

# Natural Paradise Ayurclinic Eco resort

Panchakarma cure and healing oasis in India,  
descriptions and information.

Folder for Ayurveda treatment in the resort.

Here you will find all the information about the trip and treatment at Natural Paradise.  
This information is for all spa guests. It is best to print it out.



Please read everything carefully and several times.



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## **Our History of Creation** The Natural

Paradise Ayurclinic Eco Resort, was created in collaboration with Michael Braganza, owner of Natural Paradise (Goa); dr medical Rohit Borcar, owner of Ayurclinic (Goa); Joachim Wohlfeil, Chairman of Naturally Healthy eV B&A (Germany) and Natural Health Organization (England).

Thanks to the advice, planning and supervision of the construction phase by the building biologist and geomancer Joachim Wohlfeil, a biologically optimized resort was created. The sleeping places were specially selected and harmonized, electromog was avoided as far as possible. The location in a valley near the nature reserve guarantees poor cell phone and internet reception. There is low stress and great recreational value here. The sleeping places, as well as the entire facility and the water were energetically brought to the highest level.

The resort is located in Maharashtra on the Goa border in a tranquil valley surrounded by ecological and organic plantations, fruit and vegetable gardens (pineapple, banana, lemon, etc.) and many more.

The resort borders on a nature reserve and is embedded in a subtropical evergreen landscape. A clear, bath-temperature river flows through the valley. There is a large swimming pool with a waterfall fed by a natural spring.

For a change, you can take walks through the valley, through the grounds and plantations, or on a circular route that can be comfortably completed in an hour.

In the complex there are seating and lying areas where you can relax together with others or alone

can relax in nature. Of course you can also enjoy the day on your own terrace at the cottage, which is equipped with a table and chairs.

As you will see, our resort is deliberately far from the sea. In Goa on the beach there is a lot of wind throughout the day, which has a negative effect on all types, especially Vata. Also there are restaurants with loud music and many tourists from India and many other countries. This is disadvantageous for the regeneration and the success of the cure. The resort is free from all of this as it is situated on a nature reserve as described above and bordered by a calm river.

### Registration via the website

Current prices are seasonal and are always on the website. A confirmation of registration will be sent to you after the booking has been made.

### Location

Here is a link where you can see the exact location of the resort:

<https://goo.gl/maps/DrqY96B97XufzCmx5>

Address: Natural Paradise Ayurclinic Eco Resort  
Cannel Road, Kudase, Maharashtra 416512, India

## To Ayurveda

### Ayurveda and Yoga

Ayurveda and Yoga are very ancient sciences that have been used together in health treatments for many centuries. Ayurveda and Yoga are part of Indian culture and are practiced in everyday life. Sitting cross-legged or in the lotus position is a regular practice in most Indian families. Singing Aum, Aom or mantras are also part of the daily routine. The nadis, called meridians or energy channels in the West, must be free and properly open for us to have a balanced state of mind and health.

Ayurveda and Yoga, both teachings speak of Gunas (states): "Sattvic", "Rajasic" and "Tamasic". The normal state of the nadis is sattva. Man is relaxed, healthy and happy. When the state is Rajasic the person cannot relax, he is more active. The nadis widen and as a result the person is more restless and less relaxed. When the nadis close, the state is called tamas. The energy flows worse, making the person slow, tired and lazy. Ayurveda and Yoga help us to understand the state of mind and body, as we have seen in this example. Yoga teaches us exercises, meditations, mantras and mudras (symbolic finger positions) that give us back a harmonious state and thus restore or maintain our health. Ayurveda and yoga go hand in hand. The yoga exercises are among the treatment recommendations of Dr. Rohit. During the cure, meditation and yoga are practiced every day.

### Vata, Pita and Kapha

In Ayurveda medicine, these are the basic constitutions of a person. If the person has too much **vata** (air, ether, movement), he places himself at the front of the stage of life - "cold" type. This person's nadis are too open or too blocked. This makes the person nervous, just thinking and forgetting that they have a body.

However, each person also has a natural amount of **pita** (fire, the energy of warriors) – "warm" type. If pita is increased, the excess energy must be dissipated.

In **kapha** the nadis are slow and so the person is more relaxed - "cold" type. But when the kapha energy in a person has increased too much, then the person becomes lazy, sluggish and tired.

### How long should I take a cure?

**I don't have time/vacation:** 2 weeks is the shortest time that we can recommend for a cure. Of course it is even shorter, but there is no real recreational value.

**I want to stay young with my body & I have problems that I would like to solve:** 21 days, best here is 4 weeks, 1 week to arrive at the sea, 3 weeks in the resort.

**I have/had a severe course of the disease:** 21 days to 3 months, a lot of healing can happen here. Here you can also take a break from the cure and drive to the sea.



### The Therapy

The Panchakarma and regeneration treatments are based on traditional Ayurvedic knowledge. Our doctors are specialized in Nadi Diagnostics and Therapy System of Ayurveda. The range of treatments also includes Marma massages, which have an energy-medicinal effect.

Our therapies have proven themselves in all chronic and degenerative diseases, but also in many acute processes. A particularly large number of people with depression, burnout, traumatic stress disorders and metabolic diseases have been treated successfully. Extraordinarily good results have also been achieved in the treatment of stress symptoms, circulatory disorders and other lifestyle diseases.

The treatments in our cures are carried out by Dr. Rohit Borcar personally instructed and carried out by his experienced therapists. Our therapists have many years of experience in the application of Ayurveda and Panchakarma. The special thing here is the individual adjustment of the therapies to every single person who takes part in the cure. Regeneration, purification and detoxification are the focus of the treatment here. During the treatment by the therapist, you take off your clothes completely and get an apron around the genital area. Women become therapists and men treated by therapists.

The lead physician, Dr. Borcar, is in Europe for 4 months every summer to see and talk to his patients in their country. He also comes to Germany every year, where consultations and lectures organized by naturally healthy eV take place.

**The day begins** for you with yoga and then breakfast. After that, the treatments are scheduled. Here you can use the time for yourself, for a walk, to Swimming, reflexology path, etc., then lunch afterwards, other possible treatments depending on the plan, free time until dinner.

