



**Bhakti Bharat**  
JOURNEY WITHIN

# AYURVEDIC JOURNEY

with Swami Paranthapa and Hiranmayi

October 16-30, 2024

The programme is subject to change due to weather, road conditions or other unforeseen circumstances. The start time of the program events is approximate.

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# ELDERS

## Swami Vishwaparanthapananda



was initiated by his Satguru, Premavatar Sri Swami Vishwananda in 2008 into the Bhakti Marga Order. Throughout his travels around the world, he is constantly sharing love, support and understanding to all he meets, about the nature of the mind, emotions and unconditional love. He has experienced and understood the power and importance of unconditional love through the example and Grace of his Satguru, Premavatar Sri Swami Vishwananda. Through his unique, jovial yet profound manner, Swami Paranthapa shares this deep wisdom with all who wish to grow the awareness of joy, love and peace within themselves.

## Hiranmayi



originally from South Africa, is a Yoga Teacher, Ayurvedic Practitioner and Brahmacharini initiated by her Guru, Paramahansa Vishwananda. In the past learning from teachers like Dr. Vasant Lad, running her own Ayurvedic practice, as well as teaching Yoga and Ayurveda in United States, currently she lives in her Guru's ashram in Vrindavan. From the moment she met her Guru in 2003, her journey with its ups and downs has been a journey of continuous self acceptance and spiritual growth. She is passionate about sharing the love of God and how through her Guru's teachings we can find God simply in our every day life.

