



## About the dhyana Center

The dhyana Center was born from a desire to educate each individual about how the body functions and that there is an innate healing ability within all of us. By recognizing elemental theory (hot, cold, wet, dry), we can achieve better balance by understanding our symptoms emotionally and physically. The better we become at recognizing what the symptoms are telling us, the more we can address the issue. At that point, knowing which tools (food, herbs, treatments, etc.) to utilize for change becomes the key.

Comprised of highly skilled practitioners using a full range of innovative methods and techniques, the dhyana Center is committed to providing a comfortable and educational atmosphere where everyone has the opportunity to heal, learn, and grow at their own pace. The center is nestled in a beautiful retreat-like setting in Sonoma County, California. You may call us at any time if you have questions or would like to make an appointment. We can accommodate overnight stays if you are coming from out of town.

## Pancha Karma Treatments

*Snehana- nourishing and honoring the mind and body*

### Marma Chikitsa

Full- body, tandem massage (with 2 practitioners) utilizing Marma points (acupressure), lymph drainage, hot compresses and medicated oils.

### Bastis

Cleansing and Nourishing the spine, eyes, chakras, & organs

### Nasya

Oilination of ears & nose

### Shirodara

Head oil therapies

### Virechana

Purgation- teas

### Swedana

Sweating techniques

### Fomentation

Blood building, exfoliating & invigorating

### Moxabustion

**Cupping, Hot Rocks, and Hot Compresses**

## The Pancha Karma Experience

Once you arrive, you will be working with two PK Specialists each day. From morning to evening, the dhyana Center's PK practitioners will be preparing and administering all treatments and routines according to the status of your body for that day. All of your meals are organic, from the center's garden whenever possible, and personally prepared for you each day. We consider your Pancha Karma to be your sacred transformational journey. Our PK Practitioners dedicate the entire session to your process. Please note that throughout each day, all goods, treatments, teas, and formulas are customized for you and your specific needs. The dhyana Center uses no synthetic perfumes, preservatives or premade products. At the end of the Pancha Karma session, you will receive a notebook that contains all of the treatments applied, food recipes, recommended treatment routines for the future, and an individualized nutritional guide. Our commitment during PK is to share the system of Ayurveda in such a way that you become educated about how your body functions, responds to your environment, and that you are empowered with tools to manage your own health.

## The Daily Schedule

### Morning- 9am

#### Breakfast & Tea

#### Pulse Assessment

Practitioners will assess your pulse, tongue and symptoms. This is when we determine which systems of the body need to be addressed and how. Then we explore any emotional aspects that may be related to your physical condition. From this assessment, we determine the treatment schedule and set our intention for the day.

### 10-10:30- Steam Inhalation and Bath

### 10:30am- 1pm

#### Treatment Therapies

There are numerous treatments to choose from, each prepared with customized herbal and/or clinical essential oil recipes designed to activate, nourish or cleanse depending on your needs.

### 1-2pm

#### Lunch

All meals are made with local organic produce. Everything is made fresh and each ingredient is chosen in consideration of your needs during PK.

### Afternoon

Our staff will prepare an afternoon routine based on self care that includes an enema, breathing, yoga, and/or meditation exercises.

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### Accommodations

Accommodations are available. Please contact the dhyana Center for more information.

The dhyana Center requires a 50% non-refundable deposit which is due on the day appointment is booked. For additional payment information, please inquire at the dhyana Center's office at (707) 823. 8818.

*Pancha Karma Retreats  
Tailored to your specific needs.*



**DeAnna Batdorff**, founder of the dhyana Center, is an Ayurvedic Practitioner, Massage Therapist, Clinical Aromatherapist, and Nutritionist. She has over 22 years of clinical experience in Therapeutic Massage, Estiology, Herbalogy, Aromatherapy, Tibetan & Ayurvedic Medicine, Childbirth Support, Auto-Immune Conditions and Whole Food Nutrition. DeAnna lovingly credits her many teachers that have guided her on her path. They include: Michael Tierra, Marcel Lavabre, Dr. Lopsang Rapgay, Swami Niranjananda Paramahansa, and Dr. Vasant Lad. DeAnna's vision is to create a harmony between the traditional Medical sciences of the East & the desire to thrive within our lifestyles in the West.

The dhyana Center and its practitioners stress that in the case of ill health, pregnancy, and other serious health conditions, a licensed medical practitioner should be consulted prior to using any product sold by dhyana Therapeutics. Our product information and descriptions of Ayurvedic medicine are in no way intended as a medical claim to cure, treat, or prevent any situation.

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Ayurveda  
Elemental Theory  
Aromatherapy

*Pancha Karma Retreat*

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