#### Own applications:

Meditate and do doctor's exercises 1-5 times a day  
Repeat long, conscious swims

Walking the reflexology path  
Yoga exercises independently

Breathing exercises, divided, a total of 30 minutes per day. Washing 1-2 hours after treatment

Small and large walk  
Taking Ayurvedic remedies

#### About food

All the elements that we find in our body should be balanced. This principle is also reflected in food intake. Certain foods lead to an imbalance and should be avoided during the treatment period and 2 months afterwards: ice cream, white flour products, coffee, pickles, nuts, sugar, alcohol, beer, cold drinks, fried foods, dairy products, raw foods (salads, smoothies, etc.). Please keep in mind that the dishes here are cooked for an extra long time, so they can be digested better and thus supports the body during the healing process. Make sure you chew slowly and consciously (at least 21x one bite). Also remember to pay attention to the diet (2 months after the cure) when you extend your stay at the sea or back home. If all changes are properly observed and depending on the illness, a cure lasts about 5-8 months.

#### Details of the cure at 21 days:

The cure begins with an initial examination by an Ayurvedic doctor and the determination of the doshas and determination of the therapy goal and the therapy plan. There will be 1-3 interim examinations per week carried out in order to achieve the best possible healing results.

The Ayurclinic selects all treatment options that are best for you. The therapist's applications and self-applications can take about 2 1/2 hours a day. More treatments



can take place with the agreement of the doctor and the therapy plan. At the end of the cure, each patient receives a final discussion showing the necessary and sensible options for at home. Basic knowledge of the English language is useful but not a requirement. As a rule, a German-speaking travel companion is on site to translate during the doctor's visits.

**The cure includes detoxification, Panchakarma, healing of degenerative diseases, regeneration and, if desired, weight reduction.** Weaning of pharmaceutical drugs can be discussed on site with Dr. Rohit Borcar will be discussed. A cure should be repeated once a year to stabilize success, recovery and health and to heal or counteract degenerative diseases.

So that you can determine successes in the musculoskeletal system, it is advisable to attend and apply the daily yoga (if necessary) the exercises of the doctor/physiotherapist. Special exceptions are discussed with the doctor beforehand.

### The ghee time

**This is an example of a 21-day stay at the spa. The exact procedure will be discussed on site, always with Dr. Rohit agreed individually.**

The ghee time is 5 days in the middle of the cure. Ghee is taken by the therapists on an empty stomach, ideally you should have breakfast 30 minutes later. In addition, hot tea can be drunk afterwards, which also supports the body. Drink warm and hot water before and during the day. Juices, fruit or raw food, no longer after 1 p.m.

**Taking ghee:** 1. chew pieces of lemon, 2. drink ghee in one sip, 3. drink hot water and chew the pieces of ginger (spit out the ginger).

The lemon makes your mouth tight and you don't taste the ghee that strongly. If you feel like your stomach isn't taking it so well, drink more hot water.

Putting a hot water bottle on the stomach and intestines is also very beneficial. During the ghee time you may become very emotional, sad or angry, you get angry quickly or you overwhelm yourself.

Depending on the findings, there are small or large enemas (called basti) before the ghee period, which is different for everyone. After the 5th day of ghee, on the 6th day we continue with a small oil enema of approx. 60 ml. It is best to eat only a few pieces of papaya in the morning, this lines the intestines. The liquid from the Basti usually remains in the intestines, sometimes a little comes out again, even immediately after the treatment.

On the 7th day comes the big enema with 600-1000 ml. Please go to the treatment with an empty stomach, so do not eat anything 3-4 hours before. After the enema, you go to the toilet for the first time in the treatment room.

Immediately after the treatment there is a tablet and/or juice to drain out. After that, please only eat a small bowl of rice soup or nothing at all. For optimal success, eat no bread, no fruit and only easily digestible foods for 2-3 days after the big enema. After the treatment it is best to go to your house and lie down comfortably. The therapists provide tablets that can be taken independently. (These can be returned if they are not used.) You should have at least 3 bowel movements and a maximum of 12 bowel movements. The first time you see a therapist counts.

Only take the stop pill if you feel like it won't stop. It works after 10-15 minutes.

The small tablets from the therapist work against stomach cramps. You take 2 pieces for stomach problems, they also work after about 10-15 minutes. If it hasn't gotten better then, take 2-4 more pieces. If it is not better after 30 minutes, contact the doctor.

## At resort

### Accommodation and meals

The rural-style accommodations have been designed and built in an ecologically friendly manner. Each cottage has its own bathroom with shower/toilet (warm water), wardrobe, bed and bedside table, table and chair, kettle, mobile phone tray for charging, some with air conditioning. The rooms are equipped with comfortable, wide French beds. Bed linen and towels are provided. You can bring soap and shampoo from home or buy it in the village. Small products are provided at the beginning.

For valuable items that you bring with you, there is a lockable safe at the reception. WiFi can be used freely.

The dishes of the cure are freshly prepared on site and the food is used as far as possible from our own cultivation. Hot water and teas are available to spa guests throughout the day. The dishes are prepared according to Ayurvedic principles as a special detox diet for all types (Vata, Pitta, Kapha). The dishes mainly consist of three organic, wholesome meals a day. The kitchen, restaurant, therapy rooms, sanitary facilities and living rooms are of European hygiene standard.

### About the spa stay

Please remember that one has come to India for health and personal self-improvement.

The time during the cure is for soul, mind and body, for more conscious perception, to feel the change in you and to learn to deal with yourself, to support the healing process and to become more careful with yourself again. In the

The focus is on the treatments, your own applications and the peace and quiet.



Everyone is responsible for themselves and for what they do or don't do! Nobody can take your problems or complaints away from you, because they only come from you personally.

Remember that the regimen affects everyone too, and be mindful of the behavior you are exhibiting, of those around you, and consciously restrain yourself. Remember that every spa guest has their own "ballast" and has to deal with themselves. Write it down on a piece of paper or hang it up where you will be reminded every day: to hold back, to stay with yourself in all thoughts and to take responsibility for yourself. Please always keep in mind that a cure is being held at the resort and is not comparable to a vacation.

### Here are the rules

1. Only friendly communication, since treatment can make anyone sensitive or aggressive.
2. Complaints go first to the doctor to be treated! 3. Consider if your behavior is coming from your deepest being because you are on the cure.  
Or because it is only a superficial desire to behave childishly, to annoy others, to show off, to be pushy or to display excessive expectations.
4. This is a cure, not a vacation. Retreat in all things. This is an ECO RESORT, NOT A 5 STAR HOTEL WITH ALL INCLUSIVE.
5. These rules are there for everyone to make your stay at the resort easier and are to be fulfilled in full.

