

ANNAHITA

AN INTERNATIONAL PLACE WHERE YOU WILL LEARN
HOW TO TAKE CARE OF YOUR BODY AND BEING

Program
2019/20

CONTACT US
ANNAHITA Foundation

Jagat Towers
Tilak Nagar
Amravati Road
Nagpur - 440 010
Maharashtra, India

+91 9890 5851 47



info@sahasibreastcare.org
www.sahasibreastcare.org





THIS IS A UNIQUE PLACE.

So far nothing like this exists.
A place, where in a holistic way
using

Ayurvedic Yoga Massage
Sahasi Breastcare
Yoga Trainings
OSHO Meditative Therapies
OSHO Meditations
Special Organic Food...

... will bring out the best of every participant.

ANNAHITA FOUNDATION

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CALENDAR

Indian participants please contact Khirad:

[0091 9890585147](tel:00919890585147)



International participants please contact Karan:

[+359 896161357](tel:+359896161357)



AYURVEDIC YOGA MASSAGE

TRAINING

11th October to 31st October 2019

A 21 day training and Master Kusum Modak will come to share and bless us at the end of the training.

14th January to 28th January 2020

A 15 day training

RETREAT

5th Feb. to 25th Feb. 2020

11th March to 25th March 2020

Minimum 10 days, maximum 21 days with a possibility of 14 days. From 5th to 25th you can decide dates according to your convenience.

SAHASI BREAST CARE

PROGRAM

7th November to 27th November 2019

Possibility of attending for first 14 days

RETREAT

5th Feb. to 25th Feb. 2020

Minimum 10 days

Maximum 21 days with a possibility of 14 days

YOGA

TRAINING

1st November to 7th November 2019

4th January to 10th January 2020

RETREAT

5th Feb to 25th Feb 2020

MEDITATIVE THERAPY

OSHO MYSTIC ROSE

1st December to 21st December 2019

A 21 day non verbal, individual process, done in the group

WHO WE ARE

We are a team of friends and experts from different industries such as Medical, Civil Engineering, IT and Architecture. We're working together towards materializing the vision of Dr. Sanjivani / Taruna.

Dr. Sanjivani / Taruna

Creator of Breast Care Program, Devotee of Ayurvedic Yoga Massage (AYM), Meditation Facilitator, Doctor (M.B.B.S., M.S., B.A.)

Taruna shares her knowledge of medicine and meditation in an easy way.

We provide a combination of various holistic approaches for health and well being of women to work specifically on breasts on the principal that prevention is better than treatment.

Our work is sharing and spreading our love by offering courses, trainings, Breast Massage, therapies in Yoga, Meditations & Meditative Therapies as well as Welfare Events for Tribal Women and Children.



ABOUT US

Dr. Sanjivani | Taruna

Taruna is working in the field of Kusum's Ayurvedic Yoga Massage and Sahasi Breast Care program since last 18 years.

Seeing the need of every woman to have a healthy breast tissue. Realising that she needs to take care of the breast tissue but mostly women do not know how.

Taruna decided to open a centre for breast care to teach women how to take care of their breasts in a very simple, easy way.

Khirad

With this intention, Taruna and her lifelong friend Khirad started searching for a place in India where there is no pollution of air, water, food, noise, soil.

The place now, Annahita, called them and they immediately fell in love with this place which is exactly what they were looking for.

Annahita – a natural serene place, unpolluted, surrounded by Satpuda mountain range, lakes, river, small tribal villages and a protected forest.

Taruna wanted a very small area required for the breast care centre, but the land owner would sell either all 22 acres or none.

THE FOUNDERS



Dr. Sanjivani / Taruna

Doctor (M.B.B.S., M.S., B.A.), Creator of Breast Care Program, Devotee of Ayurvedic Yoga Massage (AYM), Meditation Facilitator



Antar Khirad

Body Work Trainer, Yoga Teacher, Civil Engineer and an Entrepreneur

CREATING A PARADISE

This is how it became a bigger project than we ever imagined.

