



INFORMATION PACKAGE INDIA TRIP 2013

Heal and Harmonise:

10 nights / 11 days Ayurveda and Restorative Yoga Retreat

Ayurvedic Healing Village in Palakkad, Kerala.

November 27th - December 7th - 2013

1. WHY THIS RETREAT

Panchakarma is the ultimate Ayurvedic detox - a traditional deep cleansing process believed to remove the accumulated toxins of a lifetime...

Famously transformative procedures, you can expect Kairali's Ayurvedic Treatment courses to open you at all levels, while initiating your body's own intuitive healing mechanism. Guests at Kairali's 'The Ayurvedic Healing Village' report an increased sense of energy, calm and mental clarity, in addition to the physical benefits of Panchakarma.

According to ancient scripture, Ayurvedic cleansing methods remove blockages of toxins in the channels, eliminating the root of future illness, while boosting the body's immunity. This preventative aspect of Ayurveda is its distinguishing feature; forming part of a cohesive approach to health that makes it 2013's leading wellness trend (<http://www.hmi-online.com/features/featurehmi-spafinder-spa-global-trends/>).

On offer:

Panchakarma rejuvenation / Ayurvedic medicine / weight loss management / detox packages / meditation and yoga classes / lectures in ancient philosophy

The experience begins with a 'Prakriti analysis' - a consultation with one of our leading Ayurvedic doctors to identify your Ayurvedic *dosha*, or body type. Establishing your Ayurvedic constitution enables our retreat team to tailor your retreat precisely to your individual needs. Whatever program you choose, be assured that your experience will be utterly unique, and supported at every step by Kairali's highly qualified doctors and Ayurvedic therapists.

To receive optimum benefits from this process of physical and emotional renewal, it is vital to stay in a quiet, natural environment, with all the conditions prescribed by traditional Ayurveda – peaceful surroundings, supportive therapists, organic diet, meditation, spiritual practice, and a gentle routine of Restorative Yoga.

Optimal extras:

Ayurvedic nutrition and cookery / Ayurveda training / organic beauty therapy



2. OUR GUEST TEACHERS

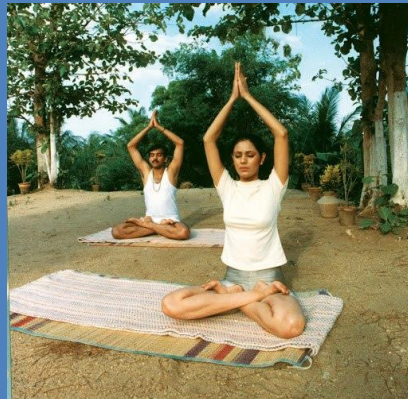
Taryn Elise Herselman: Yoga Therapist and Studio Director

The Director of Shakti Yoga Therapy Centre in Johannesburg, Taryn Herselman is a Yoga Teacher and Therapist with over 8 years' experience. Taryn blends her wide international influences with extensive training in India, to provide a compassionate and therapeutic approach to Yoga. Also

holding a BA (Hons) in Psychology, she uses her extensive knowledge of yogic techniques to support emotional health and stress-related conditions, making use of the many physiological and psychological benefits of Yin and Restorative Yoga.

As a teacher, she creates an energising and inclusive atmosphere that makes her a favorite for retreats and workshops in South Africa and India.

Taryn graduated in 2005 at Yoga Circle, a one year Teacher Training course in South Africa, before undertaking in-depth study in India. A student of renowned Yoga Therapist Yogacharya Vishwas Vasant Mandlik, she holds qualifications in Yoga Teaching, Advanced Yoga and Yoga Therapy from the Yoga Vidya Gurukul, accredited by the University of Pune, India.



Emily Anna Yates: Yoga Therapist and Philosophy Teacher

A dedicated Yoga Therapist, Teacher and advanced student of Eastern philosophy, Emily Yates has been living in Asia since 2008 in order to concentrate on her studies in psychology, philosophy and religion. As a Yoga teacher, Emily pairs an intuitive and therapeutic style with the intellectual clarity to make even the most mystifying parts of Vedic literature accessible to Western students. Originally from the UK, she is currently based in India, where she teaches Yoga, philosophy, and organizes world-class retreats with the Kairali Ayurvedic Group.