### For stay and cure

- Please behave quietly on the premises. Also, do not play loud music in/around it own house or in public areas. -wear headphones-
- The amount of the cure can be given on the first day. Valuables can be kept in a personal locker.
- Yoga is a compulsory program during the cure and begins every morning (including Sundays) at 7:00 am or by arrangement. Special exceptions are discussed with the doctor beforehand. The yoga teacher will then respond to you personally and show you other exercises if you don't get along with the daily exercises.
- House cleaning is carried out on request, bed linen and towels are changed. The bathroom is cleaned and the house is wiped. Please do NOT lie down in your bed immediately after the treatment (when everything is full of oil), you will find extra cushions for this in the house. • On the toilet after a bowel movement, you can use the toilet spray, which saves toilet paper and makes you feel good, even during enemas. • Please keep quiet for **2 hours** after the therapeutic treatment, no air conditioning \_\_\_\_\_ and no wind.
- The Ayurveda treatments resolve not only **physical but also psychological problems** .
- Therapeutic treatments last a maximum of 1 1/2 hours.
- The treatment is followed by a steam bath, a break of approx. 30-1 hour and subsequent cleaning in the bathhouse.
- The **initial** and **final consultations** with Dr. Rohit last about 20 minutes. *The Consultations during the treatment twice a week last 5/10/15 min.*
- Water is available in the restaurant. A clay and copper water tank with **cold water** and **hot water**, in thermos flasks. *The water quality was checked with radiesthesia and in a laboratory. Drinking water and tea water is filtered several times with a modern system. In each house/ room there is a stainless steel carafe with a cup that you can fill yourself.*



- These are not fixed meal times, they can also vary on site.  
09.00 - 10.00 breakfast 13.00 - 14.00 lunch 18.00 - 19.00 dinner
- On request, excluding the spa price, e.g Snacks like coconut and fruits, treatments etc. please ask on site. • We attach great importance to the fact that we can get by as far as possible without the Internet (less stress). Make sure that you only spend a maximum of one hour on your cell phone, set an alarm clock. W-Lan and the telephone network can fail from 10 minutes to 5 days. Use headphones. • The resort has enough electricity generators and batteries to charge during the day so you can use electricity even in the event of a power failure.
- ATMs are available. Talk to your bank beforehand about the costs you will incur if you withdraw foreign currency abroad. You can do that at the airport

be changed for the first time. - Danger! If you give cash to pay for the cure, you can do so in euros - do not exchange.

- If you go for walks or to the village, make sure you wear covered clothing. It is best to keep your shoulders and knees covered.
- Coconut oil is recommended. Coconut oil contains the fatty acid called lauric acid, which has a deterrent effect on biting critters. Coconut oil has sun protection properties as it can block around 20 percent of UV rays.
- The nearest village is in 30min. easy to reach on foot. To buy small things, you can team up with other guests and go shopping. • In the midday heat, we recommend staying in the shade and resting.

### Arrival at the resort +

Please move into your room first, if possible, and recover from the flight.

+ Teas can be found in the restaurant, if you arrive at night or very early, ask at the reception for food/drinks.

+ You may experience culture shock/expectations. This usually takes a few days. This is then also the time it takes to really arrive (jet lag, climate change, etc.).

+ In India they say "It is what it is!" and here everything goes much more slowly, so really slowly and even then everything always worked.

+ For a "quick" adjustment: Lots of meditation, doing yoga with concentration every day (also very important for the result of the treatment), breathing exercises and "winding down", also for in between.

### Departure from the

**resort** Tips to the cashier from the resort can be given in a cash register: here it is then divided among everyone, kitchen, helpers, cleaning, gardener, etc.

to dr Rohit and his therapists: You can give a tip of 20€ to the therapist who treated you. Please ONLY (not before) shortly before departure. If you give money beforehand, you might be asked for money more often - please let Dr. Rohit along, because that's not right.

After the last consultation with Dr. Rohit Borcar, you can ask about the funds you can take with you to Germany for 2 months. These medicines are not included in the price and will be paid by you on the spot. Plan €20-150 depending on the illness.

## What to bring

- Bring clothes for the time after the application, which may also get oily. she should be loose and comfortable to wear. E.g. light trousers, t-shirt, dress or an older cloth
- In addition, sporty/loose clothing for yoga. As it is a bit cooler in the mornings and evenings, bring a light sweater and long pants. Do not pack much, as many souvenirs can be bought on excursions
- The nights can also get cooler, so please bring thick socks, pajamas, etc. think
- Sunscreen, swimwear, a day pack and a sufficient water bottle

- It is better to leave your valuables, such as laptops, etc. in Germany. A mobile phone is usually sufficient. If you don't have a mobile phone and want to tell your family something in Germany, you can arrange this with other course participants on site
- Additional take-home remedies: Take **Vit. D3/K2** beforehand, Take **essential amino acids** before, during and after the regimen, **MMS** for infectious diseases, the drugs from DE (or the name of the pharmaceutical agent)
- Hot water bottle, for ghee time or cold sensitivity at night
- Headphones
- Bring enough cash (euros) with you in case you overpay the bank, am have to pay for vending machines. Expenses: arrival and departure, exchange rate, cash is more common than card payment, excursions, pocket money if you want to bring cash as well, is around **200-400€ for** the souvenirs and more included
- The stay can be paid in cash or by card or directly through the Website booking program
- The resort will charge a fee when paying by credit card, a card payment. Ask directly at the resort
- The paths in the resort will be illuminated at night, but this also means that it won't be pitch black in the rooms. Those who are very sensitive can bring their own sleep mask or take the one from the long-haul flight
- Bathing suit/bikini/swimming trunks to swim in the pool or river
- A kind of cap or cloth that you wrap around your head after the treatments can, so that it stays nice and warm and does not get a draught
- Please bring your own activity with you. A selection of games, books etc. is available at the resort
- There is no hair dryer in the room, since it is very warm outside, this is how the hair is dried very fast
- Light luggage for approx. 14 days (laundry for a small fee)
- Flashlight
- Plug adapter only for the large Schuko plugs. The small ones, for example from the charging cable, go in, the big ones only with difficulty
- Bring older shoes, as the streets are sandy, and possibly bathing shoes

## SIM cards

are possible in India. But not recommended for the spa period and afterwards, except for a longer stay of more than two weeks outside the resort, who wants that and wants to call Indians. All hotels and restaurants offer free WiFi.

If you want one, you need the following: • Passport copy: Page with your personal data and Indian visa (entry stamp)

- A passport photo
- Hotel address
- Local contact person with phone number
- 3-5 days until the card can be activated and an Indian who knows about it and Patience.

