



GAIA TEMPLE

AYURVEDA

ANCIENT WISDOM
MODERN HEALING



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Hello,

The body holds a memory, and nature has a rhythm. Ayurveda is an ancient art of living that reunites the two.

The practices we offer at Gaia Temple are a gentle journey that listens to the body, calms the mind, and creates space for inner balance. Since every body is unique, each treatment is shaped according to individual needs—without haste and without force.

Supported by herbal oils, touch, aromas, and tastes, this process accompanies the body as it remembers its own wisdom.

If you feel the need to pause, turn inward, and reconnect with the rhythm of life, I invite you into this safe space.

Come, let us experience Ayurveda together.

With healing,

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GITHA
AYURVEDA PRACTITIONER

AYURVEDA

WELLNESS PACKAGES

These programs are not a conventional holiday or a quick detox; they are holistic retreats that create space for the body, mind, and spirit to remember their natural balance through the ancient wisdom of Ayurveda.

Each participant is individually assessed according to their body constitution, life rhythm, and current needs.



3-DAY INTRODUCTION & AWARENESS PROGRAM

Designed to introduce the fundamental principles of Ayurveda, observe the body's needs, and understand one's personal rhythm. It offers an entry into Ayurvedic nutrition, herbal drinks, treatments, and daily routines (dinacharya).

5-DAY LIGHTNESS & SUPPORT PROGRAM

Designed to introduce the fundamental principles of Ayurveda, observe the body's needs, and understand one's personal rhythm. It offers a gentle introduction to Ayurvedic nutrition, herbal beverages, treatments, and daily routines (dinacharya).

7-DAY CLEANSING & RESET RETREAT

Seven days is considered an ideal duration in Ayurveda to rebalance and purify one's individual constitution. A personalized program supports the elimination of excess fluids and toxins (ama), with seasonal focus on liver cleansing in spring and intestinal cleansing in autumn.

15-DAY REJUVENATION RETREAT

Ideal for those experiencing fatigue, heaviness, or mental fog, and for anyone seeking a deeper transformation in digestion and nutrition. The first week focuses on balancing all three doshas (tridoshic), followed by personalized, dosha-specific practices in the second week. This process supports the release of deep-seated toxins and a profound restoration of one's life rhythm.



INCLUDED IN ALL PACKAGES:

- Welcome ritual & introduction to Ayurveda – consultation session
- Accommodation with full-board Ayurvedic meals
- Morning yin & yang yoga and breathwork practices
- Personalized Ayurvedic therapies and massages throughout the program
- Abhyanga self-care ritual with Ayurvedic oils
- Ayurvedic cooking, spices, and herbal tea preparation workshops
- Closing fire circle and guidance for returning home

GAIA TEMPLE AYURVEDIC APPROACH & PRACTICE PRINCIPLES

Our guests' current needs are understood through observation (darshana) and conversation. Our focus is not on making a medical diagnosis, but on observing the individual's constitution, reading bodily signals, and identifying stress levels in order to prepare an appropriate program. To support the assessment, Ayurvedic evaluation forms such as vikruti, agni, and ama may be used.

I m p o r t a n t N o t e s :

- If you are pregnant, have a chronic health condition, or regularly use medication, we kindly ask that you inform us before participating in the programs and seek medical advice if necessary.
- Herbal oils, essential oils, and spices are used in the treatments. Please inform us in advance if you have any allergies or sensitivities.
- Ayurvedic cooking, spice, and herbal tea preparation workshops include recipes that can be easily applied in daily life. Content and duration may vary depending on your chosen wellness package.
- The Abhyanga self-care ritual is designed so that you can continue the practice at home after leaving Gaia Temple.
- The wellness packages and therapies offered are planned for adults aged 18 and over only.



OUR CULINARY PRINCIPLES FOR AYURVEDIC CLEANSING & RENEWAL

Our nutritional approach is based on a simple and balanced tradition that supports the body without burdening the digestive fire (agni).

- Vegetarian and vegan dietary preferences are supported in accordance with Ayurvedic principles; special alternatives are offered for vegan guests.
- Our kitchen uses local, natural, and seasonal ingredients. The menu includes kichari, rasam, digestion-supporting chutneys, and mung dal–based dishes.
- Meals are prepared according to seasonal needs and cleansing processes; refined sugar is not used, and rock salt is preferred in minimal amounts.
- Oils are used not to over-nourish but to maintain balance; organic ghee, coconut oil, and olive oil are preferred.
- Herbal teas and beverages support the cleansing process; drinks are generally served warm or at room temperature.
- In reset and rebalancing programs, cold foods, smoothies, and fermented products are not included, as the aim is to allow the digestive system to rest.

NOT INCLUDED IN THE WELLNESS RETREATS:

- Gluten-containing grains
- Refined sugar and sweeteners
- Dairy products
- Meat and animal protein
- Caffeinated beverages (coffee, black tea, and green tea)
- Alcohol
- Packaged and processed foods

Vegetables grown in respect for the rhythm of the earth, healing herbs, and local ingredients come directly from the garden to our table.

Each meal is prepared to preserve the simplicity and balance of nature.



P R I C I N G

A Y U R V E D A P A C K A G E S

- 3 - night. - 300 Euro.-
- 5 - night - 400 Euro.-
- 7 -night - 500 Euro.-
- 15 -night - 750 Euro.-

A C C O M M O D A T I O N

- 3 - night - 800 Euro.-
- 5 - night - 900 Euro.-
- 7 - night - 1200 Euro.-
- 15 - night - 2250 Euro.-



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