



AYURVEDA
INTERNATIONAL
ACADEMY

ELBA ISLAND AYURVEDA

SPRING|SUMMER

AYURVEDIC WELLBEING HOLIDAYS

A **relaxing journey** with Ayurveda to take care of yourself. Recover a high level of energy, lightness and fluidity in the body, joy and peacefulness in the mind.

A **holiday** dedicated to your wellbeing, mind relaxation and a profound experience of joy.

In a characteristic location surrounded by nature in the Mediterranean scrubs. A place to unwind and savor long-term well-being, starting in the present moment and lasting after you get back to your everyday life.



ACTIVITIES OFFERED BY THE AYURVEDIC CENTRE INCLUDE

AYURVEDIC WEEK

- Ayurvedic Counselling with a specialized Naturopath at the beginning and ending of the week
- An introductory talk about Ayurvedic Treatments by our holistic health Practitioner
- A cycle of two treatments per day for 5 consecutive days

OPTIONAL ACTIVITIES

- Gentle daily physical exercise
- Hatha Yoga
- Meditation
- Nada Yoga
- Excursions to Elba Islands magic spots
- Swimming in Elba wonderful waters

AYURVEDIC DAY

Ayurveda Elba Centre offers the opportunity to spend an Ayurvedic day receiving treatments and participating in on going activities

AYURVEDA COUNSELLING AND MESSAGES

It is possible to book individual counselling or treatments



FOR INFO AND BOOKING

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