*Please remember that you are here for your health and personal development.  
The time in the cure is for your soul, your mind and your body to perceive more consciously and  
feel the change and learn to deal with it.*

## travel arrangements

### Before departure

- + valid passport, must be at least still valid for 6 months
- + Flight ticket (print out the outward and return flight, take it with you on the outward and return flight)
- + Vaccination: We have managed without vaccinations in India since 2015. Of course, it is up to each individual whether they want it or not. If you are sensitive, you can take MMS with you and take it beforehand, only buy water - eat nothing raw!
- + A travel health insurance is always useful, should something happen, you will be taken back to Germany.



### The visa

German citizens are required to have a visa in India. Now there are two options here:

#### Apply for a visa yourself

Overview of the page to apply for the e-Visa:

<https://indianvisaonline.gov.in/evisa/tvoa.html>

You also need a photo of yourself in jpg format (max. 1MB) and a photo of the 2 data pages (double page) of your passport as a PDF, max. 300KB. Here is a link to convert the image (jpg) from the passport to PDF. <https://smallpdf.com/de/jpg-in-pdf> When filling in Ö/Ü/Ä, please write in OE/UE/AE. Only enter the data that is in your passport! They also need the name and place of birth of their parents, even if they are deceased. On arrival in India, enter the airport with the first landing/intermediate stop, eg Mumbai, Delhi. In the end, the visa is paid for by credit card, online banking or Paypal.

#### Hire a visa office We recommend

the visa office: <https://www.mein-visum.de/indien/>

Of course you can also commission another office of your choice. For this you need a 51mm x 51mm in JPG format (colored photo with light background from the photographer). Possibly 2 free pages in the passport.

#### visa types

##### e-Tourist Visa

1. One-month e-Tourist Visa

Duration: One month (30 days). Entry: Double entry, non-extendable and non-convertible

2. One year e-Tourist Visa

Duration: One year (365 days) from the date of issuance of the ETA.

Entry: Several

### 3. Five year e-Tourist Visa

Term: Five years from the date of issuance of the ETA.

Entry: Multiple

Stay: The maximum stay in India during a calendar year should not exceed 180 days for 1 year and 5 year tourist visas.

### e-Medical Visa

Duration: Sixty days (60 days) from the date of arrival in India.

Entry: triple, this

requires a medical invitation from India,

### The Flight

Flights are booked to Goa International Airport (GOI/INDIA or GOX/Mopa in India) by yourself or through a travel agent of your choice. It has the abbreviation GOI. Flight costs range from €550 to €1200 depending on how early you book and where you are flying from and at what time. It turns out that air fares are more expensive on weekends, during holidays and closer to the departure time. We prefer the platforms Skyscanner, flug.check24 or Momondo. You can also go to a travel agency.

When booking your own stopover, make sure that enough time is planned. If there are several countries with the same flight provider, you will usually be checked through and there will be enough time to change flights. If you book a trip that consists of several flight providers, the individual companies are no longer responsible for your onward flight / no reimbursement of costs.

When entering India, not GOA, you MUST go through immigration/passport and visa first and most of the time luggage will need to be picked up and checked back in. This can be quick or it can take up to 5 hours. Before immigration, a slip must be filled out, where the travel data must be filled out. Sometimes the stewardesses even distribute it on the plane.

### Frequent Flyer Tips:

- An empty water bottle. You can fill them up again after the airport control, at water tanks. Remember that the bottle must be empty when changing trains, as you will have to go through the controls again,
- A long cloth against the air conditioning system,
- Ear plugs, your own headphones,
- Your own food: you can also make sandwiches,
- avoid dishes with egg,
- Pillow, possibly blanket, thick socks against cold feet,
- Essential amino acids, Rescue, Nux Vomica, Arnica,
- Hand and/or face cream against the dry air.

Naturally Healthy eV in Germany is happy to provide advice here.  
See back for contact information.

**Mobile phone:** Permanently switch off mobile data in the settings and data roaming. Thus, the cell phone can be left on normally. – Use WiFi only -

**Food on the plane:** Some cannot tolerate the food on the plane, it is best to leave out the eggs and the meat.

### At the airport in India

+ In the airport you can withdraw money for the first time or change money + At the airport in Goa (GOI) there are two exits next to each other, the taxi driver is waiting at ONE exit. Please check both. Once you exit the building, you will not be allowed back in. He'll be waiting with a sign with your name on it or Natural Paradise Resort.

+ Once you find the taxi driver, it goes straight to the taxi

+ You will be approached by people who want to take their luggage and to “help” the taxi driver to load the luggage. PLEASE send away. (No, thanks. Please go.) In the end, they wait until you give them money. (If you do, then only 1-3 euros, nothing more!)

+ Taxi not there? Please think about delays or check back often

+ The drive to the resort from GOI takes 90-120 minutes depending on traffic, from GOX 40-60 minutes.

+ Carry the flight confirmation with you, either printed out or on your mobile phone. For the return flight you must show the confirmation with your name BEFORE the airport entrance with your passport. Without these, you will not be able to get into the airport, this applies to all passengers.

### Taxi not there

+ You can call the following number: / Amruth

Verlekar, +917743871715 Michael Braganza, +918975212121 + You can ask an Indian guy in the airport to set up a hotspot for you, so you have the opportunity to make the necessary calls via WhatsApp.

### Flight Delay If

your flight is delayed you don't need to do anything else, the staff at the resort will see that and let the taxi driver know as you have your flight details.

Flight canceled or other unscheduled changes to flight schedule.

Please try to contact the resort as soon as possible and give them your new flight details!

### Airport pickup in India

The resort takes care of picking you up at the airport. Please let us know your flight details in good time. What is needed: Name, how many arrivals, exact flight times with flight number, airline, time, date.

When flying, please pay attention to the time difference between the countries on arrival and departure and stopovers. Especially the different times, in AM/PM or 24 hour mode.

You can arrive at any time and day of the week. Please only pay attention to the possible check-in and check-out times. Additional costs may apply.

## Excursions/India

### Action when shopping

Groceries that are labeled and priced by the government are non-negotiable. Otherwise the following applies when trading: Subtract 2/3 from the first amount mentioned and name it as a counter offer. From this amount you then act until you arrive at half of the amount. If the vendor(s) don't respond, say goodbye politely, turn around, and leave. In most cases, they come running after you and, after some back and forth, agree to the offer. This is not to be understood as a devaluation, it's just that: you can spend 10-20€ for a nice cloth in the normal price, if you don't bargain, you can also spend 100€ for the same cloth. Word gets around quickly and everyone raises the prices, which is more of a strain on your wallet and that of your fellow travelers. In this case, leave the action to someone who trusts you.



