



Ashoka Ayurveda –
Your stay
free of worries





Welcome



I have been dealing with alternative medicine and psychology since 1998. Working with people gave me the idea for a healing centre where I can work together with different kind of therapists to help people to become and stay healthy. This vision was fulfilled with Ashoka Ayurveda.

Ashoka is the Sanskrit word for “free from worries”. Ashoka is the one who brings joy to others. Ashoka is being, knowledge and bliss. That is why we have chosen the name as our motto because we want to give you joy and happiness with our treatments and care.

To achieve our goal of rediscovering the true nature of ourselves, we use the ancient healing art of Ayurveda. You will find us in a quiet and relaxing location in Portugal. We work with doctors and therapists who will advise and treat you competently and empathetically according to western quality standards. This is how we guarantee holistic recovery and regeneration.

We believe that true well-being goes beyond a great massage. With us you decide whether you want to revitalise, get pampered, relax or recharge your batteries. Because your time with us is only for you.

We look forward to seeing you!

Birgit Moukom and your Ashoka team



Ashoka Founder, Birgit Moukom



Western Quality Standards in a Subtropical Climate

With us you will find Western quality standards with certified Ayurvedic medicine and local herbs. Our Indian and European doctors, trained in Ayurvedic medicine, will accompany you throughout the treatment and thus guarantee a holistic and, above all, authentic care.

It is not our motivation to simply copy a distant culture, but rather to apply its principles to our possibilities and insights. Ayurveda also teaches us that a regional approach is important.

This is what our Ayurvedic chefs stand for, who will spoil you with lovingly prepared, healthy, seasonal and vegetarian Ayurvedic dishes.

You can enjoy them with us on the restaurant terrace with ocean view.

Madeira, also known as the evergreen island, offers the optimal location for using the healing resources of nature due to the splendor of flowers and plants. The mild, subtropical climate offers the ideal conditions for Ayurvedic treatments, during which the body should always maintain a certain temperature – even in winter the weather in Madeira remains steady and spoils with many hours of sunshine.

The island also offers a lot of diversity in addition to your personal cure: whether forest bathing for your senses, relaxing walks along the cliffs, small fishing villages or a visit to the botanical garden.

“Our experience has shown that to Europeans an Ayurvedic cure on their home continent is a lot better than an Indian. It is closer to the usual treatment procedures, all this without jet lag and a long adjustment period.”

BIRGIT MOUKOM, ASHOKA FOUNDER



Our Location



Since 2011, our Ashoka Ayurveda cure Centre in Madeira has been offering its guests cure programmes and treatments tailored to their individual needs.

The cure centre is located directly on the seashore in the quiet and comfortable boutique hotel Alpino Atlantico, a member of the Galo Resort Hotels group. Each of the 24 double rooms and the three suites offers breath-taking view over the Atlantic Ocean.

A short walk (about 300 meters) takes you directly to the private beach of the Galo Resort Hotels. Madeira Airport is just eight km away. The centre of Funchal is a 20 minute drive away. You'll find the perfect sanctuary to escape the stress of everyday life – casual, relaxed and uncomplicated. You can enjoy your treatments in peace and quiet in one of our eight treatment rooms.

The daily yoga takes place in a spacious yoga studio (120 sqm.) with a view on the Atlantic Ocean. Our garden and relaxation room with sun terrace are available for you to relax.

In the partner Hotel Galomar, just a five minute walk away, you can use the saunas in the spa and wellness area for free. In addition to a classic spa and Ayurvedic treatments, you can also enjoy our specially designed beauty treatments and various saunas with magnificent panoramic windows. The relaxation room is also a great place to enjoy the experiences of your personal treatment in peace and quiet while listening to the waves of the Atlantic Ocean.





Ayurveda, the science of long life, is the oldest traditional medicine. With its holistic wisdom of the relationship between body, mind and soul, this health system, originating in India, has been widely applied in the west for many years since it includes highly effective methods of treatment and purification, a well-developed system of plant medicine and a comprehensive approach to nutrition.



Every Being is Created Unique.

From an Ayurvedic perspective, health is not just a static average or general sense of well-being, but a state of vitality, resilience and inner happiness. Ayurvedic medicine does not focus on the disease, but on the person as a whole.

Ayurveda believes that our fate manifests itself in our individual structure. In the long run, it is not possible for us to live counter to our own innate nature.

If we recognise our true nature (prakrti), then, according to Ayurveda, we have already attained a high degree of self-fulfillment. One of the fundamental goals of life and healing is to be in harmony with one's own constitution. According to the basic principles, the weighting and expression of the three doshas vata, pitta, and kapha are encoded at the genetic and biological level to define one of seven possible structure types.

And yet most of us are at war with our physical or mental faculties. Whether we are slim, creative, and medial (vata); sporty, ambitious and freckled (pitta); or restful, persevering, and economical (kapha), we prefer to identify ourselves with the shadows of our constitution than with the potential laying dormant within us. By better understanding our own structure and body, we can use Ayurvedic wisdom and nutrition to feel fitter, younger and healthier in the long term.