Khirad shared and believed in Taruna's vision. He is famous for his generosity and decided to buy the whole land.

Standing on the bare land Khirad said:

*Here will be a Meditation Centre, Kusum Modak's Ayurvedic Yoga Massage Diploma School, **Sahasi Breast Care Centre**, organic farming, health care centre for tribals, employment for tribals and loving community living.*

We can not make the whole earth paradise but we can make this piece of land a paradise.

Without knowing this, whoever came here called it paradise!

In 4 years, we have planted around 2000 trees, many flower plants, there is organic farming and a place for 30 people to stay.

People from all over the world are visiting us along with many butterflies, honeybees, bats, birds and animals. Before it was absolutely barren land, not a single butterfly or honey bee...

Sahasi Means 'the Courageous One'



It does need a lot of courage for a women to acknowledge the facts about their breasts and work on it.

Breasts are the most sensitive parts of a woman, the whole creativity of the feminine body is centered around these.

Concentrating near the breasts and working on them makes one feel happy, blissful, self confident, sensing sweetness all over the body and being.



AYURVEDIC YOGA MASSAGE TRAINING KUSUM MODAK'S APPROACH

Facilitator Dr. Sanjivani/ Taruna and Khirad

TRAINING IN AYURVEDIC YOGA MASSAGE



“Inner awareness for opening of the inner body is the most important factor in our work.”

Master Kusum Modak

Mostly we think that massage trainings are only for those who want to offer professional sessions. And mostly this is true. But for Ayurvedic Yoga Massage it's only one part of it.

Basically I learnt this technique as my body was collapsed at the age of 37 after multiple surgeries. Master Kusum had no time to give one to one sessions, so reluctantly I joined the training as my friends told me: 'Looking at your body she will definitely work with you.'

Only with that hope, I joined the training. She worked, and other participants also worked and I also worked and in this beautiful exchange, I got healed. Now at the age of 57 I am full of vital energy.

After this experience I left my surgeons job and dedicated myself to this work. My request to everyone is, participate in the training just for your own self. To know yourself on physical, mental, emotional and spiritual level and become whole and healthy. I call it a success structure for health, happiness and peace.

WHAT IS AYURVEDIC YOGA MASSAGE?

Ayurvedic Yoga Massage is developed by Master Kusum Modak.

It is a deep tissue massage using hands and feet and yoga based stretches are used to open the body. For massage, special ayurvedic herbs, oil ayurvedic principles are used.

The basic principles are:

- Improving vital energy
- Improving blood circulation
- Improving breathing capacity
- Improving the posture
- Aligenment of spine and making the spine healthy
- Opening the shoulder blades and chest

With all above things happening we naturally become whole and healthy.

The uniqueness of this therapy is: it is a complete process.

The training is facilitated by Khirad, Taruna and assisted by senior students.

AYM benefits by deep tissue massages
AYM benefits by yoga, stretchings and exercise
AYM benefits by ayurvedic herb and oil
AYM benefits by its loving touch.
AYM benefits of meditation.

To know more about Master Kusum, Khirad and Taruna, please visit www.sahasibreastcare.org



WHO IS MASTER KUSUM?



Kusum is a name of an ordinary woman and in her ordinariness she has become extra-ordinary. She is a simple woman, courageous, inter-dependent and wise.

A woman, who comes from the era when the social conditioning in India has been very strong. Coming from an orthodox Hindu family, living only with a mother without the support of father, having a sick body and suffering in her body for long, almost until the age of 40 years.

A strong support from Aai (Kusum's mother) encouraged her to live life beautifully.

To cure herself, Kusum started practising yoga under the guidance of renowned master Iyengar. At the age of 40, Kusum started observing Shri Limay Guruji, who was working with patients having ailments like back pain, knee pain etc. During this period with her existential gift she combined ayurvedic massage with yoga and brought this work to its highest potential.

