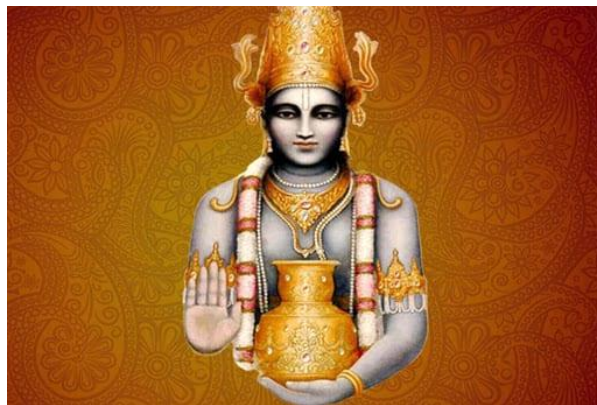




Heal with Ayurveda, Awaken with Yoga

residential retreat October 17 to 19, 2025
Semi di Crescita, Calice Ligure (Province of Savona)



Lord Dhanvantari

In a world that never stops moving, when was the last time you paused and truly listened to your body, mind and soul? Discover the ancient science of Ayurveda. Reconnect through the transformative power of Yoga.

Breathe. Heal. Renew.
Join us on a sacred journey to restore harmony from within.

Limited spots / Launching soon

Three-days program:

Friday October 17 - arrival scheduled around 5pm

Yoga session with Gordana from 5.30 to 7pm

Dinner

8.30pm Introduction to Ayurveda with Dr Manu Das

Saturday October 18 – from 7 to 10am yoga and meditation with Gordana

10.30 brunch and rest till 12pm

from 12 to 2pm lecture with Dr Manu Das and Gordana :

“Why it is so important for yoga teachers and practitioners to understand Ayurveda properly in order to make progress in personal practice? ”

from 2 to 4 pm time available for individual consultations with the doctor (scheduled upon request, and separately charged)

from 4.30 to 6pm yoga lesson with Gordana

from 6 to 7pm questions and answers with Dr Manu Das, Dr Smitha Manu Das and Gordana

Dinner 7.30pm

Sunday October 19 – from 7 to 10pm yoga and meditation with Gordana

Brunch 10.30am and break till 12pm

from 12 to 2pm time available for consultations with the doctor

from 2 to 3pm questions and answers, conclusion



Info and registrations: info@factoryofthesoul.com

www.factoryofthesoul.com

Teachers / Speakers:

Dr Manu Das is a pioneering voice in modern Ayurvedic medicine, blending ancient wisdom with scientific rigors and logic to help individuals live longer, healthier and more vibrant lives. His work spans treatment and reversal of chronic diseases, longevity research, mind-body medicine, with ground breaking contribution that have reshaped the way we understand and treat chronic disease and aging. With 20 years of clinical experience Dr. Das has made it his mission to shift the conversation around health - from only managing symptoms to cultivating vitality, unalloyed health and resilience. 'We are not here just to delay disease or treating the symptoms alone, - we are here to awaken the body's innate intelligence to heal, renew and thrive', he often says, reflecting the heart of his integrative philosophy.

As the founder and chief consultant of Swaztha Ayurveda Specialty Clinic in Chennai (India) , he is known not only for his clinical excellence but for his deeply human approach to healing - one rooted in compassion, clarity and connection.

Whether leading retreats, teaching wellness professionals, or writing on the soul of healing, Dr Manu Das continues to inspire a generation of practitioners and seekers alike. His vision is bold but simple: a world where the science of medicine is not just about surviving but about awakening.



Dr Manu Das

Dr Smitha Manu Das is a dedicated and compassionate physician with more than 10 years of experience in Ayurveda. Known for her patient- first approach and attention to detail, she combines clinical expertise with deep understanding of individual patients

needs to deliver holistic evidence-based care. She continues to stay at the forefront of medical advancement through continuous education and active participation in medical forums. Her areas of interest include women's health, gynaecology, hormonal imbalances. And she is particularly passionate about empowering her patients to take charge of their health



Dr Smitha Manu Das

Gordana has been practicing yoga for over 25 years. In 2003 she met her Master the Silent Yogi of Madras Sri Sri Sri Satchidananda, and started to follow his teachings. In 2019 Gordana obtained **Diploma in Yoga approved by the Govt. of India**, issued in New Delhi by the National Ministry for Professional Development and Science hence **valid worldwide**. She teaches regularly in Milan and abroad in Italian and in English. She has been practicing Vipassana meditation as taught by S.N. Goenka in the tradition of Saygai U Ba Khin



Gordana