### The excursions and their peculiarities

**Mapsa (Mapusa) Market** is best on Fridays as there is a farmers market. Here you can also feast, Samoas and real Chai. Some vendors will talk to you and walk around telling all sorts of stories, which will then lead you to their booth. The goods are usually overpriced and you don't see anything from the market. Sending them away and ignoring whatever they say is the best option. Please beware of pickpocketing.

The spices from the Spice Farm are organically grown and of higher quality than those on the markets. But there is a stand that sells good spices and where the locals also shop. It is in the penultimate row near the bakery, looking from the bakery towards the main entrance of the market. The perfume mixer is right at the entrance to the market (depending on the bottle, 500-2000 rupees), in the second street on the left, right at the beginning again on the left, in the middle of the row of stalls. It is safest to make an appointment in advance via WhatsApp. Ramkrishna's Mobile: +919822127961 / +919834367969

**Homeopathic Clinic:** A Glimpse of an Olden Time. This clinic is and can be visited during the excursion to Fort Redi.

**Fort Redi**, Paradise Beach and bathing (caution: current). Fort Redi is an old Portuguese fort that has been partially rebuilt. Inside are great photo opportunities. At the beginning there is an Indian who likes to do guided tours, but he asks money for it at the end. If you want, you can negotiate the price before the tour or go alone, both are possible. Redi, Khalchikar, Maharashtra 416517, India

**Fort Triacol** and village in Maharashtra for shopping. A guest list is kept at the entrance to Fort Triacol, in which each guest must sign. The view is very charming, the terrace with a good tea and a beautiful view of the sea.

**Old Goa** with the two main churches, special old buildings with Indian tourists, here you can be photographed as a tourist. Indians are attracted to foreigners and white skin. This can also be linked to Old Panjim.

**Spice Garden** - Tropical Spice Plantation including entrance fee and lunch after the tour (500 rupees). Please bring enough money with you to buy oils and spices, 500-5000 rupees as needed. Arla Bazar Keri, Ponda, Kerim, Goa 403401, India

**Hindu Wedding Temple** - Shree Mangesh Temple, Dinanath Mangeshkar Rd, Mangeshi village, Mardol, Goa 403401, India

**Saturday Night Market** - large market with lots of shopping. Taxi should be booked for the whole evening, it waits until you come back. H.No. 392 Casa Babu, Aguada - Siolim Rd, near Chauranghinath Temple, Arpora, Goa 403516, India

For excursions or other taxi rides are 500 - about 5000R. to be calculated per person, depending on how long, where and how many people.

Excursions can be organized independently with Ketan - Keshav Tel. +91 9325855196 taxi company.

### **Trip to Spice Garden**

10.00-12.00 arrival

12.00-14.00 in the Spice Garden

14.00-14.30 - Drive to the temple

Shree Mangesh Temple

15.15-16.00 - drive to the market

Mapsa Market At

18.00 departure home

Approximately 7pm back and dinner Please

cancel lunch at the resort!

### **Excursion Fort Redi**

10.00-12.00 arrival

Fort Redi

2.30pm Fort Triacol

15.30-16.00 – Drive to Arambol

4:00 p.m. Arambol

6:00 p.m. - Drive home

19.30 dinner

Please cancel lunch at the resort!



## **extension by the sea**

Many are one or more weeks to end the cure or to arrive and acclimatize on the coast, Arambol, Baga or Mandrem. The costs for one week (food and overnight stay) are around €200 per person in a single room, in a double room around €150 per person.

Note that December to January is the peak season in Goa. During this time it is overcrowded, few or no rooms, even louder and usually dirtier. Most tourists in Goa at the moment are Indians and Russians. (Many signs of restaurants and hotels are in Russian)

In some restaurants and in some shops you can also pay by card. If you don't have a Visa or Mastercard, bring cash to exchange.

ATM withdrawals are usually limited. If you speak little English, you will get along well here.

If you are planning your stay after the cure, you should continue to pay attention to your diet! Otherwise, this can quickly destroy your cure success. Even if it's very tasty. We therefore recommend a stay by the sea before the cure so that the success of the cure is maintained.

### The sea in Goa

On Armabol and Mandrem beaches, the tide is low during the day and high tide comes in towards the evening. Please don't go too far into the sea, you always think you're not far in (you usually stand up to your waist in the water), but that's deceptive. Please pay attention to the flags and the Coast Guard. It's best to always be in the water where there are other people, especially because of the jellyfish. These have been more common since 2016, including the box jellyfish been there before You can rub coconut oil on yourself before getting in the water, coconut oil repels most jellyfish while also being the best sunscreen.



Mosquito repellents are available from the Ayurclinic pharmacy. Good and typical food is available at AnuMama and at Ketan. Fresh coconut, coconut oil and pressed juices are available from the coconut woman Anita on the way between the clinic and AnuMama's restaurant.

### After the cure - at home

Finding the daily rhythm is not easy for many, but this makes it easier.

The cure works. Here, too, you can pamper your body with hot showers after rubbing yourself with almond oil and allowing the oil to work for at least 30 minutes. Especially in the cold seasons. For cravings, when you can't stop snacking on nuts or other things, grab a carrot or a piece of cucumber, the brain gets confused and the cravings stop.

Now you should pay attention to your diet, **at least 2 months**. You should continue to exercise and take medication. Try to prepare hot food every day and leave out cold food.

Here are a few tips to make it easier for you:

- When it's still cold, the body can relax best in the warmth  
So take a lot of full baths and preferably 30 minutes. Rub in oil beforehand or in a  
go to the thermal baths
- Do the breathing exercises several times a day
- Plenty of warm drinks. Refrain from cold drinks after 2 p.m
- Only prepare long-cooked and warm food. No salad, smoothies, breads and  
Spreads, beer, soft drinks
- No matter what comes... stay relaxed and always let go
- Remember what Dr. Rohit said at the end, and just think about it  
back to himself
- Please do NO detoxification, body cleansing etc. for 3 months after the cure
- Please pay attention to your surroundings and your eating and drinking habits
- The regimen is still working up and the body is still recovering, 2 months, don't overexert yourself
- The success of the cure lasts up to 5-8 months and can vary with everyone, depending on how  
you eat and pay attention to your body and stress level  
and what diseases you have

## Contact details:

### India:

Amruth Verlekar, +917743871715

Michael Braganza, +918975212121

Dr. Rohit Borcar, +919604333666

### Data for the visa:

Stay/Hotel in India

Address: Natural Paradise Ayurclinic Eco Resort

Cannel Road, Kudase, Maharashtra 416512, India

Phone +91 96043 33666 (from Dr Rohit)

(ZIP code is the zip code)

Germany: [info@ngev.org](mailto:info@ngev.org)

Thank you for reading everything carefully, and we hope that you can act accordingly and that many of your questions have now been answered. We wish you a healing spa stay and a good trip.

