

Essential Ayurveda Retreats



Transform your health and re-discover the art of being

Essential Ayurveda's personalised retreats provide you the ultimate health rejuvenation experience. Our unique programme of Ayurvedic treatments take you on a journey of re-discovery of your own innate wisdom. Our lifestyle enhancement sessions guide you to experience true health of mind, body and spirit. The daily programme of synchronised massage, steam therapy, Ayurvedic knowledge sessions, yoga and relaxation classes allow the layers of stress to fall away to be replaced by a profound sense of peace and vitality.

Your unique personalised Ayurvedic programme

Originating from India, Ayurveda is a centuries old tradition that uses the energetics of food, herbs and specialised treatments to restore your own distinct state of health and promote a long and happy life. Our retreats are created according to the Ayurvedic detoxification and rejuvenation treatment process known as panchakarma. *Panchakarma* is entirely designed to focus on you as an individual, not merely your symptoms, so that you can enjoy your truest inherent state of health and well-being.

*"Nourished and revised in body, mind, heart and soul,
I'm off into new life. A huge thank you!"*

About Essential Ayurveda Retreats



Essential Ayurveda Retreats are conceived from our experiences and studies in India where we have received and witnessed the profound healing benefits of *panchakarma*. This inspired us to design a range of retreats that provide the opportunity to transform health with *panchakarma* with the enhanced benefits of receiving treatment within a familiar environment. We appreciate the importance of home comforts, a restful environment and realistic advice on applying Ayurvedic principles to modern lifestyles. Our retreats enable you to access the health secrets of a healing tradition centuries old as they apply to your own unique individual needs and goals.

Our retreats can benefit you if you are:

- ✿ *Looking to take a break and would like a health boost with long-lasting benefits.*
- ✿ *Running on empty, feel tired and need to recharge your energy reserves.*
- ✿ *Experiencing a health issue and are looking for a fresh approach which will enable you to feel self-empowered in your own healing process.*

Our commitment to you

Our commitment at Essential Ayurveda retreats is to provide you with a uniquely healing experience. We design our retreats to be an oasis of calm and renewal and the Ayurvedic lifestyle coaching equips you with tools for healthy living on your return home. Our retreats cater for a maximum of two clients at a time so you can be assured of our personal attention during your stay with us.

“A very special gift to yourself ... a moment of stillness in what can be a very busy life.”



About Us

Andrew and Laura Shakeshaft created Essential Ayurveda Retreats and will take you through your programme personally. They have studied Ayurveda in India working in Ayurvedic medical facilities and completed a 4-year degree in Ayurvedic medicine at Middlesex University. Andrew has continued postgraduate studies researching the effectiveness of Ayurvedic herbal therapy and *panchakarma* treatments in the management of diabetes. Laura has over 10 years experience using eastern and western forms of bodywork for treatment and health enhancement. The combination of their knowledge of traditional Ayurveda and experience in applying Ayurveda to modern lifestyles ensures a uniquely personal and life enhancing experience. They are assisted by *panchakarma* therapists who share their enthusiasm for Ayurveda and are dedicated to providing sensitive and excellent care.

The Retreat

Your personalised Ayurvedic programme will be held at our dedicated residential retreat in the peaceful Lincolnshire countryside. Situated on the outskirts of a small village and surrounded by a patchwork of fields it's the perfect place to get away from it all and reconnect to nature's cycles.

The house is an 17th century farmhouse full of rustic charm and character. The wooden beams and open fires create a cosy atmosphere that inspires rest and relaxation. Spend evenings gazing into the fire and enjoy the perfect quiet, broken only by the occasional owl hooting. The spacious bedrooms have pleasant views of the surrounding countryside and are each accessed by their own staircase affording you greater privacy. The house has living rooms where you can relax and enjoy space to yourself whether you wish to watch a movie or curl up with a book in your own quiet corner. We live in the cottage next door allowing you your privacy, whilst also being easily on hand.

