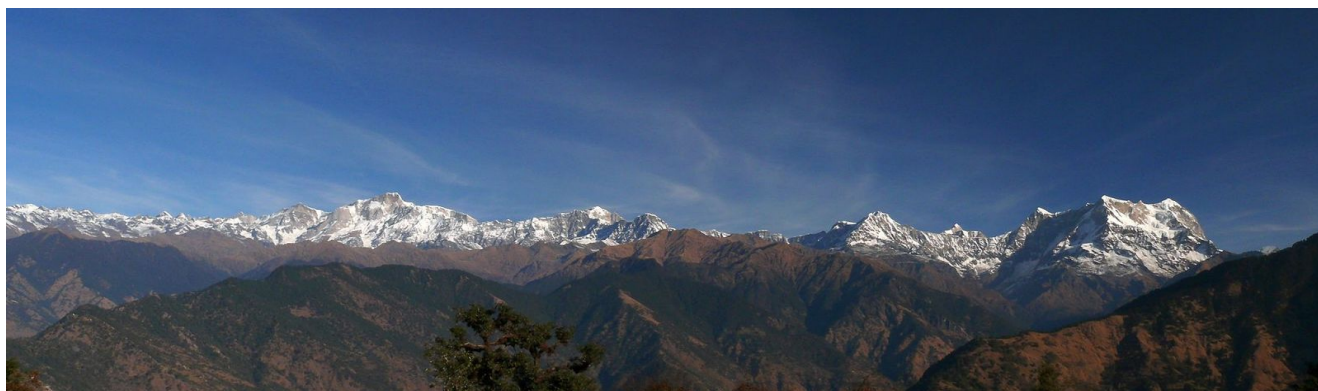


Dravya Guna Yatra Into the wild of Himalayan Flora

Dive into dravya guna aspects of himalayan herbs

September 28 - October 1, 2019

Rishikesh - Ukhimath - Tungnath - HRDI (Gopeshwar)



Overview

Himalayan region has a unique flora and fauna pattern, with vegetation steeply varying across altitudes. This offers interesting lessons for botanists across all cultures. Ayurveda specifically deals with these floral patterns through the dravya guna framework. Deep understanding of this aspect of the Himalayan herbs will offer very useful insights while using them for treatment of ailments. This program aims at making that knowledge available for inspired students of Ayurveda across the globe.

The program integrates yogic shuddhi process by means of treks, simple pranayama and dhyana techniques for the participants. A field visit to [Herbal Research and Development Institute](#) (HRDI) of Uttarakhand, sessions on dravya guna of Himalayan Herbs by experts and open interaction with them for clarification of any doubts arising there by.

Objectives

The program is aimed at

- Using Himalayana Yatra as a means to cleanse oneself across the body and mind
- Exposing participants to the richness of the Himalayan Herbs and understanding their dravya guna aspects.

Content and Pedagogy

The program will be a blend of walks up the mountain, meditation, field visits and sessions.

- Trekking.
- Dravya guna sessions in the research institute by experts.
- Yogic practices and Meditation.
- Visits to places of spiritual significance and scenic beauty

Places of Visit

Rishikesh - Ukhimath - trek to Tunganath - Visit to Tungnath - Visit to HRDI

Rishikesh is the gateway to the Himalayan ranges. Participants will get an opportunity to take a bath in the crystal clear waters of Ganga. **Ukhimath** is a spiritually significant place and conveniently located to reach other destinations in the itinerary. A trek to **Tunganath** and **Chandrashila** peaks can be elevating both mentally and spiritually. Visit to **Herbal Development and Research Institute** at Gopeshwar for a one and a half day session on dravya guna of all himalayan herbs present there.

Program Fee

Details will be emailed upon **filling the interest form**.

Cost covers: all local and planned travel starting from Delhi, all the way back to Delhi. Healthy, Satvik Meals on all days, Comfortable Boarding and lodging through the course of the program, Cost of trekking, Visit to research institute, meeting dravya experts and attending their sessions.

Who can attend?

Students of Ayurveda | Teachers | Practitioners | PhD Scholars | Independent researchers

~ Background in ayurveda will help understand dravya guna related sessions better though not a necessity.

Age

The program is open to individuals in the age band of 16-50. Individuals with conditions, heart problems, epilepsy and specific medical conditions may not be able to participate.

Itinerary Brief

Delhi to Rishikesh - September 27th at 9PM

Return to Delhi - October 2 at 7AM

The detailed program itinerary will be shared after Registration.

Application Process

- Fill the interest form at anaadi.org/dravya
- Go through our response email
- Fill detailed form
- Make payment (fee and deadline will be mentioned in our email)

Contact

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