



Master Classes of AyurVeda



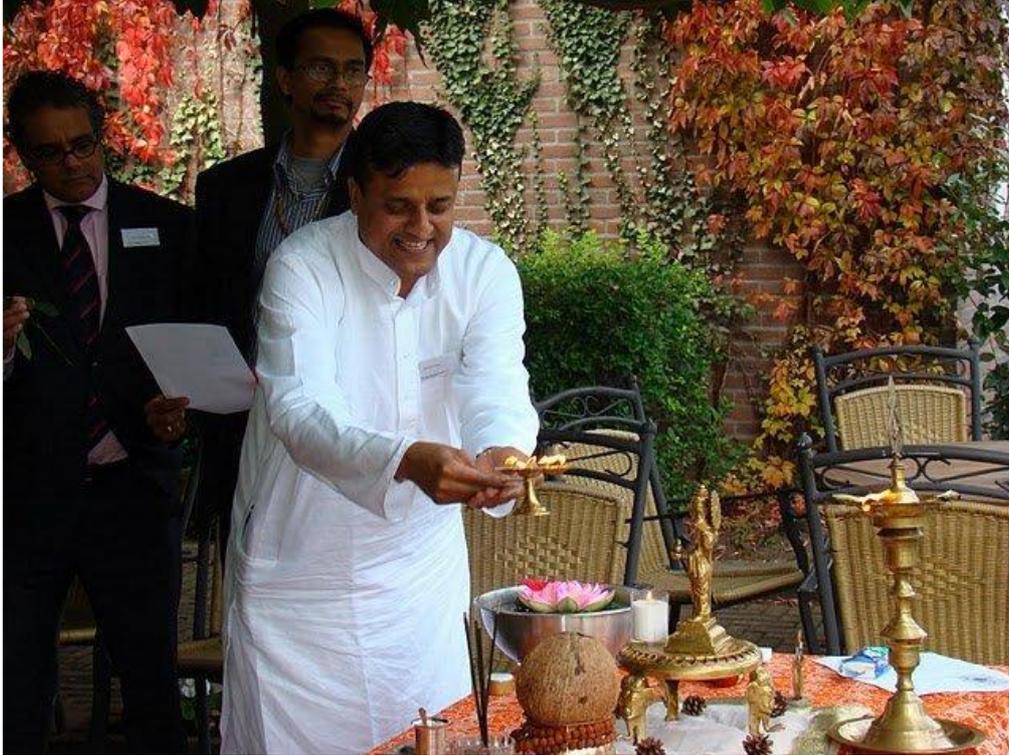
*Balance Your Feminine Self
Balance Your Masculine Self*

*A Signature program of AyurVeda Detmold
It's interactive and brings this ancient healing modality ALIVE
through 'doing.'*



*An Individual self and HIGHER SELF—A Simple Intriguing AyurVeda
Concept Of Spiritual Journey To Wholeness And Unification Within
YourSelf And **Purusha**—Supreme Consciousness As 'HE' & **Prakruti**—
Eternal Nature as 'SHE' For Achieving The Highest Quality Of Health,
Emotional Wellbeing And Consciousness*

*Certain Qualities Are Seen As Adornments In The Personality Of
Women, While Other Qualities Are Viewed As Especially Praiseworthy
In Men. Ideally, A Well-rounded Personality Is One That Possesses Both
Kinds Of Qualities.*



Namaste!

I'm Prof Dr Naveen Gupta, BAMS Vaidya Raja- AyurVeda Acharya, a recipient of Gold Medal - 1983 Batch - Delhi University, India.

I'm delighted and feel elevated to celebrate International Women's Day as I welcome you to a Unique 3-Session Exploration Program conducted by me in English, however translations into French and German are possible with the help of my colleagues who're also attending the program into ancient teachings of AyurVeda for modern women and men where you explore the richness of the spiritual and transformational journey that invites you to awaken, heal and harmonize not only yourself but also those who cross your path.

AyurVeda is a traditional system of medicine originating in India, based on the balance of Doshas - the vital energies in the body. It is based on the idea that each individual has a unique constitution, and that harmony between body, mind and soul is essential for health. AyurVeda helps to prevent and manage disease, reduce stress and improve general well-being.

The Unique 3-Session Exploration Program is about your personal development. Also implementing the same tools and techniques for others.

In this context of personal development at different life phases of a woman or men Ayurveda encourages a better knowledge of oneself and that too in that particular life phase through the understanding of one's Dosha-s 'n' Guna-s - the body-mind type with mental attributes and specific needs. This allows for the cultivation of a more balanced life, the strengthening of emotional management and the achievement of greater inner harmony. Its holistic approach offers a powerful means of evolving towards lasting well-being, while encouraging self-healing and mindfulness.