Emily is a Yoga Alliance certified Yoga teacher of the Sivananda school, Kerala. Her advanced studies took place in Nashik under Yogacharya Vishwas Vasant Mandlik, where she qualified with a Diploma in Yoga Therapy, accredited by the University of Pune. She recently graduated from Banaras Hindu University, Varanasi, with a Postgraduate Diploma in Indian Philosophy and Religion.



Guests are free to choose the course of Ayurvedic Treatment they prefer; each of which are catered for within the retreat schedule:

3. PACKAGE OPTIONS:

1. KAIRALI'S SPECIAL HOLISTIC PANCHAKARMA TREATMENT

Panchakarma is the ultimate Ayurvedic detox - a traditional deep cleansing process believed to remove the accumulated toxins of a lifetime...

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PACKAGE INCLUDES THE FOLLOWING:

- ❖ Ayurvedic treatments: 1 Abhyangam, 7 Elakizhi, 7 Kadikizhi, 3 Vasti, 6 Pizhchil, 4 Navarakizhi, 3 Sirodhara, 7 Nasyam, 1 Facial Therapies.
- ❖ Yoga and meditation classes (Hatha / Yin / Restorative) especially tailored to your Ayurvedic package – daily with Taryn Herselman
- ❖ Evening lectures with Yoga Therapist and philosophy teacher Emily Yates, who'll be hosting a short series on 'Approaching Yoga and Ayurveda as One'.

2. KAIRALI'S SPECIAL WEIGHT LOSS PROGRAMME

Unique Health programme with Herbal oil massages and Ayurvedic Medicines to help you lose excess weight and streamline your body. The complete natural way without exercising or dieting.

PACKAGE INCLUDES THE FOLLOWING:

- ❖ Ayurvedic treatments: 1 Abhyangam, 14 Elakizhi, 7 Kadikizhi, 3 Vasti, 6 Udwarthanam Therapies.



- ❖ Yoga and meditation classes (Hatha / Yin / Restorative) especially tailored to your Ayurvedic package – daily with Taryn Herselman
- ❖ Evening lectures with Yoga Therapist and philosophy teacher Emily Yates, who'll be hosting a short series on 'Approaching Yoga and Ayurveda as One'.

3. KAIRALI'S SPECIAL HOLISTIC TREATMENT FOR REJUVNEATION & DETOXIFICATION

A special program to help restore and repair the worn out tissues, improve blood circulation, stop premature ageing, get rid of toxins from your system and to give you a glowing wrinkle free skin.

PACKAGE INCLUDES THE FOLLOWING:

- ❖ Ayurvedic treatments: 7 Abhyangam, 3 Sirodhara & 3 Elakizhi Therapies.
- ❖ Yoga and meditation classes (Hatha / Yin / Restorative) especially tailored to your Ayurvedic package – daily with Taryn Herselman
- ❖ Evening lectures with Yoga Therapist and philosophy teacher Emily Yates, who'll be hosting a short series on 'Approaching Yoga and Ayurveda as One'.

** NOTE: The therapies mentioned in the Break-up of Packages are at the sole discretion of our Ayurvedic Physicians and can be changed according to the ailment of each & every client depending upon their nature & duration of ailment and their respective body constitution.*

SAMPLE ITINERARY

06.30 am to 08:00 am – Yoga Session

08:00 am to 09:00 am – Breakfast

09:00 am to 12:00 pm – 1st treatment of the Day

12:00 pm to 12:30 – Yoga Nidra

01:00 pm to 02:30 pm – Lunch

03:00 pm to 05:30 pm – 2nd treatment of the Day

06:00 pm to 07:30 pm – Meditation/Yin Yoga Session/Lecture

07:30 pm to 08:30pm Dinner

08:30 pm- 9:00pm Havan / Mantra chanting



4. PRICING : All prices quoted are in Indian rupees and include government TAX.

Current exchange rate is 5.98 to the SA Rand.

TOTAL COSTS

	Single	Double
1. PanchaKarma and Yoga Package	235 000	367 500
SA Rands (approx.)	R 48 950	R 63 050
2. Weight Loss and Yoga Package	220 700	342 360
SA Rands (approx.)	R 37 900	R 61 250
3. Detox and Yoga Package	215 000	327 600
SA Rands (approx.)	R 36 900	R 56 250

EARLY BIRDS RATES- if you book and pay before the 31st July 2013

	Single	Double
1. PanchaKarma and Yoga Package	195 300	306 100
SA Rands (approx.)	R 33 600	R 52 600
YOU SAVE	R 15 350	R10 450
2. Weight Loss and Yoga Package	183 900	285 300
SA Rands (approx.)	R 31 600	R 51 050
YOU SAVE	R 6300	R10 200
3. Detox and Yoga Package	178 700	273 000
SA Rands (approx.)	R 30 700	R 46 900
YOU SAVE	R 5 400	R9 350

- The final amount in SA Rands will be calculated on the day payment is made according to the current exchange rate.

