



WELCOME TO OUR
Newsletter

NAMASKAR, HOW ARE YOU?

What you will find inside:

- Detox retreat in Kislovodsk, Russia
- Online detox Brazil
- Medical Camp Ananda Nagar
- Quote from Baba
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- Recipe rejuvelac



Discover more on our website:

WWW.AMYOGANATUROPATHY.ORG



BABA NAM KEVALAM

Love is all there is



DETOX KISLOVODSK

1 2 - 1 7 D E C E M B E R 2 0 2 5

From December 12–17, 2025, another beautiful detox retreat took place in Kislovodsk, guided by Ishvarii, Madhupriya, and Mahesvarii.

The program unfolded gently, beginning with a day of smoothies, followed by two days of juices, and then slowly returning back to fruits and vegetables.



The days were filled with walks, lectures on naturopathy, painting sessions, natural therapies, asanas, kiirtan, and meditation.

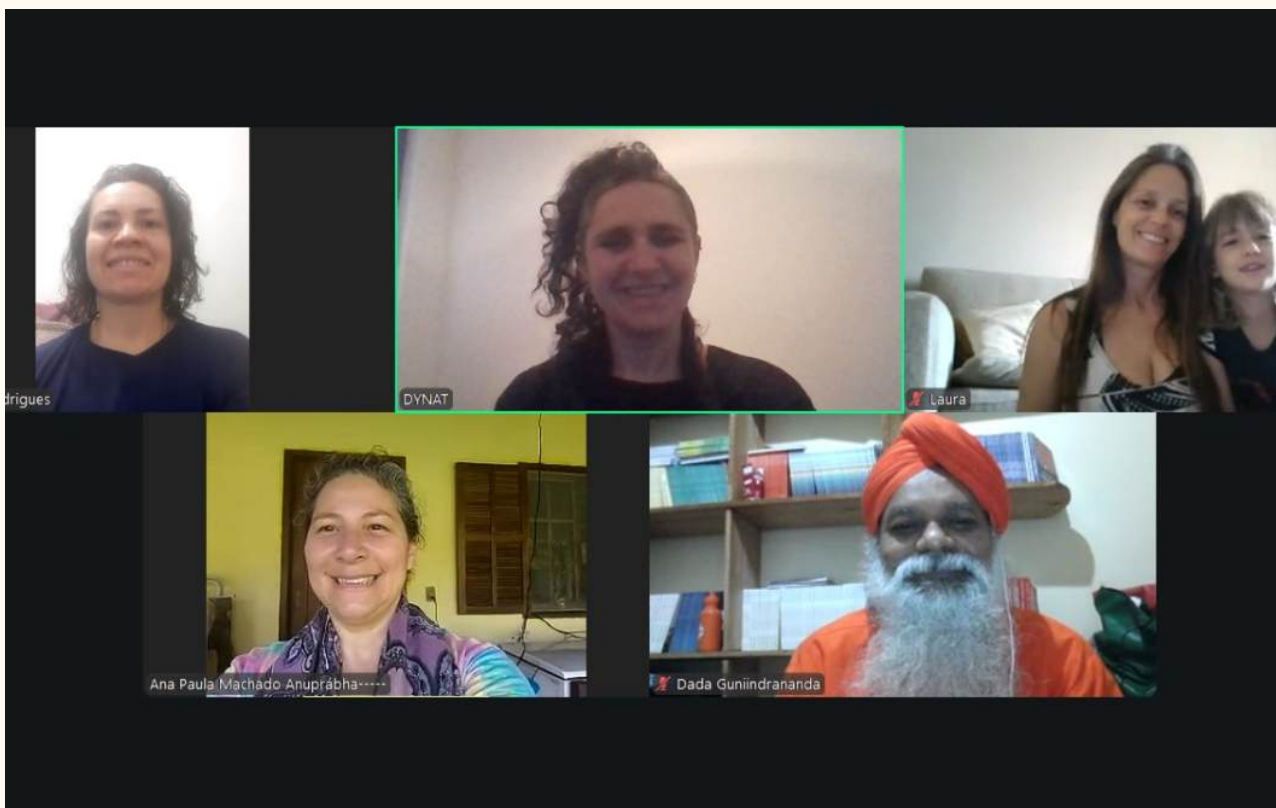
The retreat was warmly received, and everyone left feeling light, clear, and nourished.



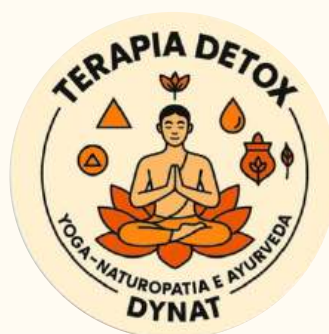
5 DAYS ONLINE DETOX

D Y N A T B R A Z I L

A 5-Day Online Detox Program was held by Sister Indira and Dada Guniindrananda, featuring 7 yoga-naturopathy sessions designed to help participants go more in depth into the practices. Participants received monitoring and support via WhatsApp during the program.