When she is working with a person, seeing his body, feeling what is the issue in this body, she spontaneously develops a new stretch for that particular person and the person in few sessions is cured of his chronic ailments.

When one sees her working on someone's body, one is really mesmerized by the way she is flowing with inner awareness and touching knowing exactly well what is happening inside this body and healing not only the outer body but the inner body as well.

AYURVEDIC YOGA MASSAGE TRAINING

A 21 day and 15 day training.

Sometimes Master Kusum Modak will come to share and bless us at the end of the training.

Schedule of the Training

It is an intense training.

6 am to 7 am:	Morning Meditation
7.15 am to 8 am:	Yoga
8 am to 9 am:	Breakfast
9 am to 9.30 am:	Work as Meditation (A beautiful way to show our gratitude to the place)
9.45 am to 5 pm:	Massage training. Importance is given to hand on practice, with a Lunch break from 2 pm to 3 pm.
5 pm to 5.30 pm:	Evening Tea.
5.30 pm to 6.30 pm:	Meditation
7 pm to 8.15 pm:	Evening Meditation
8.15 pm to 9 pm:	Light Dinner
9 pm to 10 pm:	Theory, supervision, practice, sharing, camp fire and spontaneous celebrations.
10 pm:	Bed time

One day off for Jungle Safari

Facilitators

Dr. Sanjivani/Taruna and Khirad, assisted by senior students.

Participation fees

Inclusive: training with training material, shared accommodation, all meals and jungle safari. It does not include transportation.

21 Days Training

2000 Euros or 2200 USD

15 Days Training

1600 Euros or 1800 USD

If you opt for single room then 500 USD or 450 euros extra.



Sahasí

Breast Care • Rehabilitation • Research Institute



Make Your Breasts Healthy


SAHASI BREAST CARE PROGRAM

Breast Care, Cancer Rehabilitation and Research

HEALTHY BREAST TISSUE

Breasts are the most sensitive parts of a woman, the whole creativity of the feminine body is centered around these. Concentrating near the breasts and working on them makes one feel happy, blissful, self confident, sensing sweetness all over the body and being.

Breasts are the positive poles of a woman and working on it is a must, to make her life whole, happy and healthy. It is essential for every woman to work on her breast tissue. Also, a most important aspect is femininity, that comes with breast care, the beauty and proudness of being a woman,



We offer retreats for every single woman who wishes to reconnect with and nourish her feminine qualities. Here, women will be educated how to prevent breast cancer and rehabilitate themselves.

Research work is carried out to see what are the effects of Breast Massage in Prevention of Breast Cancer and Rehabilitation.

Various meditations and meditative therapies can help in prevention as well as rehabilitation of this most common killer disease in women.

The aim of this institute is to use different holistic approaches to prevent breast cancer as well as rehabilitate women who have undergone the treatment for breast cancer.

SAHASI BREAST CARE PROGRAM

An unique and only program available in the world for the joy of healthy breast tissue.
All women please know that working on breast tissue really matters.



It is a self care program where you will learn by doing it practically, how to take care of your breast tissue, hormonal and reproductive system, your mental and emotional being and the possibility of reaching to a state of no mind by regular practice.

You will learn self breast care massage and also professional breast care massage. Massage is one essential part of the program but it is much more than a massage training.

BENEFITS OF THE PROGRAM

You will learn self breast care massage and also professional breast care massage. This is one essential part of the program but it is not only a massage training.

It is very helpful for women having...