We have a large garden for you to enjoy and there are several pleasant walks you can take directly from the house. In summer there are also horses in our paddock who love to meet visitors bearing carrots! Our clients often comment on the joy at rediscovering the simple pleasure of walking, watching wildlife go about its day and having time to appreciate the beauty nature provides us in abundance.

*“The countryside outside is gentle, just right for reflective rambles.
The garden is a quiet delight, an ideal spot to sit and muse.
The same feeling of contemplative peace pervades the restful,
comfortable house; a real sense of home.”*

Your daily programme

Your Ayurvedic retreat begins with an in-depth consultation to discuss your present and past health issues, your diet and lifestyle and to establish what you would like to experience from your stay with us. We design our programmes to allow you the ideal balance of Ayurvedic treatments and activities; knowledge sessions to provide you with support when you return home; and time just to 'be' whether that means taking a walk, reading a book or simply resting in a peaceful space.

Ayurvedic Treatments

You will receive daily 2½ hour sessions that include a variety of luxurious Ayurvedic treatments. All our Ayurvedic massages are performed by two therapists. This helps promote profound relaxation and a release of deep-seated muscular tension. The massages include *abhyanga*, a wonderful Ayurvedic oil massage that leaves you feeling supple, totally relaxed and revived. Other styles include *vishesh*, an energising deep tissue massage and *udvartana* where a herbal paste is used to stimulate the breakdown of fatty deposits, leaving the skin feeling silky smooth. Massages are followed by a soothing steam bath, which ensures penetration of oil into the deep tissues, clears toxins and nourishes muscles and nerves. You will also receive *shirodhara*, famous for its meditative and soothing effects where a steady stream of warm oil is poured over your forehead - pure bliss!

Basti - Colon therapy

Basti is described as the 'king' of all Ayurvedic treatments and can provide up to fifty percent of the benefits of *panchakarma* on its own. *Basti* principally treats vata, the dosha that when imbalanced is the causative factor in the majority of disease conditions. *Basti* differs from western colonics or enemas in that the aim is not just to clear the colon of adhesions but also to nourish the tissues organs and bones.

In our experience any initial apprehension concerning *basti* is soon alleviated once the treatment is received and the healing benefits are experienced. These include improved digestion, a feeling of lightness, clarity in thought, renewed suppleness, increased energy levels and freshness on waking in the morning.

Ayurvedic Meals and Cooking Classes

Meals are freshly prepared, tasty and satisfying and consist of a variety of vegetarian dishes cooked according to Ayurvedic principles. Your diet is a key element to your programme as easily digestible, healthy food aids the detoxification process and enhances the benefits of the treatments. During your retreat you will have the opportunity to observe cooking demonstrations and discuss how to adapt your own cooking to incorporate Ayurvedic principles. We will also provide recipes to ensure you feel confident preparing a range of delicious Ayurvedic meals.

Your daily programme

Ayurvedic Lifestyle Coaching

Our clients often comment how the Ayurvedic coaching sessions have helped them implement changes and reach decisions that have greatly improved their quality of life. We will introduce you to the fundamental principles of Ayurveda and how they apply to your own life. We discuss diet and nutrition and help you choose the most beneficial foods for your unique requirements. Understanding the effects of your diet and lifestyle in Ayurvedic terms enables you to confidently integrate a new routine and enjoy continued improvements to your health and happiness long after you return home.

Yoga and Meditation Sessions

Sessions in yoga help improve flexibility of both the mind and body. Strong physical exertion is not advised during *panchakarma* so our sessions are flowing and gentle. You will also learn meditation techniques and breathing exercises known as *pranayama*. These help you let go of everyday mental concerns and experience the peace of a quiet mind. Sessions are repeated and tailored to your individual requirements so that you become familiar with the techniques and comfortable with continuing practice after your retreat.

Cranio-Sacral Therapy

Very popular with our clients, this gentle therapy enhances the body's own natural ability to promote and maintain health. Cranio-sacral therapy influences the deeply held patterns of physical and emotional tension and by releasing these restrictions restores free flow of the body's inherent vitality. The treatment is very relaxing, inspiring a deep sense of peace and a feeling of mind and body integration.