Our Ayurvedic Cuisine



The kitchen, managed by Ayurvedic chef Gregor von Holdt, will spoil you with varied and delicious dishes. Above all, local, seasonal and, if possible, regional products are used in order to prepare Tridosha-friendly meals for you every day. Tridosha means that they are balanced and tolerable by every type of body.

It is exclusively vegetarian. Vegan dishes possible on request. Of course, we take into consideration

your intolerances and allergies, which is why we ask you to let us know in advance or at the latest when you arrive.

To teach you more about Ayurvedic diet during your cure with us, Gregor explains the most important basics of Ayurvedic diet to you in a weekly cooking workshop and how you can prepare such dishes yourself at home.

“ Nutrition is one of the three pillars of Ayurvedic doctrine. Therefore, there is a very special focus on it in our treatment centre. When it comes to nutrition, all of our trades are in constant exchange in order to ensure an individual, well-tolerated offer for your treatment. ”

MAURICE MOUKOM, GENERAL MANAGER OF ASHOKA AYURVEDA





“The cure programme will be individually tailored to you and your holistic and personal care. Our many years of experience have shown that an Ayurvedic cure is a special, highly individual experience for each and every person.”

DOCTOR KRISHNA PRIYA, AYURVEDIC DOCTOR

Holistic and Individual

Depending on your current situation, age, and health condition, the cure will cause you to become aware of your own body and give you new insights into your life.

In treating you, we follow a holistic approach based on Ayurvedic teaching. In addition to Ayurvedic cures, we also make use of various offers of complementary medicine. Thus, your treatment can also include osteopathy, TCM treatments or energy work, if it makes sense: always tailored to you personally based on your background, according to the recommendations of our doctors and your wishes.

During a cure procedure, it is also quite normal for different emotions to surface. Therefore, we have created an offer together with our psychology coach Nicole that enables you to enter into a professional dialogue.

You can book individual sessions or a package including a preliminary analysis with Nicole, either in advance or on site.



It is a great idea to explore Madeira while staying with us. You can therefore optionally book an excursion into the wonderful nature of Madeira for forest bathing in addition to your treatments. During a conscious walk with our forest bathing expert Simone, you will strengthen your five senses during the walking meditation, train your mind and deepen the beneficial experience of the treatment in the beautiful nature of Madeira.

Choose the right programme from our various offers according to your length of stay and your goals. We are also happy to advise you personally, either by email or by phone.

Panchakarma Cure I

Detox Ayurvedic Treatment



The Goal:

The cleansing of the body tissues from metabolic toxins, chemical residues and medicine deposits.

The Process:

In phase one of the cure, we focus on cleansing the body so that we can gently rebuild and strengthen it in part two. Cleansing the body helps to activate the body's self-healing powers, particularly in the case of chronic illnesses.

In order to prepare you ideally for your cleansing days and then to strengthen your body again, we recommend a stay of at least 10 days of treatment / 11 nights.



The Programme for 10 days of Treatment:

- Group yoga, every morning
- Yoga Nidra in the afternoon, 1 x week
- Kundalini Yoga in the afternoon, 1 x week
- Yoga Surya Namaskar in the afternoon, 1 x week
- Meditation, 1 x week
- Lecture: Basic knowledge of Ayurveda, 1 x week
- Lecture: Ayurvedic Nutrition, 1 x week
- Ayurvedic cooking workshop, 1 x week
- Initial consultation
- Daily consultation with a doctor
- personal, nutritional and lifestyle consultation
- Final consultation
- Treatments, 2 x day
- Ayurvedic medicine during the cure
- Coaching during the cure incl. preliminary analysis (price on request)
- Optional: Forest bathing (excl. 60 EUR)



Example of Daily Schedule:

- 06:30 - 07:30 Group yoga
- 08:00 - 08:45 Short talk with the doctor (10 min.)
- 08:45 - 10:00 Breakfast
- 10:15 - 11:15 Treatment
- 13:00 - 14:00 Lunch
- 15:30 - 16:30 Treatment
- 17:30 - 18:30 Kundalini Yoga
- 19:00 - 20:00 Dinner

Ayurvedic Cure for the Musculoskeletal System – Marma therapy Kalari



The Goal:

The release of blockages and tensions on the myofascial level.

The Process:

Here, Ayurvedic treatments are optimally supplemented with Kalari therapy. The treatment is particularly suitable for relaxing specific areas and organs in the body so that they have more space and dynamics for their functions.

With this therapy we can reduce pain in the pelvic and abdominal areas. Work on the chest area will make breathing easier and deeper, reduce pressure on the heart, and help you have more restful sleep. Work on the organs of the head and face helps your entire system become clearer, freer, and more relaxed, which also reduces the intensity of migraine attacks. Overall, Kalari therapy reduces pressure and stress in the spine and joints, which in turn has a lasting positive effect on posture, flexibility, and vitality. Kalari massage is a strong and powerful treatment.