- Issues of the breast like, pain and tenderness, hyperplasia, benign tumors
- Women carrying fear of getting breast cancer
- Emotional issues specially related to breast, for eg. breast abuse, complex about the size, shape, firmness of breasts
- Mild depression, anxiety, fear, burn out
- Hormonal, menstrual and reproductive system issues
- Issues related with loss of feminine nature
- Lack of creativity, joy, self love and respect
- Women who wish to rehabilitate themselves after the major treatment for breast cancer
- Women who wish to keep their healthy breasts healthy
- Women who wish to nurture herself to a higher level of consciousness

21 DAYS PROGRAM

SAHASI BREAST CARE PROGRAM

Participation Duration Options:

first 14 days or full 21 days

Facilitator:

Dr. Sanjivani/Taruna assisted by senior students

All work is copyrighted

Participation fees

Inclusive: program, program material,
shared accomodation, all meals

14 days 1500 euros or 1600 USD

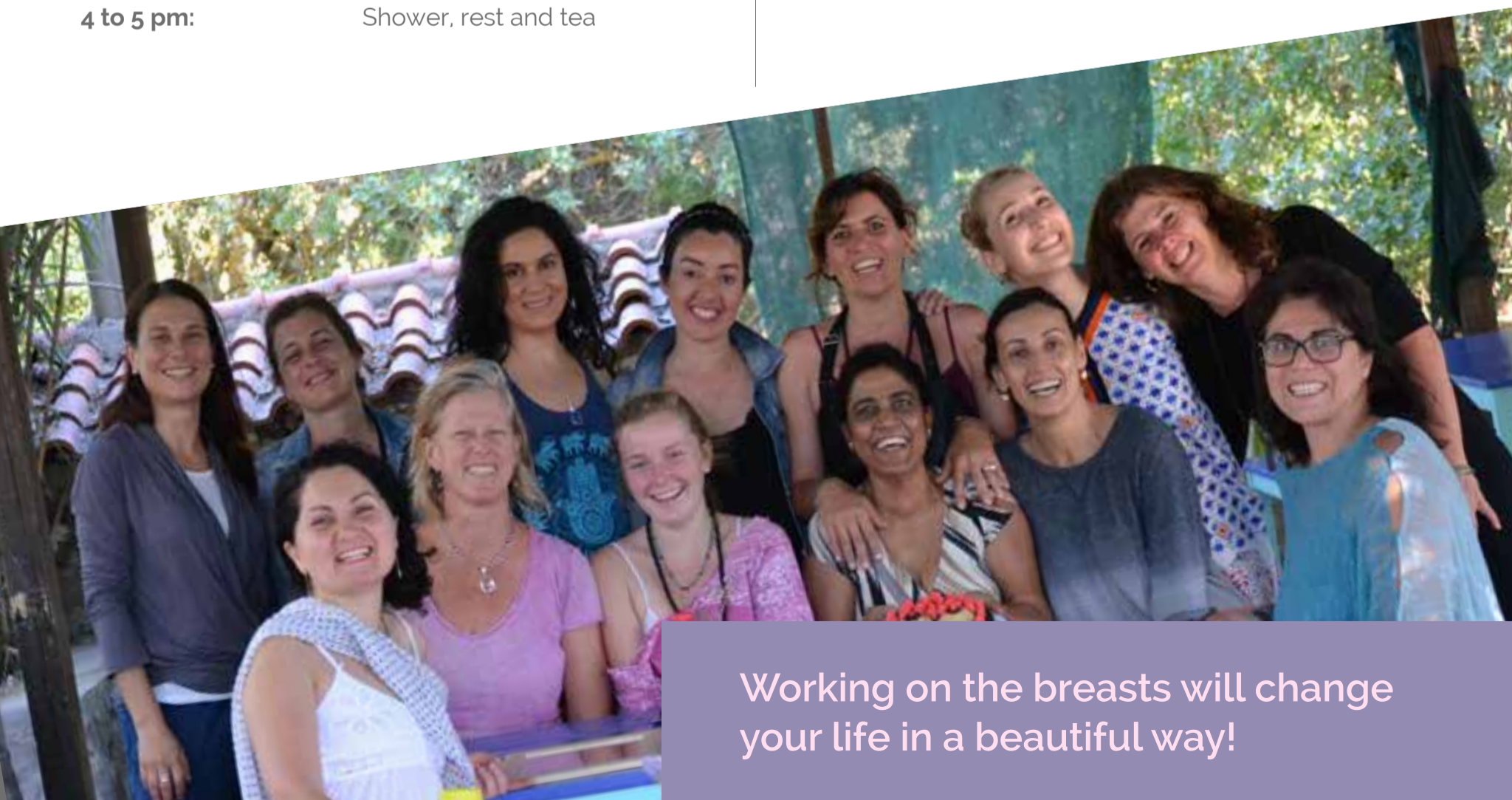
21 days 2000 euros or 2100 USD

Program Schedule

5.45 am:	Waking up – Eating herbal leaf and drinking warm water
6 am to 7 am:	Morning meditation
7 am to 7.30 am:	Ayurvedic tea
7.30 am to 8.30 am:	Special yoga for women
8.30 to 9.30 am:	Breakfast
9.30 am to 9.50 am:	Work as meditation
10 am to 2 pm:	Session one
2 to 3 pm:	Lunch
3 to 4 pm:	Session two
4 to 5 pm:	Shower, rest and tea

5 to 6 pm:	Meditation
6 to 7 pm:	Self reflection, enjoying nature
7 to 8.15 pm:	Evening Meditation
8.15 pm to 9 pm:	Dinner
9 to 10 pm:	Recreational activities like camp fire sharing, tarot reading, revision.
10 pm:	Bed time

One day off for Jungle Safari



Working on the breasts will change your life in a beautiful way!



INTRODUCTION TO YOGA

The body is used to access the mind.

Prana (vital energy) is used to access awareness and consciousness.

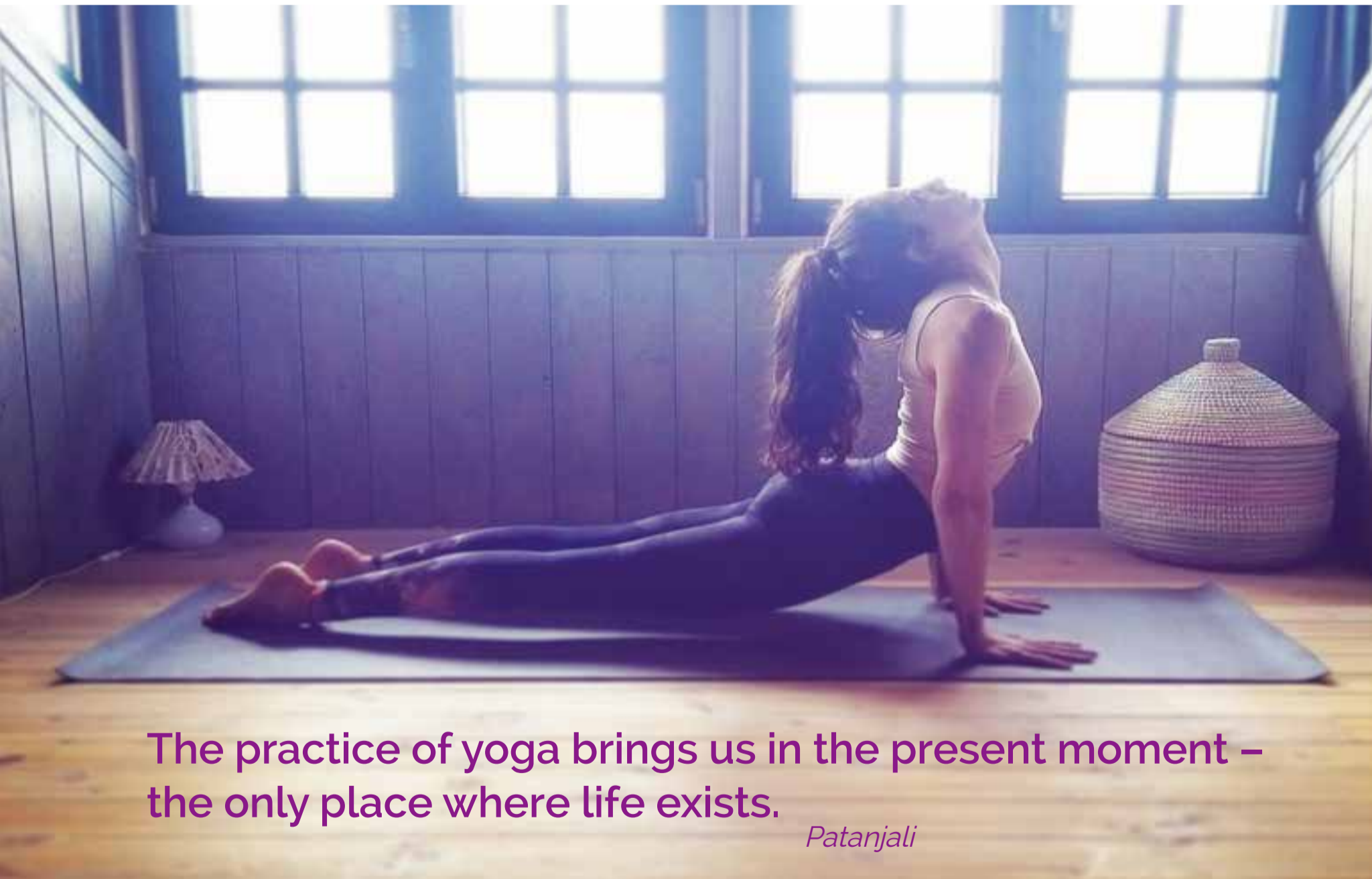
Yoga is used to access inner spiritual harmony and balance.

