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The India Summer Days workshop program is all about Ayurveda and yoga

The first three-day workshop program / Visitors can learn about Ayurvedic cooking

On July 14th and 15th, 2018, the India Summer Days will open their doors in Karlsruhe under the motto “Baden-Württemberg meets Maharashtra”. The event will transform the Günther-Klotz-Anlage into a colorful Indian village. In addition to an Indian bazaar, Indian delicacies, a stage for live performances as well as many other cultural offerings, visitors will be able to book workshops on Ayurveda and yoga.

Visitors can look forward to workshops covering topics such as the Ayurvedic care of the five sensory organs. We communicate with the world through our five senses – we experience sight through our eyes, smell through our nose, sound through our ears, taste through our tongue, and touch through our skin. Ayurvedic methods can help us perceive our environment better with heightened senses. All workshops are led by Ayurvedic doctors and nutrition experts from India. The same applies to meditation sessions that incorporate the healing power of music and mantras. Ayurveda expert and Shriguru Balaji També will introduce participants to the Indian science of healing by means of music and mantras. His meditation method has helped many people overcome all kinds of problems.

Aside from the workshop program, visitors also can also book an appointment for a pulse diagnosis as well as an Ayurvedic back and neck, hand, or foot massage (15 minutes each) with a kasya bowl between 10 a.m. and 8 p.m. Fans of Ayurvedic cuisine will also get their fill by reserving their spot at a cooking demonstration or tasting sessions. Here, they can join nutrition experts at the stove and to experience their process as closely as possible.

Due to the high demand, this year the workshop program will take place over three days for the first time. All sessions offered in the comprehensive workshop program can be booked online at www.indiasummerdays.de. The website also provides detailed information on the individual workshop topics.

On July 14th and 15th, 2018, the India Summer Days will open their doors in Karlsruhe under the motto “Baden-Württemberg meets Maharashtra”. The event will focus on Maharashtra in the heart of India, the state of Baden-Württemberg’s partner region with which Karlsruhe has had a close connection for years. The India Summer Days are taking place under the patronage of Minister President Winfried Kretschmann.