Her,  
Natural Paradise Team

## Natural Paradise Ayurveda Eco Resort - Feedback

**form** Please fill out and send back to [info@ngev.org](mailto:info@ngev.org) as soon as you are back home.

Have you done a Panchakarma cure before?

yes

Oh no

How many days were you at the resort? What month were you there?

How did you experience your Panchakarma treatment?

Which therapist did you have?

Was the price worth the spa stay?

The preparation of the trip

How were the preparations before the trip?

What would you do differently next time?

How was the consultation in Germany?

How was your arrival?

The consultation

How did you perceive the doctor you treated during the consultations?

Did you follow the doctor's instructions at home?

At the physiotherapist When

you saw the physiotherapist, were you able to

address your problems and did you notice a change through the daily exercises?

yoga

Did you go to yoga daily? or no, why?

Yes

Have you noticed any progress in movement and the musculoskeletal system in yoga?

Excursions, if yes:

What trips have you been on?

Which excursion did you like the most?

Would you repeat the cure here?

If so, when?

If no, why?

General:

How did you find the room facilities?

How did you get on with the self-help applications? reflexology trail, walks, etc.

How did you like your stay? Please rate each point from 1 - very good to 6 - very bad.

- Doctor in charge
- The owner
- Employees
- Therapists • Yoga:  
Yoga teacher:
- Landscape
- Houses / Rooms • Beds
  
- Cleanliness resort: Rooms: Treatment rooms:
- Kitchen
- Treatment rooms • Food
  
- 

Other points and suggestions:

## Feedback from course participants:

Report by Maximilian H.

Susanne and I made the decision at short notice around Christmas. "WE'LL LOOK AT THIS, let's go to India!" We wanted to get away anyway... just get away again!

Back then - in 1978 - the five-month journey overland to India radically changed my life. She shaped my future! Today the signs are different and we had a three-week time limit. Nevertheless, the tingling in my stomach was there when I got on the plane. Who knows ...

It's a bit of a journey back to my roots! It's "only" an Ayurveda cure ... somewhere in the Indian jungle. But anyone who knows me knows that WONDERFUL things happen even in the inconspicuous!

### **A small oasis in the middle of the Indian jungle, on the border between Goa and Maharashtra.**

If you survived the flight to Goa/India and the almost two-hour drive from the airport to the resort, then you can finally put down your luggage and take a deep breath!

You have arrived!

#### **The space**

The next village SATELI BHEDSHI can be reached on foot in just under an hour on a path. Time has pretty much stood still here. INDIA!

The trip to the nearest major city to MAPUSA takes an hour by taxi. Here is a bustling market where you can buy everything, especially nice linen and silk shirts.

The trip to GOA to the sea to ARAMBOL takes about two hours by car. Here is a colorful tourist market and there are many restaurants.

We consciously sought seclusion in nature for our cure and were thus able to consciously engage in the process of purification. The QUIET and SIMPLICITY in the resort opened your eyes to the important things in life.

### **The AYURVEDA Panchakarma cure is an intensive external and internal process. The client determines the intensity!**

**Stage 1: PREPARATION.** Arrive, switch, enjoy the new.

**Stage 2: CLEANING.** Eliminate what is unnecessary/used. Confrontation with the dark side. become empty.

**Stage 3: HEALING.** Cleaned up. Vision and mission are now clear. The body is clean and the mind free for the next step.

### **OPPOSITES enable awareness and maturity**

#### **Therapy**

intensive massages  
doctor talks  
different enemas  
Forehead and joint casts  
Steam bath, rubdowns  
Herb stamps, oil pads  
yoga and meditation  
vegan food  
ayurvedic medicines

#### **Vacation**

nature and tranquility  
have time  
nice pool  
walks  
conversations  
interesting culture  
ripe fruits  
colorful markets  
distance from everyday life

**The PANCHAKARMA treatment is NOT a wellness treatment, but a concentrated therapy program for physical cleansing.**

These three weeks in the NATURAL PARADISE AYURCLINIC were therapy and vacation for both of us. It was an escape from everyday life!

During this time I experienced deep satisfaction, but I also clearly felt my physical limits (especially in yoga). I asked myself many questions... and got answers.

Susanne and I are in a completely different world for three weeks! 10 - 15 people take a cure here for 3 - 6 weeks. We live in our own little house. Everything is simple here and the people are very friendly and helpful!

**Get involved in a special experience that is strange at first. Just trust! Step by step you will perceive the new ... first your limits and then your new breadth.**

### **The way to health**

If you are in the intensive care unit in the hospital or if you are deep in meditation, then the essential questions of life appear. Are you happy? Have you fulfilled your life purpose? Have you recognized and found yourself in your heart? Can you leave with a clear conscience if the time is now? are you living your truth

Everything where you have cheated and where you have been unfair to people stands in front of you as a raised index finger ... and hurts in your soul. Life forgets nothing - and is burned into your body as a memory.

Every hug, every kind word, every conscious look and feel, every warm encounter inspires your soul and brings you into lightness and even more to yourself - into your center!

**HEALTH is when you feel good physically and mentally.**

### **Overcoming the inner bastard**

These old habits are sooooo deep in every joint and muscle!

The approach hurts - sore muscles, stretching pain, weakness. "Leave it!" says my bastard, "You don't have to be 20 anymore!"

How quickly we sometimes want to give up or look for excuses!

You have to deal with yourself, be honest with yourself and be open to change if you want to get on your way!

### **Wake up, eyes open!**

Humans are creatures of habit and change usually takes effort! Many do not want to see the TRUTH, are even afraid of it! It might be uncomfortable and challenge your worldview. What shouldn't be ... isn't! Close your eyes and point.

The resolution usually happens - unfortunately - often through a stroke of fate. Life forces you to truth or truthfulness if you do not recognize and correct voluntarily.

Where does your lie end and when does your truth begin?

### **What we sow, we reap!**

#### **You are who you are.**

It is the great human challenge to be GOOD, not to feel envious, not to be jealous, to be able to deal with your own addictions and to act in such a way that your fellow citizens are also doing well! We are a large family and there is enough for everyone!