The package included accommodation for 10 nights, all meals as well as the treatments indicated for each option above.

Costs above are **EXCLUDING flights** and all **local transportation**.

Please note that airfares rather go up than down as we approach the date. Therefore we suggest you book at latest by mid-September.



- Breakfast, lunch, tea time and dinner are included in the rate. All outdoors food and beverages are at your own expense. (Food is very cheap in India, meals can be taken for less than R100 – alcohol is very expensive, also the local wine)
- Local transportation is at your own cost
- Tourism is at your own expense
- Visa application and vaccinations are not included in the price.

Johannesburg participants:

- The balance will be paid in September 2013 to Shakti Yoga Centre: Accommodation, transport fees, are subject to exchange rate and inflation.
- Account details will be given upon confirmation

5. FLIGHTS AND TRAINS

You are solely responsible for your flight booking and payment. Flight are between R7000.00 – R12 000 including taxes depending on the date and route you fly.

We can recommend the following airlines:

Joburg to Mumbai

Ethiopian Airlines: <http://www.ethiopianairlines.com/en/default.aspx>

Emirates: <http://fly4.emirates.com/CAB/IBE/SearchAvailability.aspx>

South African Airlines (fly non-stop): <http://www.flysaa.com/za/en/>

Internal flight: Mumbai- Kerala

There are four airports in Kerala, with flights to domestic and international destinations: Coimbatore Airport, Kochi (Cochin International Airport), Kozhikode (Kozhikode International Airport), and Thiruvananthapuram(Trivandrum) Thiruvananthapuram International Airport (TRV) .

Jet Airways- <http://www.jetairways.com>

Indigo- www.goindigo.in/

Spice - www.spicejet.com/

By train

Indian Railways operates several trains to and from Kerala. More than 300 plus trains connect Kerala to all parts of India, including long-haul direct train services to cities like Delhi and Mumbai. Trivandrum Rajadhani, Ernakulam Durnoto, Kerala Express and Netravati Express are some of the most popular trains connect key cities across India.

Log on to the Indian Railways booking site to book tickets online or you can walk up to any railway station to book tickets between any two destinations in India.

Be aware that trains are the **most popular method of transport** and almost all trains in Kerala originate or terminate in Thiruvananthapuram or Kochi, and are usually heavily booked. Buy your tickets as early as possible. Another option is using Tatkal. You pay almost double, but have a chance of getting a seat. Tatkal is an emergency service, hence its booking is open just 24 hours before departure. Some travel agents have authorized booking quotas for certain trains.



Recently, the luxury tourist train **The Golden Chariot** has introduced a South Indian Rail Tour, which includes many parts of Kerala. This is a good option for those who want to visit the South Indian states on a tight schedule. The train starts from Bangalore and covers Chennai, Pondicherry, Trichy, Madurai, Trivandrum, Alapuzha, Kochi and back to Bangalore. The 7 night/8 day package tour, costs US\$3,000-7,000 depending upon the class taken.

Distance to the Resort:

*Coimbatore Airport - 75 KM

Cochin / Calicut Airport - 125 KM

Palakkad Railway Station – 25 KM

* The closest airport is Coimbatore.

Transport costs:

95 euros from Coimbatore airport (75 km and 80 minutes) max 3 people per AC car.

35 euros from Palakkad train station (25km) max 3 per AC car.

8. ACCOMODATION

CLASSIC VILLA – Slightly larger in space located around the stream flowing in the Resort, a picture of true tranquillity. One is situated in the peaceful lap of nature. The constant murmur of the water flowing helps one relax with all the amenities of a Deluxe Villa. Being a little larger it has a small sit in area in the room and with a little more luxury. The room also is equipped with a refrigerator.

