



Mystic-Asia

**DISCOVER YOURSELF THROUGH AYURVEDA IN
SHANTI ANANDA**

MAURITIUS

21ST - 26TH FEBRUARY 2010

❖ In the heart of the stunningly picturesque blue waters of the Indian Ocean, Mystic -Asia and Shanti Ananda presents a very special Ayurvedic programme focusing on the philosophy and knowledge of this ancient science. Working on all the subtle aspects of our stressful and toxic life, each individual's specific food habits and life style will be addressed.



Ayurveda

Ayurveda or the science of life is the oldest and the most comprehensive healing modality on the planet. It gives us the key to awareness of our mind, body and soul. Mother to most of the world's healing traditions, Ayurveda has existed in India for 6000 years as evidenced in the Indian Scriptures (The Vedas).

Ayurveda teaches us to live in harmony with nature the way the way plants and animals do. It is as a complete healing system which helps to bring us back into equilibrium with our true self and to maintain your health by using the inherent principles of nature



Objective of the program:

Through our teachings of Ayurveda and meditative awareness we take you on a journey of learning and healing. Life according to Ayurveda is a harmonious combination of senses, mind, body and soul hence our practice is not only limited to body or physical symptoms but focuses on giving a comprehensive knowledge about spiritual, mental and physical health. Thus Ayurveda is a qualitative, holistic science of health and longevity.

The Venue



Shanti Ananda is spread over 36 acres of tropical gardens, with breathtaking views of the hills and the beautiful coral reefs of the Indian Ocean. The resort is located in the south of Mauritius at St. Felix. Its crystal clear turquoise waters greet you as you step out of your door and gracefully wooded hills circle the spa. Shanti Ananda has an undisputed reputation as being one of the best Holistic Resorts in the world with an emphasis on Ayurvedic treatments .

❖ Shanti Ananda meaning Peace and Joy

www.shantiananda.com

Mauritius

Mauritius is often referred to as the 'Star of the Indian Ocean' with safe beaches, gentle seas and mild tropical climate.

French, Indian, Chinese and African cultures converge together to make up the colorful, vibrant culture of Mauritius that is replete with some of the most fascinating and years-old customs and traditions. Each aspect of Mauritian culture-its cuisine, religions, festivals, language and literature is a living proof of the myriad Asian, African and French influences

The Mauritian culture's rich diversity is evident in Mauritius' landscape where churches, temples and mosques jostle each other for space. Chinese pagodas and Buddhist temples are also a common sight in Mauritius and the island is most famous for its Creole culture which was born out interaction with French and African settlers.

You will also get an opportunity to explore the island during your visit. A beautiful chance to be amongst the splendor of nature, with our specially designed treks and nature walks.

Enjoy water sports - scuba, windsurfing, sailing, snorkeling, aqua aerobics, aqua yoga and swimming with the dolphins.





DR. DINESH SHARMA

Dr Dinesh Sharma is an Ayurvedacharya (Ayurvedic physician) with distinctions from Maharishi Dayanand University. He travels to teach and see patients all over the world including Germany, Sweden, UK, Switzerland, USA, Mexico, France, Kuwait, UAE, Egypt, Iran and Lebanon. He has been conducting International Ayurvedic and Vedic Seminars throughout the world for the last over 20 years.

Dr.Dinesh Sharma has been initiated in the lineage of great Himalyan masters and is an experienced meditation teacher from the Himalayan Yoga and Meditation Tradition, founded by Swami Rama and Swami Veda Bharati.Dr.Dinesh Sharma is the Vice President, International Co-ordination of Association of Himalayan Yoga Societies International (AHYMSIN).

Besides being on the board of American Council of Vedic Sciences, he regularly taught with the following;

Hindu University of America, Orlando, USA

American Council of Vedic Astrology, Sedona, USA

American College of Vedic Astrology, Sedona, USA

American Institute of Vedic Studies, Santa Fe, USA

Mahindra Institute for Vedic Studies, Frankfurt, Germany

European Academy for Vedic Sciences, Zurich, Switzerland

Philippe Maugar Academy for Vedic Sciences, Paris, France

Northwest Institute for Vedic Studies, Seattle, USA institution

Yoga Teacher's Training Programme, Rancho La Puerta Mexico

www.vedagurus.com



MALA BARUA

Mala Barua launched Mystic Asia to dedicate time to the mission of her heart. As the demand for knowledge of The Self grows Mala finds herself being able to share more and more with others. The aim of the retreats created by Mala is to bring healing to more than the physical aspects of the human body. The participants get to explore the deeper aspects of their existence thereby bringing healing to their emotional states. This in turn opens the doors to their own spiritual aspirations. In order to achieves this, Masters of various spiritual traditions are carefully chosen to deliver ancient wisdom to small groups of people in luxurious environments. She creates interesting and unusual retreats with a spiritual bent in exotic parts of Asia.

Mala has lived in London, Hong Kong and Singapore for the last 20 years where she practiced and taught Yoga in the Sivananda traditon. Her time in the Far East also inspired her to learn Tai Chi and Qi Gong under Chinese Master, Dr. T.T. Ang.

Mala also founded Yoga&You which services the travel industry in India and has conducted Inner Silence meditation programmes at various retreats

She is a regular contributor to Vogue India and Asiaspa magazines on matters of the spirit.

Mala's conscious spiritual journey started 19 years ago and she is under the guidance of Swami Anubhavananda a teacher of Vedanta (Ultimate Knowledge)

www.mystic-asia.in

Your Investment

•**Ocean View Rooms:**

INR 150,000 per person (twin sharing)

•**Beach Front Rooms:**

INR 160,000 per person (twin sharing)

Single room surcharge

INR 12,500 for 5 nights

•**Investment includes:**

5 nights accommodation

All meals

Three Ayurvedic treatments

Daily yoga classes

Airport transfer

All taxes included

•**Investment does not include:**

Airfare

Alcoholic Beverage

Gratuities

Personal expenses

•**Additional Information:**

*The retreat will take place only with a minimum of 10 participants

*The registration form and cancellation policy will be sent to you on request.

Current Exchange rate: 1 Euro= 70 INR & 1 USD= 50 INR

MYSTIC ASIA

For registration please contact us at:

Contact Mala + 91 9811086976

Contact Rachana + 91 9811824861

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mysticasia.in@gmail.com

www.mystic-asia.in

Testimonials

“Everyone was glowing by the end of the retreat .The Ayurveda treatments were amazing but in addition the loving care provided by Mystic Asia ensured that we all came a long way with our worldly cares washed away.”

Merlene Emerson –UK

“The Ayurvedic trip was a beautiful combination of learning about Ayurveda, Yoga and meditation in a five star accommodation complete with relaxing daily massages. Highly recommended for those seeking a taste of Spirituality in a physically comfortable and pampered ambience.”

Jason Wee - Singapore

“This was my first encounter with many aspects of Ayurveda medicine and philosophy which opened my mind. It was very rejuvenating and I started a personal journey which I hope will bring me back to Asia soon.”

Knut Reed– Norway

"This place is a haven, a paradise on earth! Once we are here we did not want to leave. The concept is wonderful! Such a great experience.”

Alice Lanni

"An excellent well run hotel with extremely dedicated staff who are exceptionally helpful & friendly. Beautiful, tranquil setting. As a Health spa, you have achieved your goal. Well done.”

Ms Madden Buet