

AN OUTWARD JOURNEY INWARD (PART 2) VEDA5

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After spending two weeks exploring the vibrant sights, scents and sounds of India, I arrived at **Veda5 Ayurveda and Yoga Retreat** in Rishikesh, for two weeks of relaxation and rejuvenation. What I found, however was so much more than a typical spa experience. This was a life changing experience that has impacted and changed the way in which I view and live my life.

This gem situated amongst the foothills of the Himalayas, provides a serene, natural setting allowing one to re-connect to themselves in the natural world. With a focus on health and wellness using the ancient traditions and wisdom of Ayurveda, Panchakarma, Yoga and Meditation, it is pure luxury nestled amidst the mountains and sky, that not only offers relaxation and rejuvenation, but teaches a holistic approach to life incorporating mind, body and spirit.

Upon my arrival I was greeted by a warm, friendly staff who welcomed me into this healing environment, and provided me with my itinerary for the next two weeks. The first item being, to meet with the Ayurvedic Doctor who would spend much time assessing my health and wellness from a mind, body, spirit perspective, and prescribe a personalized wellness plan for me, specific to my needs.

Ayurveda is an ancient tradition of healing that is holistic in nature and looks at health and wellness from an energetic and elemental perspective of: ether, air, water, fire and earth. It seeks to find each person's own blend of energy and balance, for, when we are in alignment with our own true nature, with our own balance, we create wellness within the mind, body and spirit.

Through discussions with the doctor it was determined that my dominant dosha is *Pitta*. (*Doshas are biological energies found throughout the body and mind, that govern all physical and mental processes and provide every living being with an individual blueprint for health and wellness*). We all have all three, but the percentage of each, is unique to each individual.

There are three doshas: *Vata* which are qualities that reflect the elements of space and air, *Pitta* which are qualities that reflect the elements of fire and water, and *Kapha* which are qualities that reflect the elements of water and earth.

My healing journey while at Veda5 would be a combination of natural remedies, treatments and programs while immersed in a natural setting, to allow my body to naturally shift back into alignment, and into its own rhythm.

At Veda5 Ayurveda and Yoga retreat, great pride is taken in providing the highest quality of treatments and in creating a natural healing

space that not only offers Ayurveda treatments, but also offers people a daily experience of health and wellness.

Education through experience are key to implementing a new healthy lifestyle. With this in mind, Veda5 offers learning seminars on Ayurveda, offers a variety of daily yoga and meditation classes, as well as cooking classes, all to provide people with a wealth of knowledge, experience and tools for implementing a healthy lifestyle when they return home.

As part of learning to live as healthy as I can, letting go, is part of the process. Letting go of old behaviours, thoughts, and perceptions that lead to unhealthy choices, and part of this letting go process, is to detox the body.

I participated in a two week Panchakarma treatment plan, which is a comprehensive Ayurvedic therapy to cleanse and remove disease

causing toxins from the body and helps to strengthen the immune system.



Daily treatments, along with beautiful therapeutic massages, rid my body of a heaviness I did not realize I was carrying, until I experienced a lightness within my body, mind and spirit afterwards. After each treatment, I would have my follow-up appointment with the doctor who monitored my progress and answered any questions I may have. The doctor provided exceptional care and was devoted to the wellness of each person, supporting and teaching on the Ayurvedic lifestyle.

As part of any detox program, it is important when cleansing the body, to replenish it with healthy food. The Chef at Veda5 prepares exquisite, tasty, healthy vegetarian meals, collaborating with the doctor to ensure each person is eating according to what is best for them, and specific to the program they are on. Food is medicine in Ayurveda, and Veda5 places great importance on growing and providing healthy, organic, clean food.

At the end of my two weeks at Veda5, I was amazed at how alive and vibrant I felt. My body, mind and spirit nourished, bathed in the natural world of wellness.

I live in wellness, as I implement what I have learned. I invite you to go on your own journey to health and wellness at Veda5 Ayurveda and Yoga Retreat. (www.vedafive.com).

Be well!

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