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Terms and Conditions for the Ayurvedic Retreat by the Sea in Goa, India

Dear participants,

Thank you for choosing our retreat. Below you will find important information to help you prepare for your journey and make the most of your stay.

Panchakarma retreats offer a deep cleansing of both body and mind, and support the restoration of health, rejuvenation, stress relief, and weight reduction. They help address long-term health issues based on the principles of Ayurveda – the traditional Indian system of medicine.

We believe that India, the birthplace of Ayurveda, is the ideal place for such a retreat. We collaborate with professional Ayurvedic doctors directly on-site, in this case with a clinic in Goa.

1. Duration and Travel Dates

Departure and Arrival Dates:

21-day retreat:

February 9 – March 1, 2026

14-day retreat:

February 9 – February 22, 2026

Departure and Arrival Details:

- **Departure from Prague:** February 7, 2026 at 3:15 PM (Indigo Airways & Lufthansa)
- **Arrival in Goa:** February 8, 2026 at 12:45 PM

- **Departure from Goa:** March 2, 2026 at 7:20 AM **(21-day retreat)** / February 22, 2026 at 7:20 AM **(14-day retreat)**
- **Return to Prague:** November 13, 2025 at 10:05 PM **(21-day retreat)** / February 22, 2026, 10:05 PM **(14-day retreat)**

The first morning of your stay is reserved for **rest** after the long journey. In the **afternoon**, you will have your **first consultation** with the Ayurvedic doctor and begin your treatments.

2. Booking and Payment

- **First deposit:** €350 – due upon registration (reserves your spot on the retreat)
- **Second deposit:** €450 – due 3 months before the retreat starts (reserves your place at the clinic)
- **Remaining balance:** payable in cash upon arrival in Goa, in euros

Deposits are non-refundable after the specified date unless the cancellation is due to force majeure (e.g. serious illness, lockdown – must be supported by documentation).

3. Price – What's Included:

The price varies depending on the type of accommodation (shared / private room in bungalow) and length of stay.

Prices – Autumn 2025:

14 Days *Bungalow:*

- Private room with bathroom and toilet (at the beach): **€1,690 / person**
- Shared room with bathroom and toilet (at the beach): **€1,490 / person**

21 Days *Bungalow:*

- Private room with bathroom and toilet (at the beach): **€2,190 / person**
- Shared room with bathroom and toilet (at the beach): **€1,890 / person**

Included in the price:

- Daily Ayurvedic treatments (approx. 90 minutes)
- Ayurvedic herbal medicines and preparations
- Doctor's consultation every 3 days (with translation)
- Breakfast and lunch following Ayurvedic dietary principles
- On-site translator and support
- Guidance for booking your flight
- Visa application instructions – free group call for e-visa
- Help with clinic and accommodation bookings
- Orientation tour of the area
- Tips for leisure activities
- Kundalini yoga or morning meditation/pranayama twice a week

Not included in the price:

- Yoga classes outside the resort (price varies upon choice of yoga studio)
- Airport transfers from/to Goa (approx. €25 / 600 CZK per car – to be arranged individually)

- Visa support – free group videocall provided, **individual assistance available for 2,500 CZK**
 - Dental care (600 CZK/ hour) and dental hygiene (300 CZK/ hour)
 - Extra massages or physiotherapy beyond the daily Ayurvedic treatments (900 CZK/ hour)
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4. Accommodation

As stated in the Prices section, accommodation is provided at **Kiom cottages and Home Stay in Mandrem** – a clean and brand new establishment very close to the clinic and practically at the beach (approx. 5 minutes to the clinic, few steps to the beach).

Avalon offers clean **drinking water** throughout the resort, a luscious **garden**, a **café**, 24-hour **reception desk service**, and **WiFi** (in the café).

You can view the location [here](#) or [here](#).

5. Meals

Breakfast is served at a beachside resort with a selection of Ayurvedic dishes.

Lunch is served as a buffet at the clinic – the meals are balanced and support the harmonisation of body and mind.

Dinner – most participants prefer a light, individual dinner.

6. Panchakarma & the Healing Process

Panchakarma is a profound cleansing process for both body and mind. You may experience **emotional release, fatigue, or mood fluctuations** – all of which are natural parts of the healing process.

We **recommend** the following:

- **Avoid overexertion and work**-related responsibilities
 - Cultivate a **gentle and mindful attitude** toward yourself and others
 - **After returning home, continue** with the herbs and recommendations provided by your doctor
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7. Yoga and Movement

A morning yoga class is held daily at 7:00 AM. Yoga supports detoxification and physical and mental release.

Participation in yoga is optional, but highly recommended – it enhances the healing process and calms the mind. At Avalon, we will practice **kundalini yoga** and **internal pranayama**.

For other yoga styles, you can visit one of the nearby yoga centers. We will be very happy to assist you in choosing one to your liking.

