



21 Day Health Retreat

8th June ~ 29th June 2014 by  SHARAN at SwaSwara

Would you like to be healthy, disease free and active for rest of your life?

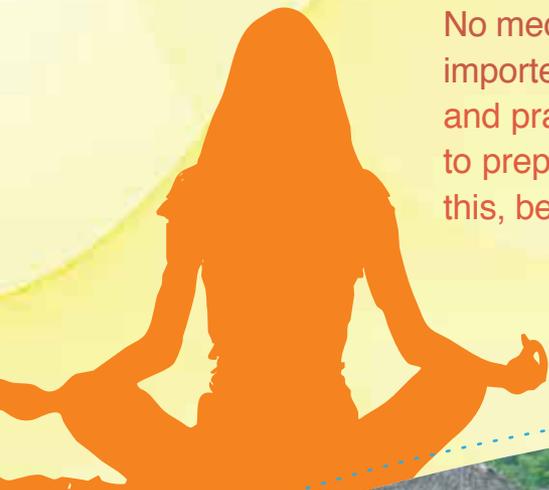
Consider these facts...

- We are the first generation expected to live less than our grandparents.
- 3 out of 4 Indians dying today are from “preventable” life style diseases like diabetes, heart disease, cancers etc.
- Many more people are suffering from pain, discomfort and being prescribed medications at younger ages than ever before in history.

Did you know that there is a way to use food and nutrition wisely, to not only prevent but also permanently REVERSE lifestyle diseases?

SHARAN has been working for over 7 years in this area.

No medicines, no surgery, no gimmicks, no expensive supplements, no imported or extraordinary foods - just simple scientific information, tips and practices about getting in touch with your body's intuition and how to prepare your food to retain more nutrition. Everyone can learn to do this, become their own best doctor and lead a healthier and happier life.



write to seminars@sharan-india.org or call +91 413 2622637

What is it?

The 21-day program is designed to demonstrate how to reverse disease and stay healthy. Your progress will be methodically and clinically tracked with lab reports and checkups from the beginning to end. Your medications will be cut down as your condition improves in this short period. This program will have an impact on most common diseases - hypertension, diabetes, constipation, migraine headaches, joint complaints, weight problems, asthma and a host of other lifestyle related problems. You will be given a realistic estimate of what changes you can expect once your details are submitted.

My condition is already under control with medications. Do I still need this?

Most people with diabetes, hypertension and other lifestyle and chronic diseases find themselves on a road leading toward gradually higher doses of medications, and worsening complications. By reversing, we mean reversing this trend. And also feel more energetic, sleep better, have regular bowel movements and feel younger than you may have felt for a long time.

What does the program entail?

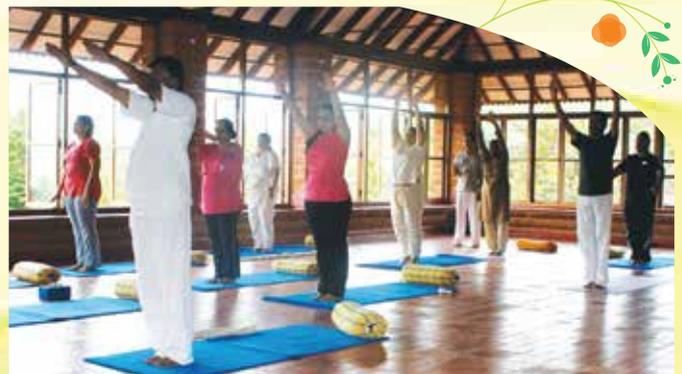
Our program revolves around delicious, whole, plant foods without counting calories. You will be served sumptuous buffet meals that heal. Lab tests will be done at the beginning and end of the program. Daily checkups will help track daily progress.

How long will I have to continue this diet?

This is not a diet, it's a lifestyle which you will begin to enjoy. Since the old lifestyle caused the problem its best not to go back to it. 21 days is the time required to change the habits that are not serving our goal of lifetime health.

Our day to day program will include

- Health checkups
- Yoga and pranayama with resident teachers
- Theory and experiential sessions
- Interactive cooking classes
- Meditation and Yog Nidra
- Private consultations
- Art therapy with the resident artist
- Exercise, games, walks, swimming, fun
- Films on health and wellbeing



Also included in the package are the following optional programs

- Treks, nature walks and bird watching with resident naturalists
- Cultural programs
- One guided visit to Gokarna temple, village and weekly market
- 1 free Ayurvedic massage per person

SwaSwara
a cgh earth experience

www.swaswara.com

We have chosen SwaSwara for the magical healing energy of this place. The tranquil ambience, the sea, the lush greenery, the hills as well as the beautiful individual villas, the holistic planning and the attitude of the staff will stand out to make your stay comfortable and memorable.

SwaSwara at Gokarna is easy to reach by air (Goa airport) and by train on the Konkan Railway.



Retreat Leader

Dr. Nandita Shah (LCEH) a registered homeopathic medical practitioner, graduated from CMPH Medical College, Mumbai. She has been practicing classical homeopathy since 1981, first in Mumbai as a private practitioner and then at Quiet Healing Centre in Auroville since 1999. She has taught advanced homeopathy all over the world, and has presented papers in many International Homeopathic Seminars and Conferences

Dr. Shah founded SHARAN in 2005. She believes each of us can be our own best doctor most of the time. For the past 7 years, she has presented the *Peas vs Pills* workshops both in India and abroad to over 5000 participants inspiring others to make life style changes resulting in positive health. Her other popular seminars are *Reversing Diabetes* and *Reversing Heart Disease and Hypertension*.

This will be the fourth *21-Day Disease Reversal Program* conducted by Dr. Nandita Shah, along with her team of other doctors, life style advisors, massage therapists and yoga teachers.

Nithya Shanti and Nandini Gulati will be the other main facilitators.



Your investment

Occupancy	Rate	Early Bird Rates <small>(for registration before 15th Feb'14)</small>
Single	2,05,000/-	1,90,000/-
Twin Sharing	1,45,000/- per person	1,30,000/- per person
Double*	2,75,000/-	2,45,000/-

*Individuals accompanied by assistants or members not requiring tests, consultations etc. accompanying member will be eligible for attending all the other sessions without extra charges.

Rs 20,000 payment on registration. Balance payment to be completed before 8th May 2014.

Price includes:

Group transfers from and to Goa airport or Gokarna or Kumta stations, lab tests, meals, doctor's checkups and consultations, classes, therapies, leisure activities, cultural evening and temple visit, during the program.

One year post-program support by a SHARAN health advisor by phone or email. The goal is to get you back to perfect health within this period.

What it does not include- Any medical treatment that may be required outside SwaSwara.

Refund policy- Registration amount of Rs 20,000 is non refundable. Cancellations before 7th June 2014 eligible for 75% refund of remaining amount. No refunds after 7th June 2014.

Next steps

Send your medical history in detail including- patient data, last lab reports and deposit of Rs 20,000 by cheque in the name of SHARAN to - SHARAN, Aurelec Premises, Kulilapalayam, Auroville 605101 Tamil Nadu. If accepted, the cheque will be deposited in our account. If not it will be returned to you. For more details write to seminars@sharan-india.org or call 04132622637 or 04132622424



Sanctuary for Health and Reconnection to Animals and Nature provides actionable solutions and comprehensive information on holistic health and sustainable lifestyles through plant based diets. (www.sharan-india.org)

SHARAN operates at the cutting edge of innovations in the field of nutrition and diet and their direct impact on your health and well being.



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