The Programme for 6 days of Treatment:

- Group yoga, every morning
- Yoga Nidra in the afternoon, 1 x week
- Kundalini Yoga in the afternoon, 1 x week
- Yoga Surya Namaskar in the afternoon, 1 x week
- Meditation, 1 x week
- Lecture: Basic Knowledge of Ayurveda, 1 x week
- Lecture: Ayurvedic Nutrition, 1 x week
- Ayurvedic cooking workshop, 1 x week
- Initial consultation
- personal, nutrition and lifestyle advice
- Final consultation
- Kalari treatments, 1.5 hour a day
- Ayurvedic medicine during the cure
- Optional: Coaching during the cure incl. Preliminary analysis (price on request)
- Optional: Forest bathing (excl. 60 EUR)



Example of Daily Schedule:

- 07:45 - 08:45 Group yoga
- 08:45 - 10:00 Breakfast
- 10:30 - 12:00 Kalari treatment
- 13:00 - 14:00 Lunch
- 14:30 - 15:30 Ayurvedic cooking workshop
- 19:00 - 20:00 Dinner



The Goal:

Improving of mental and psychological strength as well as handling of critical situations, perceived excessive demands or a feeling of hopelessness.

The Process:

This special cure has an uplifting and revitalising effect on body, mind and soul. Here we combine the cleansing treatment, which is necessary to strengthen the physical structure of the body, with a selection of private yoga therapy sessions, energy work, coaching and/or emotional healing therapies.



The Programme for 13 days of Treatment:

- Group yoga, every morning
- Yoga Nidra in the afternoon, 1 x week
- Kundalini Yoga in the afternoon, 1 x week
- Yoga Surya Namaskar in the afternoon, 1 x week
- Meditation, 1 x week
- Lecture: Basic Knowledge of Ayurveda, 1 x week
- Lecture: Ayurvedic Nutrition, 1 x week
- Ayurvedic cooking workshop, 1 x week
- Initial consultation
- Daily consultation with a doctor
- personal, nutrition and lifestyle advice
- Final consultation
- Treatments, 2 x day
- 6 x special energy work, coaching and / or yoga/healing therapy
- Ayurvedic medicine during the cure
- Optional: Forest bathing (excl. 60 EUR)



Example of Daily Schedule:

- 06:30 - 07:30 Group yoga
- 07:30 - 08:00 Breakfast
- 08:15 - 08:45 Short talk with the doctor (10 min)
- 09:00 - 10:00 Treatment
- 13:00 - 14:00 Lunch
- 15:00 - 16:00 Energy work | Reconnective Healing
- 17:00 - 18:00 Treatment
- 19:00 - 20:00 Dinner

Rasayana Cure – Ayurvedic Relaxation Treatment



The Goal:

Rasayana is the Sanskrit word for “rejuvenation”, which means that Rasayana treatment relaxes and rejuvenates the body.

The Process:

Precisely matched treatments help the body to regenerate and balance the mind – the focus is on physical and emotional well-being. This treatment is particularly suitable for beginners in Ayurveda.



The Programme for 6 days of Treatment:

- Group yoga, every morning
- Yoga Nidra in the afternoon, 1 × week
- Kundalini Yoga in the afternoon, 1 × week
- Yoga Surya Namaskar in the afternoon, 1 × week
- Meditation, 1 × week
- Lecture: Basic Knowledge of Ayurveda, 1 × week
- Lecture: Ayurvedic Nutrition, 1 × week
- Ayurvedic cooking workshop, 1 × week
- Initial consultation
- Personal, nutrition and lifestyle advice
- Final consultation
- Treatments, 1 × day
- Optional: Coaching during the cure incl. Preliminary analysis (price on request)
- Optional: Forest bathing (excl. 60 EUR)



Example of Daily Schedule:

- 07:45 - 08:45 Group yoga
- 08:45 - 10:00 Breakfast
- 11:15 - 12:15 Treatment
- 13:00 - 14:00 Lunch
- 16:30 - 17:30 Yoga Nidra
- 19:00 - 20:00 Dinner



The Goal:

The goal of our specialists is to develop a plan and teach you the basics so that you can reach your healthy weight and maintain it in the long term.

The Process:

The combination of the eastern and western procedures helps to reduce weight with the treatments and diet that is workable for you. Together with you, we develop a holistic concept that focuses on the digestive balance and metabolism and gives you practical tools to achieve a lasting and healthy weight.