Time to retreat

Time for rest and introspection is often too rare a pleasure. After treatments you will be able to relax to allow time and space for the healing process to take place. The treatments take you on a journey of reconnection with your inner self and help you release physical and emotional patterns that limit health and happiness. The accumulative benefits of treatments, rest, peaceful surroundings, a healthy diet and our professional support will help you gain positive new perspectives about your health and help release self-limiting patterns.

“The lifestyle coaching was excellent - for me the very best - to have this kind of expert one on one is a real gift”

How will I benefit from an Ayurvedic Retreat?

Our retreats provide a strategic programme of Ayurvedic detoxification and rejuvenation therapies. Our treatments are designed to clear accumulated toxins from the body whilst building strength and restoring vitality. The benefit is both immediate and long-term as the process of regeneration continues and your bodily systems function more efficiently long after you return home. Some of the benefits our clients have reported are:

- ✿ *Weight loss and increased energy and stamina*
- ✿ *Healthy and radiant complexion*
- ✿ *Improved quality and pattern of sleep*
- ✿ *Improved concentration and mental agility*
- ✿ *Increased immunity and resilience to stress*
- ✿ *Relaxation and release of deeply held tension*
- ✿ *Reduction of cellulite and improved skin tone*
- ✿ *Renewed motivation, creativity and enthusiasm*
- ✿ *Enhanced recuperation from illness*
- ✿ *Greater flexibility and strength of muscles and joints*

Some of the conditions that may benefit from our Ayurvedic retreats



- ✿ *Allergies*
- ✿ *Anxiety and self-esteem issues*
- ✿ *Back pain*
- ✿ *Chronic fatigue*
- ✿ *Constipation*
- ✿ *Diabetes*
- ✿ *Digestive disorders*
- ✿ *Excess weight*
- ✿ *High blood pressure*
- ✿ *High cholesterol*
- ✿ *Insomnia*
- ✿ *Irritability and anger*
- ✿ *Joint pain and stiffness*
- ✿ *Menopausal symptoms*
- ✿ *Menstrual problems*
- ✿ *Migraine*
- ✿ *Stress related disorders*

A typical day on your retreat

- 7.00am** *Start the day with gentle Yoga practise, a stroll around the village or a walk in the garden.*
- 8.00am** *Breakfast consisting of freshly prepared juices and fruit.*
- 9.00am** *Experience 2½ hours of luxiourious Ayurvedic treatments daily tailored to your requirements. Treatments include both relaxing and invigorating types of synchronised massage performed by two therapists, Shirodhara and steam therapy.*
- 11.30am** *Relax and enjoy the benefits of your treatment.*
- 12.30pm** *Tasty, satisfying lunch of soup, dhal and locally sourced vegetables or from our veggie patch when possible!*
- 1.30pm** *Free time to explore local walks, relax in the garden or spend as you choose.*
- 3.30pm** *Daily consultation and discussion time or a Cranio - Sacral Therapy session.*
- 4.30pm** *One-to one session incorporating yoga, prananyama, meditation and deep relaxation techniques.*
- 6.30pm** *Evening meal of seasonal and freshly prepared, delicious vegetarian fare.*
- 7.30pm** *Free time for yourself. Choose a book or dvd, listen to music or simply enjoy sitting by the fire.*

Please note the above is only a guide to give you a general idea of your retreat. Treatments and coaching sessions will be tailored according to your particular health requirements and individual interests.

The Essential Ayurveda Retreats

3 day Ayurvedic Well-Being Retreat

Our 3 Day Ayurvedic Detox Retreat is an ideal short break for anyone looking for rest and inspiration to boost their energy levels. Feel the stress melt away as every day you receive over 2 hours of blissful Ayurvedic 4-hands massage, shirodhara and steam therapy.