Swami Satyanand Saraswati

THE ART OF YOGA

Yoga's main aim is to reach higher spiritual planes, but yogic practices give direct and tangible benefits to everyone, regardless of their spiritual aims. Yoga always has something to offer people no matter the age, health or disposition. Whether someone wants to improve their flexibility, maintain a healthy weight, reduce stress or anxiety, receive peace of mind, treat health conditions, maintain health and well being, and many other reasons, Yoga is there.

Yoga is the way of connecting with our own true self. Yoga helps us manifest harmony, not just within ourselves but also with people around us and the society and spread love and compassion, benefitting individuals everywhere.



The practice of yoga brings us in the present moment –
the only place where life exists.

Patanjali

YOGA

INTRODUCTION TO YOGA

A One Week Process

Facilitator:

Sumantha /
Anand Nirmal

Participation fees

Includes training, food and shared stay
7 days 300 USD
21 days 1100 USD

Program Schedule

6 am to 6.15 am:	Herbal Tea
6.15 am to 6.30 am:	Mantra Chanting
6.30 am to 8.30 am:	Asana Practice
8.30 to 9.30 am:	Breakfast
9.30 am to 10.30 am:	Karma Yoga
11 am to 1 pm:	Theory Class
1 to 2 pm:	Lunch
2 to 3 pm:	Rest/Forest walk/Agro Tourism
3 to 3.30 pm:	Yoga Nidra
4 pm to 5 pm:	OSHO Kundalini Meditation
5 to 6 pm:	Tea/Snacks
6.30 to 8 pm:	Evening Meditation
8 pm to 9pm:	Dinner
9 to 9.30 pm:	Restoration
10 pm:	Lights Out

What we offer in this one week program:

- Yoga for beginners
- Introduction to Hatha Yoga
- Introduction to Ashtanga Yoga
- Asana Practice
- Yoga Nidra
- Restoration
- Yogic Diet
- Yoga theory classes :
 History/Philosophy/Anatomy etc.
- Meditation
- Pranayamas (Yogic Breathing Techniques)
- Cleansing Techniques
- Mantra Chanting
- Living in Nature



Yoga is not a religion.
Yoga is a pure science.