The Programme for 6 days of Treatment:

- Group yoga, every morning
- Yoga Nidra in the afternoon, 1 x week
- Kundalini Yoga in the afternoon, 1 x week
- Yoga Surya Namaskar in the afternoon, 1 x week
- Meditation, 1 x week
- Lecture: Basic Knowledge of Ayurveda, 1 x week
- Lecture: Ayurvedic Nutrition, 1 x week
- Ayurvedic cooking workshop, 1 x week
- Initial consultation
- 1 x nutrition and lifestyle advice
- Final consultation
- 4 x Personal training sessions in the gym of the Galo Resort or private yoga
- 6 x treatments for weight loss and detox
- Optional: Coaching during the cure incl. Preliminary analysis (price on request)
- Optional: Forest bathing (excl. 60 EUR)



Example of Daily Schedule:

- 07:45 - 08:45 Group yoga
- 08:45 - 10:00 Breakfast
- 11:00 - 12:00 Personal Training
- 13:00 - 14:00 Lunch
- 15:30 - 16:30 Treatment
- 19:00 - 20:00 Dinner



The Goal:

Strengthening of the immune system.

The Process:

According to Ayurveda, 80% of the body's defences are located in the digestive tract. Therefore we focus on this during the cure. The programme includes extensive nutrition consultation including Ayurvedic nutritional supplements, private yoga and pranayama classes, and Ayurvedic and cleansing treatments tailored individually to you.

A forest bathing trip in the wonderful nature of Madeira completes the programme. The treatment is of course holistically supervised by our Ayurvedic doctors.



The Programme for 6 days of Treatment:

- Initial consultation
- Daily private yoga class
- Daily consultation with a doctor
- 1 x nutrition consultation
- Daily individual Ayurvedic & cleansing treatments
- 1 x forest bathing
- Lecture: Basic Knowledge of Ayurveda, 1 x week
- Lecture: Ayurvedic Nutrition, 1 x week
- Ayurvedic cooking workshop, 1 x week
- Optional: Coaching during the cure incl. Preliminary analysis (price on request)



Example of Daily Schedule:

- 07:30 - 10:00 Breakfast
- 08:15 - 08:45 Short talk with the doctor (10 min)
- 10:30 - 11:30 Private Yoga
- 13:00 - 14:00 Lunch
- 15:30 - 16:30 Treatment
- 19:00 - 20:00 Dinner



“Yoga and Ayurveda form an inseparable unit: Both philosophies aim to harmonise body, mind and soul and thus balance the doshas.”

MELANIE GOUVEIA, YOGA THERAPIST AT ASHOKA AYURVEDA

It is not surprising that yoga is a fundamental part of the Ayurvedic treatment. Holistic healing works most efficiently together with treatments and nutrition.

Our yoga instructors have lived and studied in many places around the world. Therefore, we can offer you different yoga styles. In our Ashoka Ayurveda Treatment Centre we practice Sattva Chikitsa, Yin, Hatha and Akhanda Yoga in the mornings. In the afternoons we offer an a variety of Yoga Nidra and Surya Namaskar.

Yoga Nidra focuses on a state of consciousness in the waking hours. In addition, we also offer Kunda-

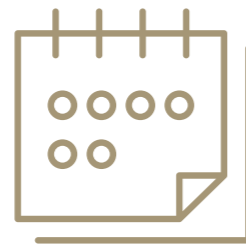
lini Yoga, which aims to liberate the primal energy through breathing techniques, asanas and mantras.

If necessary, we will create an individual yoga plan for you, based on your personal body structure. In private lessons, our yoga instructors will show you which exercises are best for your well-being and thus develop your yoga level in a targeted and effective way.

In our 120 sqm. yoga studio you can enjoy the view on the Atlantic Ocean while improving your yoga practice or learning it for the first time.

Upon arrival, we will provide you with equipment for your yoga classes (mat, blanket, etc.).





Monday:

06.30 - 07.30 Sattva-Yoga
 07.45 - 08.45 Sattva-Yoga
 16.15 - 17.15 Yoga-Nidra
 17.30 - 18.30 Yoga-Nidra

Tuesday:

06.30 - 07.30 Hatha-Yoga
 07.45 - 08.45 Hatha-Yoga
 14.30 - 15.30 Cooking workshop
 16.45 - 17.45 Aerial / Wing-Yoga
 (Advance booking is required)
 20.30 - 21.30 Group Sound Healing
 (Advance booking is required)

Wednesday:

06.30 - 07.30 Integral-Yoga
 07.45 - 08.45 Integral-Yoga
 16.15 - 17.15 Kundalini-Yoga
 17.30 - 18.30 Kundalini-Yoga

Thursday:

06.30 - 07.30 Sattva-Yoga
 07.45 - 08.45 Sattva-Yoga
 17.00 - 18.00 Yoga Dance
 (Advance booking is required)

Friday:

06.30 - 07.30 Akhanda-Yoga
 07.45 - 08.45 Akhanda-Yoga
 16.15 - 17.15 Surya Namaskar
 17.30 - 18.30 Surya Namaskar

Saturday:

06.30 - 07.30 Sattva-Yoga
 07.45 - 08.45 Sattva-Yoga
 16.00 - 18.00 Group Healing
 (Advance booking is required)

Sunday:

06.30 - 07.30 Hatha-Yoga
 07.45 - 08.45 Hatha-Yoga
 16.15 - 16.45 Meditation
 17.00 - 17.30 Meditation

* All yoga and meditation classes take place in the yoga room

** All changes subject to change



The heart of our cure centre is our experienced and caring team. It includes qualified Ayurveda, osteopathy, TCM, yoga and Qigong experts, receptionists and other assistants.