Politically, unfortunately, we still experience this great division into good and bad, right and wrong, important and unimportant. We are being manipulated. In my opinion, hardly anything will change here ... because these "people" feel no empathy.

A change in thinking is necessary - and this begins in small groups of like-minded people! Here we learn, here we feel good, here we are understood! Here we can practice what will hopefully be possible tomorrow on a large scale! Change is desired here!

I've long since given up sticking my head out and banging on everything. "Leave them, the others! And at the same time consistently go your own way!" I hear my inner voice saying today.

Copying another person cannot satisfy! Only those who have found their own path and walk it come across as authentic and at peace with themselves.

This your way can be a long one, because "You have to go over 7 mountains and through 7 valleys!" Sometimes you are all alone on your way... These are important experiences!

### **The body is an expression of your soul**

#### **Today you are the sum of what lies behind you. Here and now you shape your future.**

Anyone who has lived an unhealthy life and continues to live like this will become ill. If you swallow too much badly digested food, you get an upset stomach. If you can't feel joy in life, you will eventually get liver problems or notice your pancreas. Those who don't give up the burden (because they don't talk about it, for example) must continue to carry it on their own shoulders.

We carry out the stories of life through the body. We can also dissolve them through the body! This gives holistic bodywork a whole new dimension!

#### **Summary after 3 weeks in India**

Most of it happens in the unconscious ... and often only shows up much later.

But these 3 weeks have already done a LOT in both of us:

Getting away from a lot, getting cleaned up physically, enjoying the warmth there every day, the daily yoga at 7:00 a.m. was hard - but necessary! Eat vegan and fresh fruit and don't drink alcohol - it was good, but it still doesn't have to be mandatory. It was also interesting to experience the Indian culture with the people and nature all around!

Sometimes it felt like we were in PARADISE!

Everyday life will show what we took with us from India and how our change becomes visible. We look forward to the next challenges and encounters!

**Maximilian H**



### **My experience report from India in January 2020 at Natural Paradise Ayurclinic Eco Resort**

My name is Rupert Schraner, living in Ingolstadt, non-medical practitioner for psychotherapy and holistic health consultant and Dorn massage practitioner, member of "Natürlich Gesund eV".

For several years I have been hearing about the good results of the Ayurveda Panchakarma cure in India. In recent years, however, I have never had the opportunity to take part. In summer 2019 I decided to fly to India. For me, the appointment from January 3, 2020 was the right time.

**The time at the resort was a complete success for me. My impression upon arrival there was "simply heavenly".**

The accommodations were only completed last year and meet our western expectations. All medical consultations as well as the Ayurvedic remedies were very helpful for me. The Ayurvedic meals were individually tailored to each individual, filling well and lasting. The daily massages were carried out extremely professionally. In addition to yoga, there was the opportunity to tread water, swim and bath, hike and take part in various excursions.

The program, which was specially put together for each participant, was also an unexpectedly great success for me. In my life I had tried many ways to lose weight, but I failed every time.

In the 3 weeks I lost over 10 kg in weight, my waist circumference was reduced by 17 cm. I was able to stop taking my high blood pressure pills after just 5 days and even at home my blood pressure values are lower than when I was taking them for years. My asthma has improved significantly. I no longer get out of breath with exertion like I used to, my tiredness has just melted away. I have significantly more energy and therefore a zest for life. Yoga also made me much more flexible.

In Germany I continue to take the prescribed natural medicines and have changed my diet, although I also "sin" in between. After 2 months I have now lost 20 kg and reduced my waist circumference by another 3 cm. My laboratory values are now all back in the normal range, which I'm very happy about.

I often and fondly think back to the good times I had with the other participants and would like to thank everyone who helped me and translated English/German for me.

I will definitely find another appointment for this regeneration treatment, which simply turned back my biological clock.

It was a dream for body, mind and soul!  
Best regards

Rupert S

### **Ayurveda treatment in India: so close to the country, the people and one's own healing**

#### **A travelogue by Angela E., December 2022**

Although I am fascinated by the whole world and love to travel, India was never on my travel list. In addition to my enthusiasm for travel, I am interested in alternative healing methods and my own health maintenance. For decades I have been treating myself to a therapeutic fasting period almost every year, which is always very good for me.

Yes, and how did I get to India after all? My globetrotting girlfriends have been there a few times. I listened to their stories with fascination. But they couldn't lure me into this beautiful country. It was only when they did an Ayurveda cure in India every year that they aroused my interest and made me curious. Whenever they sent a photo after the first days of the Ayurveda treatment, it was always unbelievable for me how one can experience such a significant change in such a short time. The two looked completely different after just a few days: completely recovered and years younger. What fascinated me the most was that they had such an incredible calmness and special charisma. They always seemed to me like they were from another planet. It was only a matter of time before I packed my suitcase and traveled to India with them for an Ayurveda cure.

During fasting therapy, I regenerate very quickly and profoundly. But what happened to me during the Ayurveda treatment can hardly be put into words. I would almost like to call it a kind of bliss. You are in your own world, you can fully reflect on yourself and have time to listen to what is good for you and enjoy the wonderful treatments and let them work.

In 2019 I happened to hear about a lecture by an Indian Ayurveda doctor. The new Ayurclinic "Natural Paradise" was presented here. I saw the pictures and

knew: I will go there. It is a heart project of the owner Michael Braganza, the Ayurveda doctor Dr. Rohit and the idea generator Joachim Wohlfeil. And you can feel this "affair of the heart" immediately when you see the pictures. 2022 in November it was then so far after 3 extremely strenuous years for me due to the C matter and also a demanding professional and private phase. So the 3 weeks of vacation I had left after a very busy year came at just the right time. Laura and Joachim actively support me with the booking. And so my trip to India started at the end of November 2022.

The flight from Munich to Mumbai went smoothly. In Mumbai we had a couple of hours transfer time in the middle of the night. But this passed very quickly and so we were able to start the second part of the flight to Goa relaxed. The pick-up went perfectly: our driver recognized us from afar. On the way we got the first beautiful impressions of India and the closer we got to the Ayurclinic, the more beautiful the landscape became.

The clinic is located in a dreamlike environment, surrounded by jungle and a natural area between hills and rivers. The sounds of nature accompany you throughout the day. It was lovely.



