

Holistic Village/Oasis for Art & Healing

Summary

The aim is to create a model holistic village/oasis for art and healing where visitors can come and stay for as long as they desire and return to their daily life having discovered true joy through a more simple, natural and holistic way of life. Aesthetically pleasing. Vibrant Energy. Natural Surroundings.

Promise:

- The highest standards of knowledge in each area (authentic offerings, ongoing research)
- Customized treatment for each individual (initial, daily and end lifestyle consultation)
- Feel of an Indian village with modern facilities (philosophy, architecture, art, lifestyle, décor, etc)

Services:

- Ayurveda
 - Consultation
 - Panchakarma Treatment
 - Dietary and Medical Treatment
- Yoga
 - Hatha Yoga
 - Meditation
 - Pranayama
 - Jnana Yoga
- Therapy through Art
 - Vedic Chanting
 - Music, Dance, Painting
- Lifestyle – assess individual’s priorities in life. Then assess how much their current life is in line with that and with our philosophy/system
 - Environment – Vaasthu home, natural surroundings, peaceful
 - Social habits – solitude, community, silence
 - Career – dreams, goals, passions
 - Relationships – family, friends, soulmate
 - Personality – unproductive traits, positive thinking
 - Habits – daily routine, hygiene, diet, dress
- Therapy through Energy Healing – Pranashakti/Pranic Healing
- Group Therapy/Counseling

Vision

The goal is to create a village/oasis where people can come to learn, share, heal and be. Deriving inspiration from Kalakshetra Foundation--Chennai, India, Patanjali Yog Peeth, the Sivananda Ashrams and the concept of sustainable, intentional living in ecovillages , the center will be set within natural, peaceful surroundings, emphasizing simple, holistic living and spirituality, rich in lofty thinking and artistic expression.

Method

This will be done by 1) teaching contemplative practices in a non-commercial yet systematic way where the *essence* of the practice is maintained as the element of greatest importance and by 2) offering healing through natural medicine such as Ayurveda and Naturopathy.

Contemplative Practices

Examples of the contemplative practices to be taught include Yoga, Meditation, Silence, Martial Arts, Positive thinking, Prayer, Contemplative Arts (Dance, Music & Painting) and others.

Contemplative Art

Contemplative arts allow us to explore and express our spirit in creative, joyful ways, thus quietening our logical, verbal selves and opening up our imaginative, intuitive, subtler selves. It allows us another, often more accessible, medium in which to reconnect to ourselves and to each other. Contemplative arts refers to art that is seen/approached as a contemplative practice: *“If we truly understand art, and if we truly combine the arts, so that art is a divine thing, then truly compassion will come into the world.”* –Srimati Rukmini Devi

Healing

By acting with the laws of nature, the body heals itself. No drug or doctor has actually healed anyone; they can only assist and only if they work in harmony with the laws of Nature. Ancient healing methods, such as Ayurveda and Naturopathy, as well as spiritual healing techniques, such as Pranic Healing and Reiki, will be used to heal individuals physically, mentally, and emotionally.

Description of Physical Space

Location

- Five acres of land
- Within an hours drive of Washington, D.C. or New York City
- Easily accessible

Structures

- Simple
- Aesthetically pleasing
- According to Vaasthu Shastra (ancient Indian science of space & architecture).
- Natural Ventilation & Lighting
- Solar and Wind Energy
- Socially Cohesive
- Traditional and Modern Architecture
- Using natural, local materials (mud, clay, stone, bamboo, sand, straw, wood etc)
- Blends in naturally with the environment
- Integrates nature into the building (courtyards, large windows, etc)
- Kept as small as possible while meeting the needs
- Meets philosophical goals, not only a practical, functional building

Landscape

- Keeping as much undeveloped space as possible
- Courtyards and Pathways connecting structures
- Less manicured, but well maintained

Units

- Reception Area - close to Boutique & Pharmacy
- Main Hall (for guest lectures, performances, yoga classes)
- Medical Hall (for ayurvedic or naturopathic consultation & treatment)
 - Consultation room
 - Panchakarma & Nature Cure Treatment rooms for each treatment (massage, steam, etc) separate for ladies & men
- Institute & Research Center
- Art Room (dance, music and painting classes)
- Residences
 - Simple rooms w/common living area
 - Courtyard in the middle
- Kitchen & Dining Hall built near each other
- Boutique & Pharmacy built near each other
- Herbal Garden / Nursery

Reference Places in the U.S

Ecovillages & Intentional Living Communities (DC Metro area)

- EcoVillage of Loudoun County, Virginia
 - <http://www.ecovil.com/>
 - 12606 Trillium Glen Lane Lovettsville, VA 540-822-9449
- Twin Oaks Intentional Community
 - <http://www.twinoaks.org/>
 - 138 Twin Oaks Rd #W Louisa, VA 540-894-5126
- The Quarries
 - <http://www.thequarries.com>
 - PO Box 75 Schuyler, VA 22969
- Blue Ridge Ecovillage
 - Lynchburg, VA
- Oak Grove
 - 16170 Mountain Orchard Ln Round Hill, Virginia
- Earthaven
 - <http://www.earthaven.org>
 - Black Mountain, NC
- Chrysalis Community
 - <http://www.chrysalis-va.org/>
 - Arlington, VA

Ayurvedic Centers (Nationwide)

- Dr. Scott Gerson – NIAM – National Institute of Ayurvedic Medicine - <http://www.niam.com>
- Dr. David Frawley <http://www.vedanet.com/>
- NCCAM – The National Center for Complimentary and Alternative Medicine <http://nccam.nih.gov/>
- The Richard & Hinda Rosenthal Center for Complimentary & Alternative Medicine <http://www.rosenthal.hs.columbia.edu/>
- The Chopra Center – <http://www.chopra.com>
- Kripalu (MA) <http://www.kripalu.com>

Reference Places in India

Ayurvedic Centers

- Foundation for the Revitalisation of Local Health Traditions (FRLHT) - <http://www.frlht.org>
- Swami Ramdev's Patanjali Yog Peeth

Ashrams

- Art of Living
- Isha Foundation

Ayurvedic Spas

- Ananda Spa - Rishikesh
- Golden Palms Spa and Resorts - Bangalore
- Angsana Spa – Bangalore

Ayurvedic Resorts

- Kovalam- Soomatheeram Beach Resort, Manaltheeram Health Resort, Hotel Swagath Holiday
- Kollam - Hotel Aquaserene
- Udaipur - Fort Palace Devigarh
- Kumarakom - Kumarakom Lake Resort
- Munnar - Club Mahindra Lakeview Resort
- Goa - Taj Holiday Village, Marriott Resort
- Kochi - Taj Malabar