the form of tropical creepers and insects. But nothing spectacular; even mosquito’s are not over-abundant there. The hotel is a 3 to 4 star business hotel and is very clean and proper, with most rooms in upper floors. In Sree Krishna and Kumarakom Heritage – both being only ground floor or ground and first floor – you will naturally encounter more small ‘wild life’ – but all fairly innocent creatures. If you are sensitive to mosquito’s and their bites, take your usual precautions. It is NOT a malaria-prone area and it is NOT a malaria-season either, so no worries.

Tourism and tipping

Kerala is a beautiful state with a variety in landscapes: from tropical palm forests near the beaches and in the flat lands, to the tea estates and wild tropical mountain forests in the Ghats (the high mountain range in Kerala). Kerala has a lot of sight seeing opportunities: old city towns (like Fort Cochin), temples, national parks, tea and spice estates, rubber plantations wild animal life (including wild elephants), ayurvedic resorts, and a couple of nice beaches. Service is generally good, and when buying things there is relatively little hassling and often even fixed prices. Tipping is usual and appreciated. If you want to tip the staff in ‘our’ retreat locations, please consult the organizers, and it can be best done collectively.

Vaccination(s) and health

No vaccinations are necessary or advisable for Kerala. Remember that this is our advise and guideline, but that we leave this totally up to your own discrimination and decision. You are entirely responsible for your health and any precautions you might want to take. Remember though, that you are partaking in an Ayurveda event and that there are always skilled ayurvedic doctors, practitioners or colleagues nearby, to help you out with any health concerns. If you have any chronic health condition which you think it is important to be known by the organizers, please be sure to inform them accordingly. It might be useful for all involved.
Organizational and financial information

Booking/reservation or information from:

- The Netherlands
- Germany
- Other countries
- India

<table>
<thead>
<tr>
<th>You are from</th>
<th>Please contact</th>
<th>Email and Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Netherlands</td>
<td>Academy of Ayurvedic Studies</td>
<td><a href="mailto:info@ayurvedicstudies.nl">info@ayurvedicstudies.nl</a></td>
<td><a href="http://www.ayurvedicstudies.nl">www.ayurvedicstudies.nl</a></td>
</tr>
<tr>
<td></td>
<td><em>(main organizer)</em></td>
<td>+ 31 20 8401887</td>
<td></td>
</tr>
<tr>
<td>Germany</td>
<td>Gabriele Karpf</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>(co-organizer, Praxis in Munich)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other countries</td>
<td>Academy of Ayurvedic Studies</td>
<td><a href="mailto:info@ayurvedicstudies.nl">info@ayurvedicstudies.nl</a></td>
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<td></td>
<td><em>(main organizer)</em></td>
<td>+ 31 20 8401887</td>
<td></td>
</tr>
</tbody>
</table>

NB: If you are on the mailing list of Dr. Vijith and Dr. Vidya and/or you know them personally, feel free to contact them for more information, and they will refer you to the AAS for the eventual booking.
## Prices & price structure

<table>
<thead>
<tr>
<th>Subject</th>
<th>Amount due</th>
<th>Payable to</th>
<th>Time due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retreat program teaching fees</td>
<td>€ 1600 (€ 1700 after December 1st, 2012)</td>
<td>Academy of Ayurvedic Studies</td>
<td>€500 advance within 2 weeks after registering – also in order to secure your place, rest before 1st December 2012</td>
</tr>
<tr>
<td>Hotel - Room &amp; Board (based on shared room/2 persons per room &amp; collective meal plan):</td>
<td>€ 595</td>
<td>Vaikom Ayurveda Resort</td>
<td>Immediately upon arrival, advance is calculated into € 500 advance payable to AAS, see above</td>
</tr>
<tr>
<td>Pre-retreat program fees</td>
<td>€ 500</td>
<td>Academy of Ayurvedic Studies</td>
<td>€200 advance within 2 weeks after registering – also in order to secure your place, rest before 1st December 2012</td>
</tr>
<tr>
<td>Hotel - Room &amp; Board (based on shared room/2 persons per room &amp; collective meal plan):</td>
<td>€ 295</td>
<td>Kumarakom Heritage Resort</td>
<td>Immediately upon arrival, advance is calculated into € 200 advance payable to AAS, see above</td>
</tr>
<tr>
<td>Post-retreat personal PK program (treatment, room &amp; board)</td>
<td>€ 65 per day (single room) € 50 per day (shared room)</td>
<td>Sree Krishna (Dr. Vijith) – through AAS</td>
<td>Advance (30% of total) to AAS, immediately upon booking – in order to secure your place; rest during stay in Sree Krishna</td>
</tr>
<tr>
<td>Visa</td>
<td>Appr. €50 -100</td>
<td>Agency or embassy</td>
<td>---</td>
</tr>
<tr>
<td>Flight India (Cochin) v.v.</td>
<td>Appr. € 750</td>
<td>Travel agent, flight company</td>
<td>---</td>
</tr>
<tr>
<td>Taxi Airport Cochin - Vaikom</td>
<td>Appr. € 40 per taxi</td>
<td>Taxi driver</td>
<td>---</td>
</tr>
</tbody>
</table>
Registration & payment procedure, advance, and bank accounts

If you decide to register for this retreat (and/or pre-retreat, post-retreat), please follow the procedure below:

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
<th>Your own remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Please read all information in this brochure carefully including the questionnaire and contract at the end.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Register online through the website of the Academy of Ayurvedic Studies – <a href="http://www.ayurvedicstudies.nl">www.ayurvedicstudies.nl</a> - you will receive a confirmation and an invoice in the days following your registration.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Upon receiving your invoice, please pay the advance straight away, and latestly within 2 weeks, to the bank account of the AAS as given below, and your place will be secured.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>At the same time fill out the questionnaire and contract, and send this – signed – per email (scanned) or snail mail to the AAS, addresses given on those forms.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>You will receive official confirmation of your participation by email, once your advance, questionnaire and contract are received and accepted by the AAS.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Pay the remaining sum – as given in the invoice – before the ultimate date as indicated, and to the same bank account of the AAS as given below.</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Arrange your visa and travel papers in time. Make sure you book only finalize your booking after receiving a definite conformation of the AAS (dependent on the minimum amount of participants required, see contract)</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Let us know your date and time of arrival in Cochin, as well as your flight number.</td>
<td></td>
</tr>
</tbody>
</table>
**Confirmation – securing your place**

As there will be a maximum amount of participants (18), we encourage you to book and secure your place as early as possible. Also for us – the organizers – it helps us to know as soon as possible if we have the required minimum amount of participants (10) for the retreat to take place. The minimum of participants required (10) should be registered latest by October 15\(^{th}\) in order for us to move ahead with the retreat. At that moment we will inform everyone involved whether or not the retreat can be finalised. The same counts for the pre-retreat program, which has a minimum requirement of 8 participants.

**Cancellation – Terms & Conditions**

Cancellation of your registration can happen till October 1\(^{st}\) with minimal charges: €100 administrative fee. The remainder of your advance will be returned to you. Same counts for pre-retreat program.
Cancellation of your registration after October 1\(^{st}\), but before December 1\(^{st}\), will imply that the AAS is entitled to keep the full advance (which is partly also for the hotel reservation). Same counts for pre-retreat program.
Cancellation after December 1\(^{st}\): 40% refund of total amount of study fees and hotel charges.

Cancellation of your post-retreat PK program: 10% charges till December 1\(^{st}\), 30% charges till January 1\(^{st}\), full amount due after that.

Above terms overrule the applicable articles of the general terms & conditions of the AAS, and you will sign for “I agree with” with both above cancellation regulations, the overruling statement, and the general terms & condition, when signing and sending in the contract.
Bank accounts

A. For retreat program and pre-retreat program payments:
Academy of Ayurvedic Studies, Stichting CARE – Amsterdam, The Netherlands:

*Triodos Bank 21.21.98.777 - IBAN: NL60 TRIO 0212 1987 77 - BIC: TRIONL2U*

B. For post-retreat personal PK program payments:
AyurYoga Health Center – Amsterdam, The Netherlands:

*Triodos Bank 21.23.28.425 - IBAN: NL60 TRIO 0212 328425 - BIC: TRIONL2U*

Please note:

1. *Please only pay AFTER receiving our invoice with invoice number, payment details, etc., which we will send to you in the days immediately following your online registration.*

2. *If you will be paying from outside of Europe, please get in touch with us and we will work out all the details.*
Questionnaire

Please answer all questions and send to the Academy of Ayurvedic Studies (scanning is okay too):
Academy of Ayurvedic Studies/St. CARE
WG Plein 264
1054 SE Amsterdam
The Netherlands
info@ayurvedicstudies.nl

1. How many contact (=classroom) hours have you had prior to this retreat in terms of professional Ayurveda education?
2. Was this education on a more wellness level or a more academic level?
3. Was your education so far more practical or theoretical?
4. How much Sanskrit education did you follow so far? What is your relation to Sanskrit?
5. Have you had exposure to the ayurvedic classical scriptures, and if so – in which way and to which extend?
6. Do you practice yoga, and/or have a spiritual discipline/sadhana?
7. Do you already have a practice in Ayurveda (massage or otherwise)? If so, please describe the extend.
8. Have you been to India before? If so, what was your general experience?
9. Have you had any education in India before? If so, what was your general experience?
10. Write a short essay (one paragraph) on the three doshas Vata, Pitta and Kapha.
11. Write a short essay (one paragraph) on the seven Dhatus and ayurvedic physiology.
12. Write a short essay (one paragraph) on Sankhya philosophy.
13. Write a short essay (one paragraph) on what you would describe as the difference between Shamana and Shodhana.
14. What do you want to reach by attending this retreat?
15. What do you think are the weak parts in your knowledge in relationship to the level of this 3 week retreat?
16. Do you have any personal health issues yourself, including food allergies?

Please see this questionnaire not as a test, but as an indicator for yourself as well as for us – organizers – to fine tune to each other before the retreat begins. Please put all the necessary effort in answering the above questions thoroughly but concisely and send them to us a.s.a.p.!
Contract

Please fill out, sign and send to Academy of Ayurvedic Studies (scanning is okay too):
Academy of Ayurvedic Studies/St. CARE
WG Plein 264
1054 SE Amsterdam
The Netherlands
info@ayurvedicstudies.nl

I, ................................................................................................................, herewith register for the (please tick):

☐ 3 week retreat
☐ pre-retreat program
☐ post-retreat personal PK program

and herewith declare that I read this information brochure thoroughly and completely, and that - by signing this – I bind myself to all the conditions as described in this brochure, including payment deadlines, and I understand that the AAS has the right to cancel the events if not enough registrations are there under the conditions/at the dates given in this brochure, and that I am fully responsible for my own travel arrangements to and from the locations as given in this brochure, and that I carry full responsibility for anything other than the educational contents offered by the AAS team during the retreat, including responsibility for any health issues that might arise during the retreat,

signed: ........................................................................., place: ................................................, date: .................................

Please scan and mail, or send a.s.a.p. to the above address.