The cure began with a consultation with Dr. Rohit, the Ayurveda doctor. Dr. I was fascinated by Rohit when I first met him in Germany. He told me to measure my pulse after 2 minutes and look at my tongue, for which the doctors in Germany had needed a laparoscopy. He gets to the heart of the matter and captures the living conditions of his patients in a very short time. Based on the anamnesis and the length of stay, the procedure and the applications are determined. Our day started with 90 minutes of yoga and pranayama. A beautiful start to the day with an incredible backdrop of the yoga space in front of the jungle. For the final awareness exercise, which asked us to focus on the various sounds in the environment, it was difficult to know where to listen first because the feathered friends were doing their morning concert around this time.

After the yoga, various teas were ready for us. I once asked if I could have some tea leaves so I could make my own tea in the room. The cook then went into the garden and came back with a handful of leaves. "Mango Leaves," he said. I "showed" Google a photo of the leaves because, to be honest, I was skeptical. Can you really make tea out of this? Oh yes... you can. And who would have thought: Mango leaves have great active ingredients and the tea tastes really good.

After breakfast, the applications started. I had a large application every day, mostly with a full-body oil massage or a powerful massage with herbal stamps. I actually managed to nod off from time to time even during the massage. A pleasure.

Well...except for the "I don't like toe-pulling until they pop," at least. Sici, my therapist always laughed and said: now comes your "I don't like". I also got a kati basti on different parts of my body. These are dough rings with a diameter of approx. 15 cm and these are filled with warm oil. You get them on the heart, stomach or on painful areas such as e.g. B. on the back. After the massages, you were taken to the steam bath, a small seated sauna that was heated with steam. You look out of the wooden box with your head. After the steam you should rest for at least 30 minutes.

And then another highlight follows: You go to the bathhouse and rub a paste all over your body. Then you take the hot water, which is heated in copper cauldrons over an open fire, similar to a hammam, and rinse yourself off with it.

Then you float back to your room and rest a bit.



A daily highlight was the food. We got a variety of locally grown vegetables for lunch and dinner. Even those that Michael, the owner, didn't even know what they were called in English. In addition there was either rice, chapati, khichdi or papadam bread. Since I wanted to optimize my weight during the cure, I sometimes wished that everything hadn't tasted so good. The thing with the weight worked out well anyway. The other course participants grinned when I said "mhhh delicious". Because there were a few who sometimes talked about sauerkraut and sausages, while I was happy with everything that was served. For breakfast, the fresh fruit and porridge were the highlights and the Upma was also a favorite with many. At this point, a big compliment to the kitchen crew, who always cooked so diligently and deliciously for us.

Another highlight were the daily walks. Depending on how the participants were assigned to the applications, small groups formed and went for a walk together. There are some paths around the Ayurclinic in beautiful surroundings. We discovered something new every day and had very nice encounters with the people from the village, who were all very friendly and open-minded. And we kept seeing animals: cute little monkeys and also "Thekla", the spider, which seemed fatter to us every day and which Google claims belongs to the genus of tarantulas. We also saw a few very large birds, which unfortunately could not be photographed, but we will never forget how they audibly hovered through the air with their large wings.



The weekend with Joachim in Goa was an experience and brought me to this beautiful country brought closer again. Thank you Joachim for taking us on this beautiful tour. That was an absolute highlight. In the Tropical Spice Plantation we were explained about the spice plants and shown what they look like. It was very impressive and interesting and the lunch was a nice change from our daily meal. We enjoyed it very much, but we were very good and followed the guidelines of our Ayurveda cure (I think

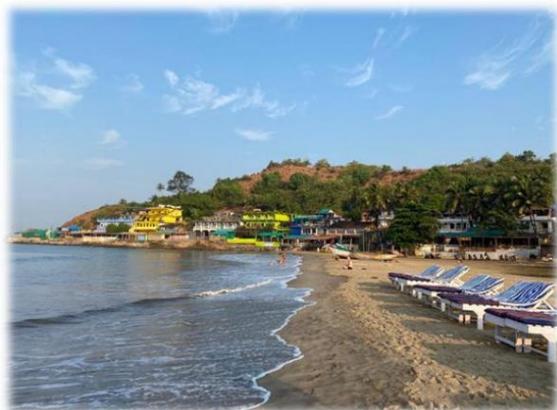
).



We continued to Temple Shree Mangesh, one of the largest and most visited Temples in Goa. A beautiful building. Next door, a wedding was being celebrated, to which we were spontaneously invited in a very hospitable manner. Then we went straight to the next highlight "Mapusa Market". Regional specialties are offered here in large halls: vegetables, fish, mussels, flowers... One small shop after another is lined up around the halls. Thomas was dressed as a maharaja and we stocked up on great spices, towels and saris. It was an experience. And who would have thought that freshly squeezed sugar cane juice with ginger would taste so delicious. You should definitely try it. Our next destination was Arambol. After a delicious meal we moved into our rooms and slept soundly, accompanied by the sound of the sea on the cliff in Arambol.

The next morning we strolled along the beach for a bit and then went on to Mandrem to see Dr. Rohit. For breakfast we each had a fresh coconut which was opened in front of our eyes: first the coconut milk was slurped and then the nut was divided for us and the pulp was loosened. This was a whole new treat. The next stop was at a beautiful colorful temple that wowed us with its colors

fascinated. With the Querim Ferry we crossed the mouth of the Terekhol River to Fort Tiracol. The fort has a great location on a hill directly above the sea and invites you to linger and you can eat very well. Our tour continued to Paradise Beach, a very beautiful and quiet beach at the mouth of Tiroda Creek. While here, make sure to go to Yashwandt Gad Fort (Redi). Anyone who knows Ankor Wat will feel transported back to this place. A very mystical fort overgrown with trees and roots. On the way home, Joachim's sense of direction came in handy, otherwise we would certainly have been "lost in India". After the connection to the satnav left us, he confidently took the right direction and brought us back safely and well to the Ayurclinic. Thank you for these impressive and eventful days. This has truly enriched my trip.



In the clinic, a nice rhythm established itself for me during the following days:

7:00 - 8:30 Yoga

From about 8:30 a.m. breakfast and possibly ghee if it was on the treatment plan

Approx. 1 - 2 hours brisk walk

11:45 am – 1:30 pm Massage and steam bath followed by a 30-minute rest

2 p.m. Lunch

Visit to the bathhouse (scrub and hammam)

Sometimes another walk

5:30 pm – own meditation every day

18:30 Dinner

Then gossip, listening to Ruppert's jokes, and use the W-Lan for messages and phone calls (if it was possible) ... and then to bed early and enjoy the peace and quiet.

I was more relaxed after the 3 weeks than I had been in a long time. And even after some time at home I can say that the cure and the nice stay in India are still very positive. It was a great time and I would love to repeat it again at any time.

Angela E