Continuous training ensures a high standard of quality. The team is led by our Ayurvedic doctor Dr. Krishna Priya from Kerala (India) and other partnering Ayurvedic doctors from India and Europe. With deep understanding, the team works

together to provide you in the best possible way – in your yoga classes, Ayurvedic treatments and your daily consultations with a doctor. As a team, we ensure that you will receive complete and coordinated care during your cure.



Doctor Krishna Priya

Education Background:

2016 – Bachelor of Ayurvedic Medicine and Surgery (BAMS) at the Sri Kalabryaveshwara Swamy Ayurvedic Medical College and Research Centre, Bangalore (Rajiv Gandhi University of Health Sciences, Karnataka)

Professional Background:

2016 - 2018 Assistant Physician for Ayurveda at the CGH Earth Wellness Centre, Kerala, India

2018 - 2019 Ayurvedic doctor at the Government Ayurveda Hospital Mathoor and various other clinics

2019 - 2021 Ayurvedic doctor at the Calendula Ayurvedic Hospital in Siofok, Hungary

2021 - present Ayurvedic doctor at Ashoka Ayurveda Madeira. Specialized in ayurvedic nutrition & medicine and in treating stress and insomnia.



Ayurveda Expert Nathalie Azkue Moukom

Education Background:

Master of Ayurvedic Medicine (MSc.), ESA Madrid

Ayurveda Women's Health Coach, Ayurveda Akademie Birstein, Germany

Degree in Integral Vedic Counseling from Dr. David Frawley

US Degree in Vedic Astrology from Astrovedic Academy, Germany

Professional Background:

Since 2014 Nathalie has been an integral part of the family-run Ashoka Treatment Center.

Founder of "Ayurveda Kalari Berlin", an Ayurvedic Practice in the heart of Berlin (2018).

In 2020 expanded to Mallorca (Spain) with "Moksha Ayurveda".

Since 2024 Ayurveda expert for Ashoka Ayurveda, responsible for online consultations.



Doctor Harsha Gramminger

Education Background:

Degree – Industrial Engineering
at the Cologne University of Applied Sciences

Studies in Economics,
University of Augsburg and Frankfurt

Doctorate in Medicine, University of Hamburg

Dissertation on the topic of auxiliary liver cell
transplantation to demonstrate the function
of the localisation of transplanted hepatocytes

Training in Kolkata, India with Prof. Pratibh Debnath
from Roy State College of Internal Medicine,
Surgery, Gynaecology

Training in meditation techniques in the
Osho community of Pune, India

Professional Background:

Assistant Physician for Ayurvedic treatments
in Varese, Italy, for three years

Additional training in psychotherapy

Owns Ayurveda practice in Varese
and Cologne since 1992

Owned Panchakarma clinic in Germany until 2018

Trained doctors and therapists in Italy and Germany
in her own Ayurveda Academy

Close cooperation with
Dr. Vasant Lad, Albuquerque, USA

Advising executives and companies Conducting
seminars for entrepreneurs and in companies

2021 - present Ayurvedic doctor
at Ashoka Ayurveda Madeira

Political Activity:

First President of the European Ayurveda Associa-
tion (2007 - 2020)

Vice-President to date, to establish Ayurveda as an
equal medical science in Europe

Member of the EMA (European Medical Association)

Member of the ANME
(Association for Natural Medicine in Europe)



Doctor Latheef

Education Background:

Bachelor of Ayurvedic Medicine and Surgery
at the Institute of Ayurvedic Studies
(VPSV Ayurveda College Kottakkal,
Calicut University, Kerala, India)

Travancore Cochin Council of Indian System
of Medicine

PG Dip. PPHC/Postgraduate Diploma in
Preventive and Promotive Health Care –
Apollo Hospitals Educational and Research
Foundation, Hyderabad, India

Professional Background:

Practiced as a Vaidya for 25 years. Started to work
in Keraleeyam Ayurveda Samajam Hospital (Kerala)
Medical Director – Amiya Ayurvedic Nursing Home
and Research Centre (Kerala)

Clinical Advisor for the Australasian Institute of
Ayurvedic Studies

Consultant for the Ayur Centre (Portugal)

2014 - present Ayurvedic doctor as a partner
at Ashoka Ayurveda Madeira



Doctor Susanne Kaufmann

Education Background:

Diploma in Music Therapy –
Music Therapy at the HdK Berlin

Body and soul therapist –
Institute for body and soul, IKS, Dortmund

Naturopath –
Student of Dr. Theo Kaufmann, internist, Berlin

Training in mantra healing through spiritual
Ayurvedic therapy –
European Academy of Ayurveda, Birstein

