

# Panchakarma

## Ayurvedic Cleanse



PRANA YOGA  
MIAMI

# Panchakarma Ayurvedic Cleanse

## Panchakarma = (five actions)

Practiced in India for thousands of years, Panchakarma is an Ayurvedic cleansing and rejuvenating therapy program that systematically eliminates toxins from your body, mind and consciousness.

Panchakarma is the ultimate way to heal, detoxify and restore the body's natural balance.

## Why do we need Panchakarma?

Stressful lifestyles, lack of sleep, chronic fatigue, processed food, improper food combinations and eating habits as well as emotions such as anger, fear, guilt, sadness and more, weaken our "Agni" digestive fire. When this fire is weak we are not able to fully digest and metabolize our food, experiences and emotions.

As a result, physical and energetic toxins called "Ama" build up in the body and block the flow of energy. Ayurveda considers this build-up of toxins the underlying cause of all disease.

## Benefits of Panchakarma

- Eliminates toxins and helps balance the nervous system, digestive system, circulatory system, tissues, organs and all other systems of the body
- Eliminates toxins from the mind and consciousness
- Reverses the negative effects of stress on the body and slows the aging process
- Strengthens the immune system
- Balances all three doshas "constitution"
- Helps remove some of the underlying root causes of disease
- Increases life force, vitality, inner peace, mental clarity and overall well-being

# Panchakarma Ayurvedic Cleanse

## Your First Day of PK

- Optional Yoga class
- Ayurvedic consultation with your therapist that includes medical history and a plan for your personalized PK program as well as instructions on how to use your personalized PK cleanse kit
- Begin your Ayurvedic treatments

## Day 2-5

- Optional Yoga class
- Meet with your therapist for your daily consultation

## Ayurvedic Treatments:

- Abhyanaga-Specialized Ayurvedic oil massage specific to your constitution
- Swedana-Herbalized steam to remove toxins
- Shirodhara-Constant stream of warm oil poured on to the third eye (Anja Chakra) area that calms and balances the nervous system

## Reserve your PK

Panchakarma is limited to 2 clients per week so programs must be booked 1 month in advanced and a deposit must be made to hold your space. As soon as your PK is booked you will need to fill out the necessary paperwork and return it to Prana Yoga. All medical history forms and pre-PK forms can be downloaded from our website. These must be submitted along with your deposit.

## 5 Day PK \$1650

- Initial Ayurvedic consultation and daily check-ins
- 5 Days of treatments: Abhyanga, Swedana (steam including specified essential oils) and Shirodhara
- 7 day supply of 100% organic food and herbs for your cleanse
- 5 Yoga Classes

## 1 Day PK \$325

- Ayurvedic consultation
- Abhyanga, Swedana, and Shirodhara
- Optional Yoga Class

1 Day PK includes Ayurvedic treatments and a 1 day sampler that consists of a each item contained in the Ayurvedic cleanse kit.

## There are Specific Health Conditions That are Contraindicated for PK

Pregnancy  
Lactation  
Lympho- Sarcoma  
Certain Types of Cancer  
Melanoma  
Emaciation  
Extreme Obesity  
Angina Pectoris  
Hypertension  
Congestive Heart Failure  
HIV/ AIDS  
Auto-immune, Degenerative or Infectious diseases  
Menses

(Women should try to book when they know they will not be having a monthly cycle. The cycle can occur early during the pre-pk or pk process. If this happens adjustments can be made to the pk procedure)

## The 5 Cleansing and Rejuvenation Actions of Panchakarma are: Vamana • Virechan • Basti • Nasya • Rakta Moksa

These are the traditional therapies used during PK. It may not be necessary to use all five methods on one individual. Your PK program will be tailored to your individual doshic imbalances and most these practices will be done in the privacy of your own home. However, each PK program includes the daily consultations and Ayurvedic therapies Abhyanga, Swedana, Shirodhara which are done here at the center with your therapist.

**Vamana** is therapeutic vomiting and is used for cleansing excess kapha in the form of mucous and or repressed emotions from the lungs and stomach. Vamana can help to relieve certain conditions such as chronic asthma, diabetes, chronic cold, lymphatic congestion, chronic indigestion and edema.

**Virechan** is also known as purgation therapy. During purgation therapeutic laxatives are administered. This is especially effective for excess Pitta, which can accumulate in the gall bladder, liver and small intestines in the form of bile. This form of cleansing can help to alleviate conditions such as skin rashes, inflammation, nausea, and chronic digestive disorder associated with excess bile.

**Basti** in the form of an herbal enema is suggested and benefits specifically vata dosha in the colon. Basti can be given using oil and or water with and herbal tea. Basti helps to relieve conditions such as constipation, distention, sexual disorders, kidney stones, heart pain, backache, sciatica and pain/stiffness in joints. Basti is also affective for arthritis, gout, muscles spasms and headaches.

**Nasya** is used to rid the body of toxins via the nose because the nose leads directly to the brain. This helps to rid the body of build up in the nose, throat and sinus cavities. This can aid in the bodies ability to bring in and properly assimilate prana. When prana becomes deranged the individual can experience defective mental capacity such as memory and concentration. One can also suffer from headaches, sinus congestion, loss of memory, convulsions, reduced sensory perception, sinus congestion, and specific eye and ear disorders.

**Rakta Moksa** is the process of cleansing toxins from the blood. Generally toxins will begin building in the gastrointestinal tract. After this occurs the toxins become absorbed by the blood and then are transferred throughout the body. Disorders relating to skin and liver are usually the result of toxic build up in the blood. This treatment is especially helpful for pitta. During panchakarma rakta moksa is done through the use of certain herbs.



# Daily Ayurvedic Therapies During PK

## Abhyanga - Ayurvedic Oil Massage

A full body treatment with organic, Ayurvedic oils customized to your body type. This full body massage melts away muscle tension and liquefies toxins with the traditional anointment of warm herb-infused oils that penetrate deeply to bring true balance and relaxation to the body, mind and senses.

## Swedana - Ayurvedic Steam Therapy

Ayurvedic steam therapy increasing circulation and allowing toxins to flow easily from the tissues to the GI tract for elimination. This therapy relaxes the body, releasing tension and allows impurities to be eliminated through the sweat glands.

Swedana reduces inflammation, improving circulation, and promoting healing and restoration

## Shirodhara - Ayurvedic Restorative Oil Therapy

An Ayurvedic restorative therapy that begins with a light head and neck massage before your treatment. Shirodhara is a constant poured stream of herbalized warm oil on to your third eye (Ajna Chakra). The effects of this ancient therapy have long been known and recently confirmed by modern science. It profoundly detoxifies, calms and relaxes the nervous system and helps with many common ailments such as stress, allergies, headaches and is especially good for insomnia.



Before and during your Panchkarma experience you will be given Purvakarma which are specific processes that prepare the body for the release of toxins.

The week before your PK you will need to decrease your daily activity and eliminate certain foods from your diet. You will also begin a nightly herbal purgation (triphala) and internal oleation regime that consists of taking ghee and flax seed oil to help prepare the body to remove impurities.

- PK programs include all daily Ayurvedic treatments and consultations
- Personal Ayurvedic cleanse kit which consists of a 7 day supply of:

Organic Basmati Rice (3.15 lbs)  
7 day supply Organic Mung Dal (1.63 lbs)  
1 bag supply Kitchari Spice Mix (3.5 oz)  
1 bottle Organic Triphala Tablets  
1 16oz bottle of Organic Sesame Oil  
1 7.5oz jar Organic Ghee  
1 box Organic Detox Tea

# PRANA YOGA

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Call to Schedule an Appointment

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