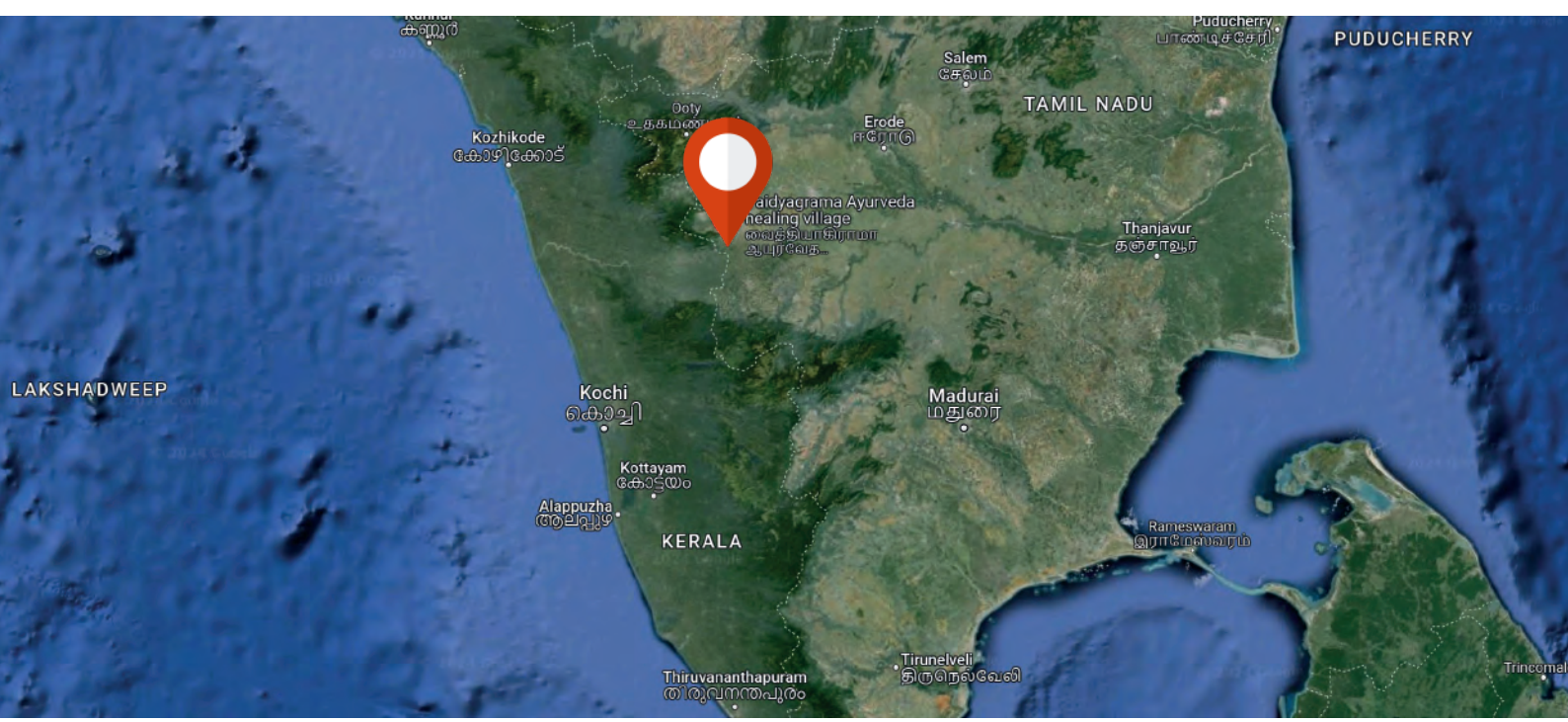


# LOCATION

vaidyagrama  
सर्वे भवन्तु युग्मिन

## Ayurvedic Healing Village

A Clinic, Hospital, Retreat Centre, and Education.  
NABH-accredited, healing space for your wellness with authentic Ayurveda, in the serene outskirts of Coimbatore in South India.





# WHAT IS PANCHAKARMA?

Panchakarma is an ancient treatment program designed to rejuvenate and transform the body, mind, and soul. It is based on Ayurvedic principles, that every human is a unique design manifested through the five basic elements of Ether, Air, Fire, Water, and Earth.

The combination of these elements are three doshas (tridosha): Vata, Pitta, and Kapha, and their balance is unique to each individual. When this doshic balance is disturbed it creates disorder resulting in disease.

Panchakarma is done individually for each person with their specific constitution and specific disorder in mind, thus it requires close observation and supervision which will be done by medical experts.



# WHAT CAN I EXPECT?

It will be 2 weeks of deep transformation, physically with the body through specific meals, medicines and massages with medicated oils.

Mentally through doing the Mirrors workbook with Swami Paranthapa and learning how to introspect and view our own mind reaching a place of love and acceptance of ourselves, others and our life.

Soul level - Ayurveda has the potential to heal deep samskaras that we have been travelling with for lifetimes- transforming how we view ourselves and the world.





# OUR DAILY SCHEDULE

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<b>5:45</b>	Intake of herbal decoction (as decided by physicians)
<b>6:15-7:15</b>	Chanting of mantras, Agnihotra fire ceremony, meditation, OM-Chanting
<b>7:15-8:15</b>	Atma Kriya Yoga group practice and Babaji Surya Namaskar led by Hiranmayi
<b>8:00</b>	Breakfast
<b>9:00-10:00</b>	Mind workshop and check in
<b>10:00-13:00</b>	Consultation with physicians/ treatments as scheduled/ rest
<b>11:00-11:30</b>	Soup/ herbal tea
<b>12:30-13:30</b>	Lunch followed by herbs (where applicable)
<b>14:00-14:30</b>	Yoga Nidra or deep relaxation
<b>14:45-16:00</b>	Consultation with physicians/ treatments as scheduled/ rest/ satsang with vaidyas
<b>15:45-16:15</b>	Herbal tea/ coconut water
<b>17:30-18:00</b>	Intake of herbal decoction (as decided by physicians)
<b>17:30-18:15</b>	Satsang or group discussion with the physicians
<b>18:15-19:00</b>	Chanting of mantras, Agnihotra fire ceremony, meditation, OM-Chanting
<b>19:00-20:00</b>	Dinner followed by herbs (where applicable)
<b>20:00-21:00</b>	Mind workshop, check in
<b>21:00</b>	Bedtime

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This is the tentative daily routine; however, it is subject to change based on individual recommendation, season etc. As the physicians keep repeating, the primary daily routine is only consultations, treatments, medicines, food, sleep and rest; everything else is secondary.

Apart from the above daily routine, the following additional activities are conducted on certain days of the week (subject to change).



**Monday 16:00**

Rudra Abhishekam/ Puja

**Tuesday 16:30**

Cooking demonstration

**Wednesday 12:30**

Group lunch

**Thursday 17:00**

Garden walk

**Friday 16:00**

Cow Puja

**Saturday 16:30**

Kashayam preparation demonstration

**BHAKTIB.IN**