Osho



MEDITATIVE THERAPY

OSHO MYSTIC ROSE

A 21 Days Process

MEDITATIVE THERAPY

OSHO MYSTIC ROSE

Facilitators:

Osho Sangham Team

OSHO Mystic Rose is a meditative therapy, a non verbal, individual process, done in the group for 21 days.

It is a very scientific process working on your deepest unconscious, using existential language which is laughter, tears and silence. It is a deeply healing process, a healing done by your own self.

First 7 days, 3 hours a day:

Laughing for no reason

Next 7 days, 3 hours a day:

Tears for no reason

Last 7 days, 3 hours a day:

Sitting silently, simply watching whatever is.

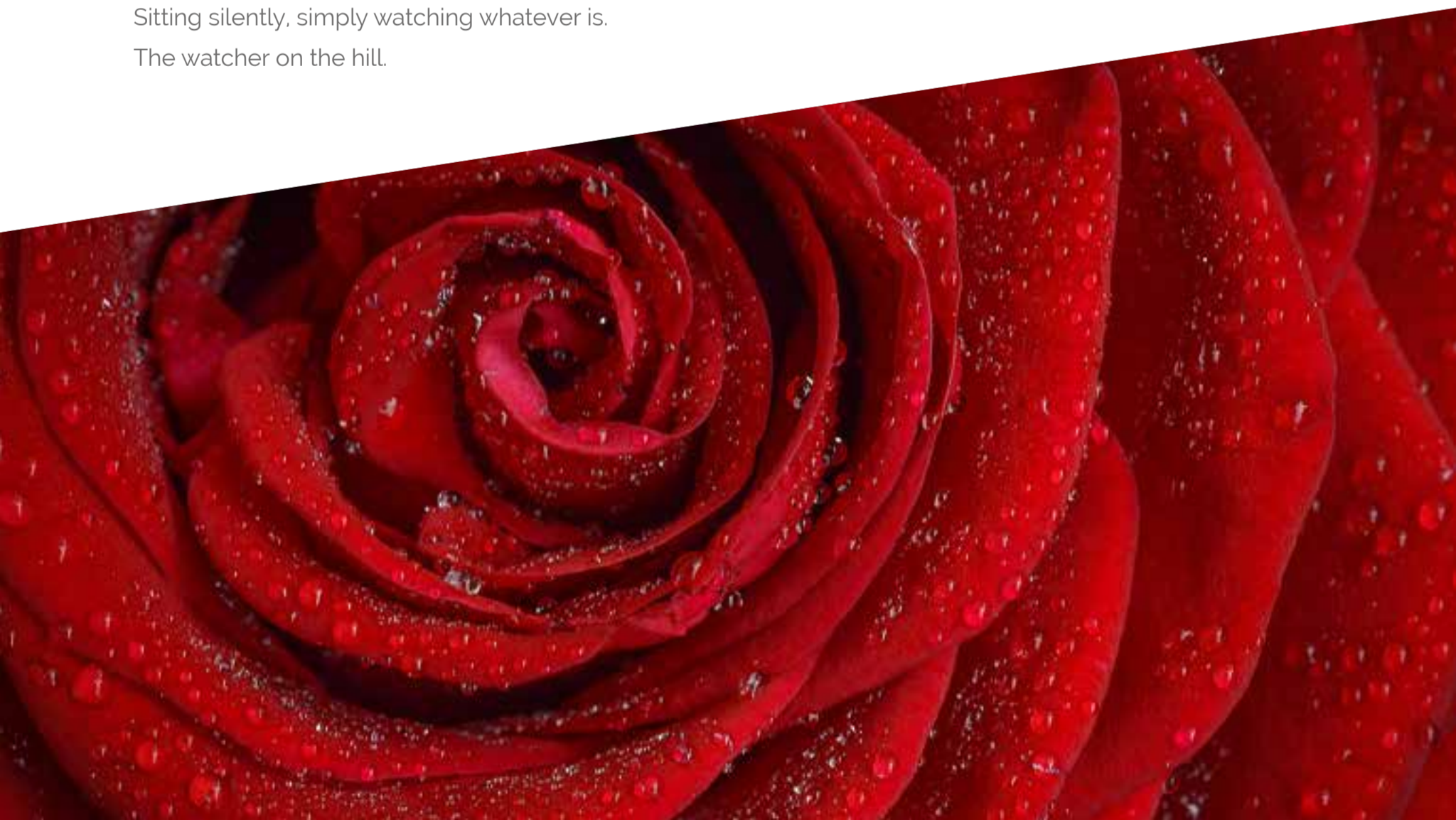
The watcher on the hill.