8. Daily Rhythm & Rest

Daily Schedule (indicative):

- 7:00–8:00 – Morning yoga (optional)

- 8:30–10:00 – Breakfast on the beach
- Free time – beach, rest
- 13:00–14:30 – Lunch buffet at the clinic and group meeting
- Afternoon – Ayurvedic treatments (scheduled by the clinic)
- Individual dinner until 18:30
- 19:30 – Rest or group program (optional)
- 21:00 – Phones off
- 22:00 – Sleep

You'll have plenty of time each day to **relax and enjoy the beach**. You are free to plan your days based on your own needs and energy levels. We recommend staying calm, observing your body, and allowing space for inner healing. The body will regenerate and release toxins – some days you may feel tired or sensitive, and that's perfectly okay. We advise against working during the Panchakarma process and suggest devoting this time fully to yourself.

If your treatment schedule allows, you may also enjoy small **local excursions** (e.g. a visit to the botanical garden or a crocodile sanctuary).

In the **evenings**, we recommend unplugging from screens around 9:00 PM and **going to sleep no later than 10:00 PM to support the healing process**.

9. Clinic & Medical Services

- The **clinic sets the daily treatment schedule** – it is necessary to adapt to it.
- Treatments last approx. **90 minutes per day**.
- **A doctor, physiotherapist, and dentist are available** (for an additional fee – approx. 600 CZK/hour for the dentist, 300 CZK/hour for dental hygiene).
- After **enemas**, you may order a taxi at your own expense.
- **A retreat coordinator will be available at the lunch location** between 13:00 and 14:00 to collect your questions for the doctor or assist with requests.

The **Ayurvedic doctor will regularly monitor your condition** and adjust your treatment plan accordingly. Treatments include massages, herbal decoctions, ghee consumption, prescribed herbal medicines, and enemas.

Each participant will **arrange their treatment** times with their personal therapist. You will receive a card with your treatment schedule.

Due to the number of participants, **treatment times may vary**. If you are **dissatisfied** with your therapist, a change can be made upon agreement with the clinic.

10. Aftercare & What to Bring

After each treatment, it is recommended to **leave the Ayurvedic oil on the skin** for as long as possible – **do not wash it off immediately**.

Please bring:

- Comfortable **cotton clothing that may get stained by oil**
 - A **head covering** (scarf or cap), especially after Shirodhara treatments
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11. Visa Requirements

Make sure your passport is valid for **at least 6 months** beyond the date of departure.

Visa through the embassy:

The Indian embassy requires applications to be submitted **no earlier than 30 days** and **no later than 14 days** before departure.

You must upload a **passport photo** and a **scan of the passport data page**, then print the form and submit it in person at the embassy (morning hours).

Apply here: <https://indianvisaonline.gov.in/visa/index.html>

Choose **REGULAR PAPER VISA**, complete the form, print it, and attach your passport photo.

You will also need to present a **return ticket** and **proof of sufficient funds** for the duration of your stay.

Processing time is approx. 1 week.

E-visa (which we prefer):

Apply here: <https://indianvisaonline.gov.in/evisa/tvoa.html>

Upload a passport photo and scan of the passport data page.

Pay the visa fee online as part of the application.

You will receive your e-visa confirmation by email within **72 hours**.

Participants will receive **step-by-step instructions** for completing the e-visa form approximately one month before departure. A group call will be held to address any possible difficulties. Other visa assistance is extra, as stated above.

12. Travel Insurance & Responsibility

Each participant is responsible for arranging their **own travel insurance**. We recommend, for example, **AXA** (contact available upon request).

We strongly advise having **insurance that covers medical care abroad**, and in case of any health issues during the retreat, **consult a doctor**.

13. Closing Excursion

On the final day of the retreat, we will take a **full-day trip** to the **healing botanical gardens** and the **historic center of Old Goa**.

This excursion will be a beautiful closing to our shared journey and a chance to integrate the experiences gained during the retreat.

14. Tips & Practical Info

Luggage Allowance

- Checked luggage: up to **25 kg**
- Carry-on luggage: up to **7 kg**

- We recommend bringing a larger suitcase in case you'd like to bring home clothes or souvenirs.

Tipping (optional but appreciated):

- Accommodation staff (cleaning/gardening): approx. **€18 (2000 INR)**
- Therapist: approx. **€9–45 (1000–5000 INR)**

What to Pack:

- Light clothing, and a sweater or jacket for cooler evenings
- Clothing suitable for oil-based treatments
- Swimsuit and headscarf or cap
- Umbrella or raincoat
- At least **two payment cards** and **cash in euros**
(ATMs may occasionally be out of service and not all cards work in India)
- Photocopy of passport.
- It is often more cost-effective to **exchange cash on-site** than to withdraw from ATMs
- Basic toiletries – can also be purchased locally

Internet & SIM Cards

- Wi-Fi is available at the accommodation and in local restaurants
- A local SIM card is **not essential**, but can be easily purchased if needed (you may use a second phone)

15. Exclusive Collaboration

This retreat is organized **exclusively in cooperation with Chamak Ayurveda** and its partner Ayurvedic clinic in Goa.

All future bookings at this clinic – including repeat visits – must be arranged solely through the Czech organizer Chamak Ayurveda.

If you have any questions, feel free to contact us.

We look forward to spending time together filled with **relaxation, harmony, and deep transformation.**

With love,

The Chamak Ayurveda Team