Participants were very happy about the experience!



Testimonials:

(...) Before the detox I had swelling in my legs and abdomen, fluid retention, and I felt very tired. After the detox I had greater vitality, I weighed 66 kg and after the detox I weighed 60 kg (...) Whoever has the opportunity to do the next detox online or in person shouldn't miss it, because it's a change that's not only physical, but also mental and spiritual (...)

Nadirene from Campo Magro, Paraná, Brazil.

(...) For me it was very rewarding, very surprising, because I didn't imagine how I would go through this detox process so well, because I had never done it in my life (...) it was very beautiful to follow the feedback that my body gave me at each stage (...) and I felt my body getting lighter and lighter, my mind becoming more and more serene (...)

Laura from Pelotas, Rio Grande do Sul, Brazil.



MEDICAL CAMP ANANDA NAGAR

D E C E M B E R 2 0 2 5



Our team in Ananda Nagar organized a free medical camp where the benefits of a healthy diet were explained, and a nutritious meal were distributed to all participants. Ayurvedic and Microvita medicines were also provided free of charge to villagers during consultations with Nirainjan.

During this camp, the team successfully reached new people from the villages of Chitmu and Guridih, and several participants expressed interest in visiting the wellness center.



QUOTE

“Whatever you speak or do, forget Him never. Keeping His name in your heart, work, remembering it is for Him, and endlessly active, drift in bliss.”

— Shrii Shrii Ánandamúrti



DETOX WEEKEND RETREAT IN ALBANIA

A detox weekend retreat in Albania welcomed eight participants, who completed a guided juice fast alongside therapies such as a neem mask.

The program also included a creative writing workshop, adding a reflective element to the experience.



Detox weekend retreat Albania



Sharing a lovely brunch on the Sunday



Neem mask and meditation in beautiful surroundings

4-DAY JUICE FAST IN CYPRUS

A four-day juice fast was held in Cyprus under the guidance of Didi Ananda Tapomaya.



NATUROPATHIC TREATMENT AND CHILDREN'S YOGA AT ANANDAM

At ANANDAM in Dumuriput, Koraput, Odisha, India, patients suffering from IBS are receiving support through food nutrition therapy and naturopathy Panchakarma detox at the ANANDAM Health Recovery Retreat Center.

ANANDAM successfully completed 3 IBS patients recovery as per modern diagnostic protocols this quarter.

The center also reports that ANANDAM Kids are practicing morning yoga asanas for good health.

— Dr. Syamasundar



YOGA-NATUROPATHY PROGRAMS IN DURBAN

J A N U A R Y 2 0 2 6

In Durban now Ananda Marga is working hand-in-hand with the Yogam Yoga organization, especially teaching meditation and naturopathy. There's a good flow here, increasingly stronger.



Together we held 2 major programs, conducted by brother Diipak and Dada Dharmavedananda:

- Weekend yoga retreat with 45 people at the Buddhist Retreat Center, including naturopathy workshop and mud packs.
- 7 day offline-online yoga-detox with 85 people, including 3 days liquid fasting, and 4 days of graduated fasting. Included also daily classes, meditation, asanas, physical therapies and round-the-clock supervision.



They are all applying mud packs, which you can see on their faces and arms.



Here are some of the mud packs individually handed out.



What participants shared after the program:

«I really learnt a lot and maintained my fast.»

«I lost 4 kg.»

«I never felt tired and the sharpness was amazing.»

«I was getting up fresh with vitality.»

«This has been life changing for me.»

«My high sugar level went way down, even while eating sweet fruits!»

RECIPE REJUVELAC

Probiotic Drink: Supports gut health and digestion

What you need

- Cabbage
- Blender
- Glass jar
- Cheesecloth or clean cloth
- Water

How to make it

Step 1 – Prepare cabbage

- Chop cabbage into small pieces
- 3 cups cabbage = 1 cup water

Step 2 – Blend

- Blend on low speed for a few seconds
- Then blend on high speed for less than 30 seconds

Step 3 – Ferment

- Pour mixture into a glass jar
- Cover with a cloth
- Leave at room temperature:
 - Cool countries: 2–3 days
 - Warm climates: About 24 hours

Step 4 – Strain and store

- Strain liquid using cheesecloth
- Pour liquid into a clean glass jar
- Store in the refrigerator

How to use

- Drink 3 tablespoons to ½ cup before meals.
- Best taken a few minutes before eating.
- Taking it after meals is okay, but slightly less effective.





Want to see how to prepare it?

Check out our YouTube channel: [@amyoganaturopathy](#)

THANK YOU FOR BEING A PART OF OUR
MOVEMENT



BABA NAM KEVALAM

Love is all there is

Scan the QR codes to connect with us across our channels:

