



Panchakarma in Haines Alaska June, July, August 2015

PanchaKarma is Ayurveda's elegant system of purification and rejuvenation. The Pancha Karma process gets to the root cause of the imbalances and rebalances the body, mind and emotions which when in harmony allows deep and profound healing to occur.

Wake each morning to the beautiful oceanic views of the Lynn Canal, which is the largest fiord in North America. Surround yourself with the pristine beauty of fresh air, water, eagles and other wild life, the sounds of nature, birds, wind, and the creak as it flows to the ocean.

- 3, 5 and 7 day Panchakarma treatments are available, at \$500/day. Panchakarma treatments are located in a retreat setting with a view of the Lynn Canal (as seen above).
- Private accommodations, include, Kitchen, bedroom, bathroom, with areas to sit and walk overlooking the Lynn Canal.
- Vegetarian meals and herbal teas.
- Daily treatments include: **Abyanga** (Ayurvedic Massage), **Shirodara**, (head and scalp Treatment to calm the mind), **Nasya** (Treatment for the head and sinus region), **Swedena** (herbal steam tent), **Basti** and **Virechana** (internal cleansing), daily assessment (tongue and pulse diagnosis).

For more information & dates available please contact:

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Jennifer Andrews has been a Certified Ayurvedic Practitioner since 2003. She graduated from the California College of Ayurveda and has additional certification from the Institute of Vedic Studies, Santa Fe, New Mexico. Jennifer has been providing retreats for Panchakarma since 2004 in natural settings of Northern California, Hanna, Hawaii, and Vietnam. She is has certification as an Advanced Yoga instructor from the Sivananda Yoga lineage. She is the owner of Ambika's Ayurveda located in Chico California, which specializes in making Ayurveda body oils.