9. RETREAT FACILITIES:

- ❖ Outdoor Yoga Pavilion – capacity of 25
- ❖ Swimming pool
- ❖ Fitness Centre and Gym
- ❖ Tennis courts
- ❖ Library of Yoga and Ayurveda resources
- ❖ Indoor conference hall – capacity of 80 seated, 40 for yoga classes
- ❖ Amphitheater
- ❖ Cyber center
- ❖ PLUS of course: Your own luxury private Villa to relax! (Designed to the Indian equivalent of Feng Shui)
- ❖ Set amongst beautiful Ayurvedic herb gardens and many varieties of rare and healing trees...
- ❖ Ayurvedic nutrition and cookery /Ayurveda training /organic beauty therapy courses on offer



Resort Information:



Kairali Group's signature resort is situated on its many acres of organic farmland just a few kilometres from the world's biggest mountain pass between Kerala and Tamil Nadu. There is no better place to get inside nature and rejuvenate with natural medicine than the sweet scented forests of Kerala's mythological Pala trees. Time spent at this unique jungle paradise will leave you experiencing the height of modern holistic luxury and enjoying India's authentic past.

The Ayurvedic Healing Village remains true to ancient Vedic practices in every respect; from its highly qualified Ayurvedic doctors and renowned health practices to the Vaastu Shastra architecture of its thirty guest villas. A visit to Kairali's luxury Ayurvedic resort will allow you to restore your body and mind by choosing from Kairali's wide selection of ancient Ayurvedic practices. The team at Kairali are ready to provide retreat experiences tailored to your exact needs, and nothing pleases us more than seeing guests solve chronic medical problems after just a few weeks guidance from their world-famous Ayurvedic team.

The true Ayurveda percolated through generations and never lost its originality from one generation to the other. Kairali gave a mortal shape of their experience in the form of its first Ayurvedic center setup at New Delhi and ever since has gone miles with a noble cause to enrich the body, mind and soul of people throughout the world with a holistic touch of Ayurveda.

The overwhelming response to the Kairali Ayurvedic Centre, at Delhi prompted Mr. K. V. Ramesh and Mrs. Gita Ramesh to start an uncompromised Ayurvedic Healing Village.

In a larger and more elaborate way at Palakkad, Kerala, the birth place of Ayurveda, in the south of India; taking people even closer to nature and natural medicine where one can actually recuperate from stress and strain, get treated for one's ailments while on holiday. No wonder then, this is the **WORLD'S FIRST AYURVEDIC HEALTH FARM TO ACHIEVE PERFECT HEALTH.**

KAIRALI – THE AYURVEDIC HEALING VILLAGE IS SITUATED AT PALAKKAD. Palakkad is a land of palm trees and paddy fields. It's known to be rich in flora and fauna. Etymologically Palakkad is derived from the words Pala and Kadu. Pala (*Alstonia Scholaris*) is a tree with sweet scented flowers and Kadu means the forest. Palakkad has probably the biggest mountain pass in the world (30-40 kms) separating the two folds of the Western Ghats on the border of Kerala with Tamil Nadu. It is the chief granary of Kerala, often called Gateway of Kerala. Palakkad is known for its historical background. This district with mountains, forests, fertile valleys, rivers and mountain streams are a beauty worth visiting at least a few times.



Information required by October 1st

Nationality
Mobile/Landline
Email
Names
Age/Gender
Address
City
Country

Visa No: to be sent once received
Valid from
Valid till
Passport No

6. VISA APPLICATION

Visa applications should be submitted **2 months** before departure. This will be done by the participants. We will ask the Ashram for recommendation letters.

Please find all information on the website of the Indian High Commission.

For Johannesburg:

<http://www.indiainsouthafrica.com/visaapplicationformJohannesburg.html>

7. VACINATIONS AND DISEASES

<http://wwwnc.cdc.gov/travel/destinations/india.htm>

8. WHY AYURVEDA

The basic principles of Ayurveda deal with the natural way of living a healthy life. Every human being is a unique combination of the five elements - earth, water, fire, air and space and there are three vital forces of life they are "Vata" meaning ether & air, "Pita" meaning fire and "Kapha" meaning water & earth .

A perfect balance in these vital forces of life results in healthy state of human body which constitutes mind, body and soul.



Ayurvedic therapies are based on the fundamental principles of nature and the medicines & oils used for the therapies are 100% natural and are prepared from herbs, flowers, fruits, barks of tree, milk and minerals.

Ayurvedic products do not contain chemicals or toxic materials.