Your daily one-to-one sessions will introduce you to the fundamentals of Ayurveda and how you can simply apply them to your own health, diet and lifestyle. Daily yoga sessions will help improve flexibility. Cooking demonstrations are also provided everyday as we prepare you a variety of simple, tasty Ayurvedic dishes so you can return home with some new recipes to try.

3 day retreat - £750.00 (weekends) or £695.00 (weekdays)

5 day Ayurvedic Detox Retreat

This 5-day detox programme includes a schedule of gently detoxifying Ayurvedic treatments that promote well-being and improve overall health. Your retreat will also include personalised Ayurvedic dietary and lifestyle guidance along with one-to-one yoga sessions. The 5 Day Retreat will leave you feeling refreshed, invigorated and inspired. You will take home tasty Ayurvedic recipes and plenty of tips to help you remain feeling great on your return home.

The programme is individually tailored to suit your present health requirements and to provide complete relaxation. This retreat is the ideal antidote for stressful and demanding lifestyles.. Cooking demonstrations are also provided everyday as we prepare you a variety of simple, tasty Ayurvedic dishes so you can return home with some new recipes to try.

5 day retreat - £1,250.00

7 day Ayurvedic Detox and Rejuvenation Retreat

This is our most popular retreat and follows a similar programme to our 5-day retreat with the additional benefits of further detoxification treatments and rejuvenating therapies. You will experience the accumulative benefits of seven days of daily Ayurvedic treatments and be able to explore more deeply how Ayurveda can improve your health and happiness.

In addition to one-to-one yoga sessions we will also guide you through various meditations and breathing techniques (pranayama). We are also able to offer virechana or herbal medicated enemas (basti) if desired.

This retreat is ideal for those people who are feeling run down and need time out to recharge and discover new ways to support their health and happiness.

7 day retreat - £1,750.00

The Essential Ayurveda Retreats

Ayurvedic Panchakarma Retreat

This 10-14 day retreat is recommended for people wishing to address more complex health concerns. A full course of panchakarma would traditionally be carried out over 5 to 6 weeks. Realising few people can commit to this intense period of treatment we provide an alternative approach. The panchakarma retreat enables you to go through the process gradually, step by step. It is also important that a degree of toxicity is cleared from the body before undergoing panchakarma treatments. The first week of the 10-14 day retreat focuses on clearing these toxins through diet, massage and steam therapy so you are then ready to receive further treatments.

These retreats still include the additional activities included in our other retreats such as yoga, meditation, pranayama, Ayurvedic diet and lifestyle advice, cooking demonstrations and cranio-sacral therapy as appropriate to your needs and health.

10 day retreat - £2,500.00

Our Ayurvedic retreats include:

- ✓ Comfortable, private accommodation at our farmhouse retreat.
- ✓ Tasty Ayurvedic meals prepared from locally sourced produce or from our veggie patch where possible.
- ✓ 2½ hours of Ayurvedic treatments daily including 4-hands massage, shirodhara and steam therapy.
- ✓ Appraisal of your current health concerns and well-being.
- ✓ All herbal medications prescribed from your initial consultation and during your retreat period (please note that any medications recommended on your departure for you to take home are not included).
- ✓ Personalised Ayurvedic diet and lifestyle coaching including a post-retreat plan specific to your requirements and situation.
- ✓ Demonstration of Ayurvedic cookery and opportunity to learn a range of easy to prepare Ayurvedic meals.
- ✓ Daily one-to-one yoga practice and meditation, pranayama and relaxation techniques.
- ✓ Relaxing cranio sacral therapy sessions (5 and 7 day retreats only).

Double room occupancy

Couples wishing to share the same room benefit from a 10% discount from the published price.

Rail links

Grantham station is just over 1 hour from Kings Cross and we can arrange a car to collect you from the station (30 miles).

How to secure your booking

To secure your retreat and discuss your retreat programme please call us on 01754 830559 or e-mail retreats@essentialayurveda.co.uk and begin your journey to vibrant health today.

We look forward to hearing from you!

