



AYURVEDAWAY
Traditionelle Indische Heilkunst

im Kurhotel Regina
Professor-Böhm-Straße 3
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Information on the Ayurveda cure

Dear guests,

We provide here information for the preparation to facilitate the overall process of any Ayurveda Cure-Program. The cure can be a real success, if the universal harmony, the Health and well-being of the whole universe contributes, or we re-establish our connection with it. So, get rid of all negative thoughts and emotions and have a positive attitude towards everything within and around you like the famous Veda prayer;

Sarve Santhu Niramaya

May all beings in the whole universe be well!

Information about you:

If there are any incompatibilities with food or allergies of any kind, then it is best to let us know before the cure, so that we can plan better and be prepared.

Likewise, let us know if serious health issues which require special precautions.

Preparation for the cure:

Set yourself in the mood for the cure and stay as far as possible from the things which affect your health in a negative way. See the cure as a time in which you focus in to your inner self. Do not keep too many contacts outside during the treatment, so that it is easier to leave the usual concerns behind. Use the time during the cure for walks in nature or in the nearby Kur-Park.

Bring:

Take warm and weatherproof clothing with you. During Panchakarma cures you should avoid wind as much as possible and do not expose yourself to direct sunlight for a long time.

The body and mind should be in a state of rest during the processes like cleansing or regeneration. So, avoid any kind of physical or mental strain.

Spend the time of the cure more with calmer activities. Literature on yoga and Ayurveda can be found in the yoga room, which you can use. Bring light comfortable clothes for Yoga with. Yoga mats are available here. Bathrobe, towels, etc. will be provided.

Arrival:

You can either start the cure on the day of arrival or give yourself an extra day, if you expect to arrive late. Depending on the arrival and departure time, let us know if you want to have lunch. Of course you can also book lunch extra. This should be done not later than the day before.

Day Plan:

6.30 - 7.30 am Yoga and meditation in the morning

7.30 - 9.30 am Breakfast

8.00 - 12.00 hours treatment times

12.30 - 13.30 Lunch

14.00 - 18.00 hours treatment times

17.00 - 18.00 Yoga and meditation in the evening

18.30 - 19.30 dinner

Yoga takes place either in the morning or in the evening. Depending on the number of guests, may also be twice.

A day plan will be given every evening with the details of the treatments and timings on a daily basis.

For further questions and concerns please contact us during our opening hours available:

Mo. - Fr. from 9:00 am to 5:00 pm

Sat. from 10:00 to 14:00

If you have important concerns, please contact us on the answering machine, we will call you back soon. We look forward to welcome you in the Ayurvedaway Ayurveda-Kurzentrum in Hotel Regina, Bad Füssing.

Your Ayurvedaway team