Kairali - The Ayurvedic Healing Village is set amidst 50 acres of lush greenery in Palakkad, Kerala, is a unique paradise blending the comfort of a Luxury holiday with total health orientation with 30 exclusive villas confronting to "VAASTU SHASTRA", each having a distinctive design blending with its surroundings with herbs and trees which have immense curative & restorative powers. The surroundings can be best described as a 'RETURN TO NATURE'.

Moreover, our resort offers an invigorating pollution-free environment where VEGETARIAN food and ABSTINENCE FROM ALCOHOL AND SMOKING IS PROPAGATED.

Enjoy the healing touch under the Ayurvedic Health & Fitness programmes for weight loss, Arthritis & Spondylitis, Sinusitis & Migraine, Post Pregnancy health, rejuvenation therapy to restore vigour and vitality, remove stress & strain, beauty care & eye care etc.

Herbs and trees matching your birth star are planted around your villa, which have immense curative and restorative powers. Even the fragrant herb-laden breeze is a cure in itself.

The villas are allocated to you on the basis of your birth star. Also peep into your future with our resident astrologer and palmist. 5000 years old proven science of India working wonders on human body signifies the science of life.

9. ATTRACTION IN AND AROUND PALAKKAD

Tippu's Fort (2 km from our resort): In the heart of the town, well preserved fort which dates back to 1766 A.D. was build by Haider Ali of Mysore and renovated by Tippu Sultan. The oldest Hanuman Temple is also situated in the same compound.

Kalpathy Shiva temple (15 Km from our resort): Kalpathy is one of the ancient 'Brahmin Agraharams' in Kerala, located in the heart of the town. 'Ratholsavam' is held during middle of November, a famous festival of Palakkad.

Nelliampathy (60 km Km from our resort): Nestled atop the colossal Western Ghats, with a beauty of its own, is the cool hills of Nelliampathy. Owing to its beautiful misty mountains Nelliampathy is also known as the 'Queen of the Palakkad hills'. These hills comprise a chain of ridges that are interspersed with valleys of orange plantations and evergreen forests. A dozen hair pin bends bordered with numerous waterfalls by the roadside will provide you unforgettable experience. Nelliampathy is well-known for its tea and coffee plantations and the excellent weather condition. Exquisite fauna is another characteristic of Nelliampathy hills. The revitalizing climate and emerald magic of nature presents an exhilarating experience to every tourist who visits the place. This fascinating hill country is any trekker's favorite destination.

Kanjirapuzha Dam & Garden (40 km from our resort) Kanjirapuzha Dam is situated in Palakkad District of Kerala. This fascinating dam, surrounded by hills. The water spread of the dam lies in a single stretch. An evergreen forest named Vettilachola is immediately beyond the reservoir. Three islands in the reservoir gain a special attraction. These islands are abundant with marine life including commercial varieties grown by the fisheries department.



Attappadi (Mountain Valley)(80 km from our resort): Attappadi is an extensive mountain valley at the headwaters of the Bhavani River nestled below the Nilgiri Hills of the Western Ghats. It is bordered to the east by Coimbatore district in Tamilnadu, on the north by the Nilgiris, south by the Palghat taluk and on the west by Karimba, Pottassery and Mannarghat revenue villages of Mannarghat taluk of the Palghat District and Ernad taluk of the Malappuram district.

The abstract of the census of wild life conducted in 1993: Loin tailed macaque: 1,960 | Bonnet masque: 4,860 | Nilgiri Langur: 2,987 | Common Langur: 4,296 | Elephant: 175 | Sambar:

Parambikulam Wild Life Sanctuary (110 km from our resort): The Palakkad Parambikulam wildlife sanctuary is spread over an area of 285 square kilometers over the lush green Anna Malai hills. The undulating landscape of the sanctuary provides the perfect set up for a wildlife sanctuary to thrive in its fullest. Several rivers drain the rocky terrain also lending a mystical touch to the sanctuary. The Kerala Parambikulam national park has a thick cover of bamboo, rosewood and sandalwood trees along with varied wildlife that include species of wild animals like leopards, wild dogs, sloths, crocodiles, civet, tigers, elephants, wild boar, barking deer, spotted deer, monkeys, langurs, porcupines and macaques etc thus giving it the complete essence of a natural forest.

Rock Garden (15 Km from our resort): These are unique style of sculptures created using varieties of rocks. Designed by the world famous folk artist, Sir Nek Chand Saini of Chandigadh, the Rock Garden in Kerala is a place of beauty, with paths, mosaics, and sculpture – all made of recycled materials, such as broken crockery, glass and stone. There is landscaped area with these sculptures inside the rock garden. A truly creative piece of work which is rare to find in the region.

