

# Sahasi Breast Care<sup>®</sup>

self breast care retreat  
with Dr. Taruna Sanjivani  
creator of Sahasi Foundation, Nagpur, India

**15. - 21. August 2024**

in Melide (Lugano), Ticino



healthy & beautiful  
breasts



self care • meditation • yoga • detox food •  
house with lakeview • terrace to relax •  
swimming pool • refreshing swim in the lake •  
**...time to enjoy!**



**a truly  
rejuvenating  
women's  
holiday...**



# what it is about

- According to Ayurveda, breasts are the sources of positivity, joy, self nurturing and creativity. Therefore it is essential for every woman to take care of her breasts. By using simple scientific techniques, we can live a healthy and joyful life.



- We naturally are gifted in our system with points which when gently stimulated and worked upon bring bliss, silence and deep relaxation.
- With this massage we help to release toxins and improve the lymphatic drainage and blood circulation of the breast tissue. It supports the regulation of the hormonal and reproductive system.
- Beneficial for all women, for women with menstrual or menopausal issues and very helpful for rehabilitation for women who have undergone surgery or therapy for breast cancer.
- We will learn specific vital energy points, simple self massage strokes, specific simple yoga exercises and meditation techniques.

## booking & questions

Vivek Valérie Sauvin  
+41 79 510 03 34  
vivek@magnoliabreastcare.ch

Price: 1'800.- CHF

- small and intimate group of 2-3 women with one to one personal guidance.
- Price Includes course, food, manual, massage oil, snacks & tea.

We can provide a receipt for education purpose for tax deduction.

The course will be in english language.



Dr. Taruna Sanjivani



Vivek Valérie Sauvin



**location:** 6815 Melide (Ticino), Via Cantine di Cima 34.

**course timings:** 07:00 - 14:00

Afternoons are free. There are beautiful options for excursions, walks in nature, ship tours in the surroundings for those who like.

**food:**

3 meals a day following a specific detox diet which is free of gluten, sugar and dairy.

**accommodation:**

- Shared room in house (2/3 people per room): 400.- / week  
Arrival is possible from Wednesday 14.8. evening.

Please note that it is a full comprehensive program and it needs our sincere commitment.