Participation Fee:

1000 USD which includes shared accommodation, meals, yoga and meditations.

**I have invented many meditations,
but perhaps this will be the
most essential and fundamental one.**

Osho





Sangham

THE PLACE

THE PLACE

A simple, beautiful place created next to Satpuda Mountains, in India, Maharashtra, only a few miles away from Nagpur.

A PLACE TO LEARN AND REST



THE PLACE

INFOS

Prior booking is needed in order to secure your place. Booking can be done by depositing 20 percent of the actual participation fees. Booking fees are non-refundable, though it is transferable to any upcoming training.

Indian participants please contact Khirad:

[0091 9890585147](tel:00919890585147)



International participants please contact Karan:

[+359 896161357](tel:+359896161357)



ACCOMODATION

1. Shared room with attached bathroom
2. For single room with attached bathroom 500 USD extra in addition to regular training or program fees.

Towels, bedsheets, blankets, hot water and toileteries are provided.

RECREATIONAL ACTIVITIES

Dancing
Camp fire
Gardening
Being with yourself in the nature

DIET

Cooked with Meditation and Love
Elite performance diet
Indian vegeterian healthy diet.
Mildly spicy to non spicy
Mostly organically grown in the place
Plenty of fruits, ayurvedic tea, fresh milk
gluten and sugar free

ALSO

Jungle Safari
Organic Farming
Agrotourism
Lavani - Recreation in Sangham

THE TEAM OF ANNAHITA

Khirad

India

Facilitator of AYM, Yoga training, Construction Engineer, Organic farmer

khirad@annahita.net
+91 9890585147

Taruna

India

Facilitator of Ayurvedic Yoga Massage and Breast Care Trainings, Caretaker of the place and organic farming.

taruna@annahita.net

Karan

Bulgaria

Using his knowledge of international marketing and finances, he wants to help Taruna's beautiful vision reach to as many people as possible.

karan.sudhir.sukhdeve@gmail.com
+359 896161357

Rajanya

Germany

Social entrepreneur, consultant, critical mind

rajanya@annahita.net

Nirmal

India

Yoga teacher and caretaker of the place

nirmal@annahita.net

Ranjana

India

Is taking care of the kitchen, an excellent cook

ranjana@annahita.net

Zhikr

Spain

Care taker of the animals, organic farming and loves meditations, meditative therapies and work as meditation.

zhikr@annahita.net

Purnam

India

Purnam is doing everything, manual, physical work, shopping, maintenance...

purnam@annahita.net

Veselka

Bulgaria

Yoga trainer, AYM and Breast Care Therapist

veselekai@annahita.net

Kumari

Germany

Kumari takes care of the aesthetic of the place, the garden, the rooms...

kumari@annahita.net

Meena

India

is doing public relations and supports in the kitchen

meena@annahita.net

Samarpan

Germany

Samarpan is taking care of our media presentation.

online@findyournose.com



ANNAHITA

Welcome

CONTACT US
ANNAHITA FOUNDATION

Jagat Towers
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Nagpur - 440 010
Maharashtra, India

+91 9890 5851 47



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