Thiruvallathoor (10 km from Resort): It is a place of historical importance. The place houses an ancient temple. The carving made on the wood and the sculptural works on the stone are noted for their antiqueness.

Dhoni (15 km from our resort): Dhoni is a hilly place covered with thick reserve forest. It has a splendid waterfall which can be reached after a long climb of 3 hrs from the base of the Dhoni Hills. Dhoni, is famous for farmhouse sheltering hundreds of cattle of Swiss variety. Dhoni is an ideal place for trekking.

Lakkidi (30 km from our resort): Killikkurissimangalam at Lakkidi is the birth place of Kunchan Nambiar, the 18 th century satirist and exponent of the Tullal (Classical art form). The poet's house has been preserved as a monument by the state government. Lakkidi lies on the banks of the Bhatathpuzha River. Sri Vilwadrinatha Temple (at Tiruvilvarnala). While located in the neighbouring Thrissur Disttict. Is just on the other side of the river.

Meenkara (32 km from our Resort): Meenkara is a tourist destination located in Palakkad District of Kerala. The prime attraction is the meenkara Dam constructed across the Meenkara River – a Sub Tributary of Gayathripuzha, which flows into the Bharatapuzha. A garden and a fish farm add beauty to this place. Meenkara is an ideal picnic spot for one day picnickers.

Thrithala (75 km from our Resort): This place is noted for its monuments and historic ruins of mud fort near Thrithala on the Chalissery road are notable cultural monuments. The Kattilamadam Temple, a small granite Budhist monument on the Pattambl Guruvayoor road, is of great archaeological importance. It is believed to date back to 9th /10th century AD. The Paakkanaar memorial, honouring the Pariah saint, stands near Thrithala Koottanad road. This is also the native place of renowned writer and social reformer, V. T. Bhattathiripad.

Thenari (10 Km from our resort) : It is a natural spring in front of the old Shri Ram Temple in Palakkad. The water is as pure and sacred as the holy river Ganges. Tradition recounts that on exile, Lord Ram and Sita were at this place. Sita felt thirsty with no water nearby; seeing this Ram shot an arrow into the ground, from where a spring rose to quench Sita's thirst.

Jain Temple of Jainimedu (10 Km from our resort): It was built by one Sutar (head of the Jains), who came here from Mysore during the invasion of Tipu Sultan. This history dates back 500 years. Situated on the western suburbs of



Palakkad town, not far from Railway station, this historic 32 feet long, 20 ft. wide granite temple displays images of the Jain Thirthankaras and Yakshinis. The region around the temple, known as Jainimedu, is one of the few places in Kerala where the vestiges of Jainism have survived. It is at a Jain house here that poet Kumaranasan wrote his monumental poem Veenapoovu (The fallen flower).

Thiruvegappura Sankaranarayana Temple (25 Km from our resort): This Temple, built around the 14 th century, is located at Thiruvegappura in Palakkad District of Kerala. It is on the banks of the Thutha River, a branch of the Bharathapuzha. This ancient temple is dedicated to Sankaranarayana, a unique combination constituted on one half by Lord Shiva and by Lord Vishnu on the other. There is a koothambalam, which dates back to the 15 th or 16 th century. The temple is noted for its historical wall scriptures.

10 . MORE USEFUL WEBSITES

<http://www.shaktiyoga.co.za>

<http://www.ayurvedichealingvillage.com>

<http://www.kairali.com>

<http://www.kairaliyoga.com>

Flights:

<http://www.kayak.com>

<http://www.travelstart.co.za>

TERMS & CONDITIONS:

1. The Rates are for the Group only and are inclusive of Government Taxes
2. 50% Deposit required to secure your booking.
3. For online credit card payment the full amount must be paid.
4. Full payment required **3 months before retreat date** – the 27th August 2013 (arrival date 27th November 2013 at the retreat).
5. Cancellations:
 - 30 days before Arrival Date - 100% Refund,**
 - 15 days before Arrival Date - 50% Refund,**
 - Less than 5 days before Arrival Date / Change in Schedule during the stay - No Refund.**
6. Telephone calls, Internet, Personal laundry, and other additional service requested will be charged extra.
7. Payment can be made via Credit Card online www.ayurvedichealingvillage.com