You will have a deeper understanding of yourself and how you express yourself in the world. You will be able to embrace unconditional love of yourself and your counterpart. You and your counterpart or better-half will have a greater understanding of the Feminine and Masculine aspect in order to become into Union with each other. And the same tools and techniques you'll be able to use for others.

We are made for great connection with our parents, partners, friends, children, colleagues, students, readers... everyone... Connection with ourselves. Connection with the World around us. We can learn and practice a different approach, through a unique, purposeful, and practical method in a special environment.

We can learn how to approach, sense, see, experience reality through the desires, needs, and viewpoints of others, to the point of "exiting ourselves", rising above our own sphere which remains as a background, reference point for comparison.

But against the original viewpoint, picture this way we can develop and tangibly feel a completely different, undistorted, objective, full perception, picture of reality to such an extent, that we gain a sense of existence without the illusory, egocentric, and subjective limitations of time, space and motion.

The key to truly feeling the "feeling" which creates the connection is, that we take either the masculine or feminine role in all interactions. This has nothing to do with gender (most of the time) or orientation. It is simply how we all interact with each other through the magnetism of our cells, tissues, organs, organic systems, minds and spirits.

Here's what we will cover in our time together:

✚ *Your Identity—Your Vitality—Your Sexuality In Line With Healing Your Feminine & Masculine Form*

—How imbalance takes form on the levels of physical, emotional and well-being and how we can remove those imbalances from the root cause.

—Relishing a balanced diet and engaging in physical activity can promote overall well-being, leading to improved sleep and, subsequently, better physical and sexual attraction and functioning.

—Quality & Balanced Nutrition in Feminine & Masculine Form Healing

—Quality & Balanced Sleep in Feminine & Masculine Form Healing

—Quality & Balanced Sexuality in Feminine & Masculine

✚ **10.00 to 17.30 hours—Sunday 1st June 2025**

✚ *Garden Of Life 'n' Moon Cycle Map*

Understanding your hormones, the moon and menstrual cycles, phases of a woman's life and more

✚ **10.00 to 17.00 hours Sunday 17th August 2025**

✚ *Kundalini And The Subtle Body*

—Working with your Life Energy —Prana to channel and direct your inner power)

✚ **10.00 to 17.00 hours Sunday 26th October 2025**

Event location:

Ayurveda Detmold | Volkwinstr. 54 | 32758 Detmold
Phone: +49 (0) 5231 / 962 849 | eMail: info@ayurveda-detmold.de

Suggested donation per Session Euro 225.-

Payment can be made at the day of every session you attend.

Participations in all the sessions is highly recommended as it's a Program in a series and by attending the whole program you'll be in self which is in the line of HIGHER SELF, however if you're not able to participate any session/s for one or the other reason please let's know in advance. Dr Gupta feels happy to inform that if you're committed for all the sessions you may expect 10% reduction as mentioned above and if you're committed to participate in any given session or all the sessions with your partner/ counterpart in that case both of you can expect an additional 10% reduction in the suggested donation. Please feel free to discuss at your convenience.

Certificate of Participation shall be issued with pleasure when you participate in all the three sessions. We also recommend to bring any dish or snack for our lunch and chai-tea breaks. We share this moment as a family in the spiritual tradition irrespective of caste, colour, creed, faith or no faith. We just connect to one another and we stay connected.

Disclaimer

The sessions are meant to be for your own development of knowledge in eastern wisdom and meant to be for your own spiritual path and are only for academic purposes. The sessions are based on AyurVeda, Indian System of Medicine and in no way the sessions, lessons or trainings or practices should be understood as replacement or research of regular system of medicine as established by law in Germany or European Union.

Master Classes by AyurVeda Detmold, its team do not claim that the Three-Session Exploration Program is recognised by any academic or health regulating agency of Government or private or any recognised professional association in in Germany or European Union.

*Sarve bhavantu sukhinah,
Sarve santu niramayah!
Sarve bhadrani pashyantu,
Ma kashchit dukh bhag bhavet!!*

*May all be happy,
May all be free from disabilities;
May all look to the good of others,
May none suffer from sorrow.*

*Na tvaham kameye rajayam, Na swargam na punarbhavam!
Kamaye dukhtaptanaam, Praninaam arti nashnam!!*

I don't desire lordship over others, nor do I aspire for heavenly pleasures, nor do I pray to be released from the bondage of birth and death, my only ambition is to become an instrument of relieving the sufferings of those who are groaning under the scourge of one or the other form of disease.

This is the motive by which, practitioners of AyurVeda are perpetually guided.