



1-month Internship

at Sitaram Beach Retreat with Dr Vignesh Devraj

Enrolling on the mastermind course gives you the opportunity for an internship with Dr Vignesh Devraj and the team in his award-winning Ayurveda clinic in Kerala, India. As a centre where guests from around the world visit for authentic and holistic Ayurveda healing, your time there would help you in getting hands-on experience and supplement the online learning.

What will be the focus during the Internship?

During the 1-month internship, the following will be the key takeaways:

- Diagnosis and consultation with patients
- Hands-on experience in all Panchakarma therapies*
- Learning the key Marma points
- Preparing important Ayurvedic formulations
- Preparation for Ayurveda therapies
- Learning about the herbs and minerals widely used in Ayurveda
- Learning the art of Ayurveda therapies*
- Pain management
- Pulse reading
- Basics of Ayurveda cooking with the Ayurveda chef
- Visiting the state of art Sitaram Ayurveda manufacturing facility to witness the preparation of Ayurvedic medicines.

Inclusions

1. All course materials
2. Training fees
3. Herbs and consumables during the course
4. Stay in Sitaram Beach Retreat as per the chosen room
5. Easy to digest preset Ayurveda meals during the internship.
6. Visit to the Sitaram Ayurveda factory.

Exclusions

1. Travel to and from Sitaram Beach Retreat
2. Personal laundry
3. Sightseeing or other transportation.

Terms and conditions

1. The internship is valid for 2 years.
2. Internship would be done in batches starting in July, August and September 2022.
3. Training fees are included in the mastermind package.
4. Accommodation would be in Luxury stone cottages at Sitaram Beach Retreat.
5. Easy to digest preset Ayurveda meals during the internship.
6. Access to the amenities of Sitaram Beach Retreat
7. Access to the group yoga sessions and activities at Sitaram Beach Retreat

Single Occupancy - 60 USD per night.

Twin Occupancy - 35 USD per night , based on availability of another person for twin sharing.

A typical day during an internship at Sitaram Beach Retreat

6:30 am	Wake up
6.30am - 7.30am	Yoga session
7.30am - 9.00am	Breakfast and freshen up
9.00am - 12.30pm	Consultation sessions, training sessions, therapy sessions, cooking sessions
12.30pm - 2.00pm	Lunch break
2.00pm - 5.00pm	Consultation sessions, training sessions, therapy sessions, cooking sessions
5.00pm - 7.00pm	Yoga session and sunset
7.00pm - 8.00pm	Dinner
8.00pm - 10.00pm	Time for self
10.00 pm	Lights off

Accomodation @ Sitaram Beach Retreat



Sitaram Beach Retreat



The Sitaram Beach Retreat is situated in Thalikulam village in Thrissur District in the Central part of Kerala. It is easily accessible.

Nearest Airport:

Cochin International Airport (COK)- 62Kms (A drive time of approximately 1 hour and 45 mins by road)

Nearest Railway Station:

Thrissur(TSR) - 25Kms (A drive time of approximately 45 mins by road)