Medical Ayurveda Specialist –
European Academy of Ayurveda, Birstein

Master of Science in Ayurvedic Medicine –
University of Middlesex, England

Professional Background:

Practical work as a naturopath and body and soul
therapist in Berlin

Practical work as a co-therapist for long-term
group psychotherapies based on depth psychology
and as co-leader for a two-week Ayurvedic
treatment, Dr. Gericke, Kremmen

2012 - present Ayurvedic doctor in Berlin
and India, Dr. Jobin J Madukkakuzhy, Kerala

2021 - present Ayurvedic doctor at Ashoka
Ayurveda Madeira



Doctor Kiranlal

Education Background:

Bachelor of Ayurvedic Medicine and Surgery
(Government Ayurveda College Trivandrum,
University of Kerala, India)

Professional Registration with Travancore Cochin
Council of Indian System of Medicine

Professional Background:

Practiced as an Ayurveda Doctor for 20 years.
Started working with Nagarjuna Ayurveda Center
Kovalam, Kerala.

Worked in different Ayurveda clinics and
wellness facilities in India, Sri Lanka, Malaysia,
Singapore, USA, Spain and Netherlands.

2021 - present Ayurvedic doctor as a partner at
Ashoka Ayurveda Madeira and working with an
Orthopedic Center in Bad Kreuznach Germany.



General Recommendations:

You've taken the first step and chosen to join us for an Ayurveda cure.

Together with you, we aim to achieve the best possible outcome for your body, mind, and soul.

Therefore, we recommend starting your preparation 14 days before your stay with us. Small steps can help you get ready for your time with yourself and the cure routine. Please remember: Everything you do, you do for yourself.

- Warm Meals: Start your day with a bowl of porridge and end it with a light, warm meal, such as soup or steamed vegetables. Try to reduce all heavy, oily, and raw meals (including

fruits and salads). If this is challenging for you, consider having them only once a day, preferably at lunch. Your body will thank you during the cure.

- Daily intake of 1.5 - 2 liters of warm water or herbal and spice tea.
- Avoid coffee, alcohol, and black tea during this period.
- Take time in the evening for yourself and your thoughts. Try to distance yourself from the day and reflect for 10 - 15 minutes before bedtime. Conclude the day with a positive thought. This way, you lay the foundation to listen to yourself and your body even before the retreat.



Your Home Preparation Package

Together with our Ayurvedic doctors, we've put together some guidelines to help you prepare for your Ayurveda Cure at home. These tips will get your body ready for the treatment, making the transition easier and helping you achieve the desired results.

To kickstart your metabolism before the treatment starts, we've partnered with euroved, our certified organic partner, to create a preparation package you can use at home.

You can buy this package at a special price: 35 EUR for detox and weight management treatments or 30 EUR for Rasayana treatments (shipping included*). You'll find the different packages and instructions on the next pages.

Please remember to place your order at least four weeks before your treatment begins. After you book, send us an email with your order, contact details, and where to deliver it.

* Price applies for standard shipping to Germany and Austria. We deliver to other countries upon request, subject to additional shipping costs. Express shipping available on request.





Preparation Package for Detox Cure Guests (Panchakarma, Strengthening & Immune Booster cure)

Preparation & Intake Instructions

Bai 01 Chitrakadi Bati


Please take one Bai 01 tablet after lunch and another after dinner, each with a sip of lukewarm water. These herbal tablets help to increase your digestive fire and improve your metabolism..

Bai 355 Triphala Powder

In the evening before bedtime, brew a cup of Triphala tea. To do this, put half a teaspoon of Triphala powder into a paper tea filter and place it in a 200 ml cup. Pour hot, not boiling, water over the tea and let it steep for about 3 to 5 minutes. Remove the filter and wait until the tea has cooled to a comfortable drinking temperature and drink it in small sips. If you find the tea's taste unpleasant, such as being too bitter, this indicates that your body has toxins it wants to eliminate. This tea is a tonic for your intestines and helps to remove toxins from your intestines even before your treatment begins. It is not a laxative.

Kitchari Set

The ready-made Kitchari that has been prepared for you is a traditional Indian dish made from Basmati rice, Mung dal, and spices. You can add a chopped carrot or a piece of chopped fennel to the pot. Take six tablespoons of the Kitchari mix and add 600 ml of water. Bring it to a boil for five minutes and then let it simmer on low heat for about 25 minutes. You can



Included in the Package:

- Bai 01 Chitrakadi Bati (20 tablets for 10 days)
- Bai 355 Triphala Powder (10 teaspoons for 10 days)
- Kitchari Set (3 servings for 3 days) consisting of:
 - Organic Basmati Rice
 - Organic Dal Dhuli
 - Tridoshic Spice

* This package is designed for a preparation period of ten days.

add some lime juice, rock salt, and fresh coriander on top. Eat this meal in the evenings during the last 3 days before you leave. This will optimally prepare you for the treatment.

Preparation Package for Rasayana cure guests


Preparation & Intake Instructions

Bai 101 Vata Tea

Vata tea helps you to mentally relax and achieve balance even before your cure begins. Please drink one cup at breakfast and one in the evening with dinner. To prepare it, take one teaspoon of Vata tea and brew one cup. Place a teaspoon of Vata tea in a paper tea filter inside a 200ml cup. Pour hot, but not boiling, water over it. Let it steep for about 5-7 minutes. Remove the filter and wait until the tea has cooled to a comfortable drinking temperature before drinking it slowly.

Bai 01 Chitrakadi Bati

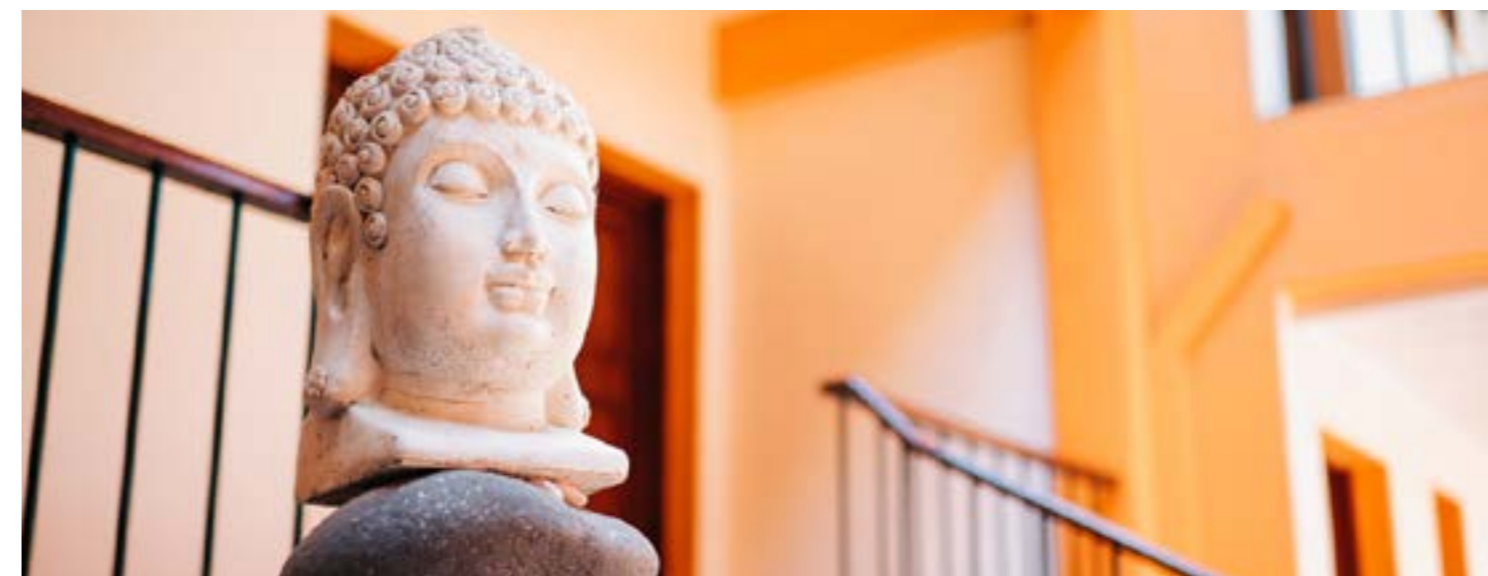
Please take one Bai 01 tablet after lunch and another after dinner, each with a sip of lukewarm water. These herbal tablets help to increase your digestive fire and improve your metabolism.



Included in the Package:

- Bai 101 Vata Tea (10 cups for 5 days)
- Bai 01 Chitrakadi Bati (10 tablets for 5 days)

* This package is designed for a preparation period of five days.





Preparation Package for Weightmanagement Guests

Preparation & Intake Instructions

Bai 01 Chitrakadi Bati

Please take one Bai 01 tablet after lunch and another after dinner, each with a sip of lukewarm water. These herbal tablets help to increase your digestive fire and improve your metabolism.

Bai 50 Arogyawardini


Please also take two Bai 50 liver support tablets in the evening after dinner with a sip of lukewarm water. This liver medication stimulates your liver metabolism and fat digestion and is an ideal complement to Bai 01.

Bai 355 Triphala Powder

In the evening before bedtime, brew a cup of Triphala tea. To do this, put half a teaspoon of Triphala powder into a paper tea filter and place it in a 200 ml cup. Pour hot, not boiling, water over the tea and let it steep for about 3 to 5 minutes. Remove the filter and wait until the tea has cooled to a comfortable drinking temperature and drink it in small sips. If you find the tea's taste unpleasant, such as being too bitter, this indicates that your body has toxins it wants to eliminate. This tea is a tonic for your intestines and helps to remove toxins from your intestines even before your treatment begins. It is not a laxative.

Kitchari Set

The ready-made Kitchari that has been prepared for you is a traditional Indian dish made from Basmati rice, Mung dal, and spices. You can add a chopped carrot or a piece of chopped fennel to the pot. Take six tablespoons of the Kitchari mix and add 600 ml of



Included in the Package:

- Bai 01 Chitrakadi Bati (10 tablets for 5 days)
- Bai 50 Arogyawardini (10 tablets for 5 days)
- Bai 355 Triphala Powder (3 teaspoons for 3 days)
- Kitchari Set (3 servings for 3 days) consisting of:
 - Organic Basmati Rice
 - Organic Dal Dhuli
 - Tridoshic Spice

* This package is designed for a preparation period of five days.

water. Bring it to a boil for five minutes and then let it simmer on low heat for about 25 minutes. You can add some lime juice, rock salt, and fresh coriander on top. Eat this meal in the evenings during the last 3 days before you leave. This will optimally prepare you for the treatment.

“You are probably asking yourself what will you need at the retreat. The answer is: fortunately, not much at all. So you can travel in a very minimalist way.”

CARLA BAPTISTA, GUEST CONSULTANT



You will receive your yoga equipment (mat, blanket, etc.), a bathrobe and slippers from us – and with that you have almost everything you need. In addition, you should bring sporty and comfortable clothes for your yoga classes.

To travel into the wonderful nature of Madeira during your cure, we recommend that you wear sturdy shoes and waterproof clothing. Basically, the temperature in Madeira rarely drops below

17 degrees. However, there can always be some rainy or hot days.

Therefore, do not forget sun protection, sunscreen and sunglasses (it is not recommended to be in direct sun during the cure). Due to the fact that it is important to stay warm during your cure, please bring a warm jumper and cosy socks during the winter months.

Your Online Cure Pre- & Follow-Up Consultation



You probably remember your first Ayurveda cure or you might even be deciding right now whether to stay with us or somewhere else. Various questions are on your mind because it's a big investment: Which is the right programme for me? Are two treatments a day too intense for my body? How do I prepare and how can I integrate what I've learned into my everyday life after the treatment?



Nathalie Azkue Moukom, Ayurveda expert for Ashoka Ayurveda

We aim to provide you with answers to these questions and continue to be there for you beyond that.

In cooperation with the founder of Moksha Ayurveda, Ayurveda expert and family member, **Nathalie Azkue Moukom**, we are expanding our service. From determining your constitution, choosing the right treatment, to valuable tips for your preparation and follow-up. If desired, the results will be reviewed with our on-site medical team, so we can get a better impression of you before your arrival and tailor our approach to you more specifically.

Our Consultation Services in Detail:

Consultation Before the Treatment

General Consultation | 60 mins - 110 EUR

Learn about your basic constitution (Prakriti) and any imbalances (Vikriti). Get suggestions for strengthening rituals and breathing and physical exercises.

Consultation in Preparation for an Ayurveda Cure | 90 mins - 165 EUR

In this consultation session, Nathalie identifies your individual constitution (Prakriti) and potential imbalances (Vikriti) to provide tailored nutrition, lifestyle, and health advice. You will also receive specific recommendations and instructions for strengthening rituals and exercises to ideally prepare you for your cure.

Consultation After the Cure

Follow-Up Consultation | 90 mins - 165 EUR

The follow-up consultation focuses on integrating Ayurvedic principles into your daily life. Nathalie supports you with practical instructions for implementing the routines learned and using spices and herbs. This includes a personal conversation after your return and a follow-up conversation to maximize the success of your treatment.

Follow-Up Appointments - 75 EUR

For ongoing support, Nathalie offers follow-up appointments to accompany you on your journey. Please note that these can only be booked in addition to the follow-up consultation.

Pre- & Follow-Up Consultation -

180 mins - 300 EUR

The combo package includes complete pre-treatment preparation and post-treatment care, including a comprehensive initial analysis and targeted recommendations for before and after your Ayurveda cure.





“For years, we’ve cherished an increasing community of returning guests. We invite you to stay connected with us post-retreat and explore how Ayurveda, through consistent breaks and routines, can eternally reshape your life.”

BIRGIT MOUKOM, ASHOKA FOUNDER

After your retreat, our team of Ayurveda experts will provide you with bespoke advice on nutrition and lifestyle, empowering you to perpetuate your Ayurvedic journey beyond your time with us. By following these guidelines, you can extend the transformative impact of your retreat.

Moreover, we extend a warm welcome to you to join our online community. Stay updated with us through our newsletters, Instagram, and Facebook, and become a part of our community. We regularly share insights into our world, the Ayurvedic way of life, including delectable Ayurvedic recipes and invaluable health wisdom.



INSTAGRAM: ASHOKA_AYURVEDA
FACEBOOK: ASHOKA-AYURVEDA

Questionnaire



After you make your booking, you will receive a questionnaire from us. Please fill it out before you travel and send it to backoffice@ashoka-ayurveda.com. The answers will help the entire team to prepare your treatment.





Ashoka Ayurveda
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