

What is Ayurveda?
Considered by many scholars to be the oldest healing science. Ayurveda is a holistic approach to health designed to help people live long, healthy, balanced lives. The term Ayurveda is taken from the Sanskrit words ayus meaning life or lifespan and veda meaning knowledge.



Life on board :

- We usually wake up at sunrise and start our day with , pranayama, Surya Namaskara and meditation
- Before and/or after breakfast we go to meet dolphins or to swim along the reef.
- Lunch is served around twelve, followed by a moment of rest.
- Early afternoon, when dolphins are inside the bay, we propose another moment with them or a visit to the reefs by snorkeling or we can also enjoy some moments of fun or relaxation in the shallow water.
- At sunset, after a delicious snack, we come together on the shadow deck where a brief conference on fundamentals of Ayurveda will take place.
- Dinner is served around 7 pm and in the evening we will read or listen to indian ragas or bhajans.
- During the day there will be the possibility to have a private consultation with Doctor Sudhakar Powar.

This week will give us the opportunity to be in contact with ourselves with Ayurveda fundamentals, pranayama, yoga and meditation following nature's rhythms being in harmony with ourselves and the world around us.



Acharya Sudhakar R. Powar

Graduate in Ayurveda medicine and surgery (BAMS) at Bombay University with specialization in Kaumaryabhritya (Pediatrics) and yoga at Hindu Benares University. His knowledge of Ayurveda also comes from a traditional Vaidya family since several generations.

Doctor Powar has more than 20 years experience behind him in the academy research and industry. He has worked in various prestigious Ayurveda Universities as teacher and attending physician.

He has taken part to several summits and international conferences. He has published many articles in prestigious Ayurveda magazines.

He has been rewarded with Golden Jericho's Rose for his contribute to humanization of care and for developing holistic therapists formation.

Since the last 20 years Doctor Powar is travelling in Europe (Spain, Italy, Belgium etc) to disclose his knowledge.

Currently Doctor Powar is also practising in his clinic in New Bombay.

Please book on : www.nooraya-dolphins.net or contact

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for more information