# Reset 2026: Goa

With

## Dr. Vignesh Devraj MD (AY)

**Dec 22 – Jan 5**

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ayurveda experience

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THE POSTCARD
OLD GOA

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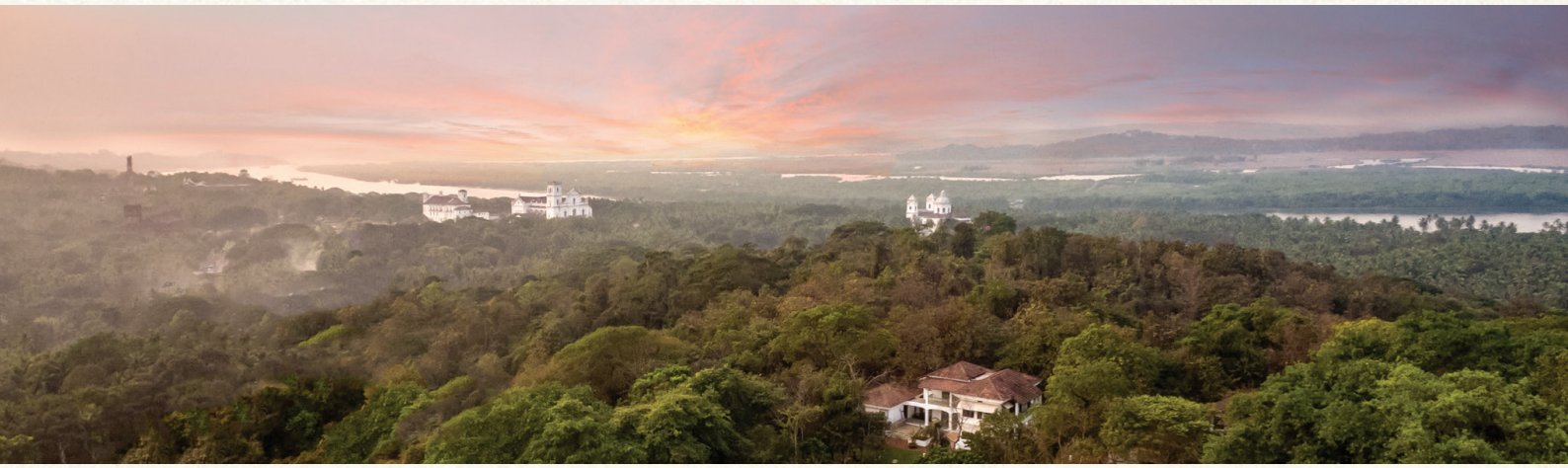


In every great story, there is a moment when the hero steps away, into silence, into nature, into a space where they can see themselves clearly again. They train, they reflect, they heal. And when they return, people look at them and say, "You look transformed. What changed?"

That moment of inner renewal is the inspiration behind **Reset 2026 Goa.**

Life can be hard and heavy. You keep going, but your mind feels scattered. Sleep becomes disturbed. The body aches in ways you can't explain. This is when you know you need a reset, but you just don't know where to begin.

If this resonates with you, I invite you to join me for a ***two-week immersive retreat*** at our six-room Ayurveda clinic in Old Goa, nestled inside a serene forest reserve. It is a beautiful, luxurious stay with complete medical attention and deep personal care.

### Reset 2026 Goa

A two-week medical and guided program that helps your system return to balance.

## Who this is for

This program is designed for:

- Entrepreneurs handling high workloads
- Founders showing burnout signals
- Executives with disrupted sleep and decision fatigue
- Frequent travellers with gut issues from long-term pressure
- High performers who feel stuck despite visible success

If this sounds like you, this retreat will help you regain clarity and strength.

## What happens inside the program

- Daily one-on-one medical guidance with me
- Panchakarma therapies tailored to your condition
- Reset of your circadian rhythm and sleep cycle
- Daily yoga, pranayama and meditation
- Workshops with me on stress, habits and emotional balance
- Structured routines that rebuild your system
- A clear follow-up plan after you return home

## Where you stay

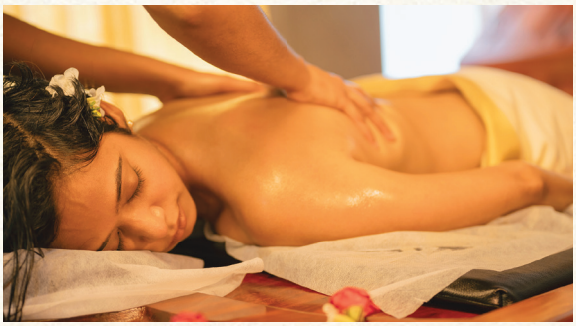
A six-room Ayurvedic clinic inside a protected forest reserve in Old Goa.

Quiet. Private. Designed for deep healing.

**Four rooms are taken. Two remain.**

## What you will experience in 14 days

- ✓ Better sleep
- ✓ Steady digestion
- ✓ Calmer nervous system
- ✓ Higher energy
- ✓ Less anxiety and irritability
- ✓ Clearer mind
- ✓ More stable moods
- ✓ A sense of direction



## Why this model works

High performers recover best with structure and precision. This retreat removes noise, overstimulation and decision overload. Your body receives medical support. Your mind slows down and your habits shift naturally

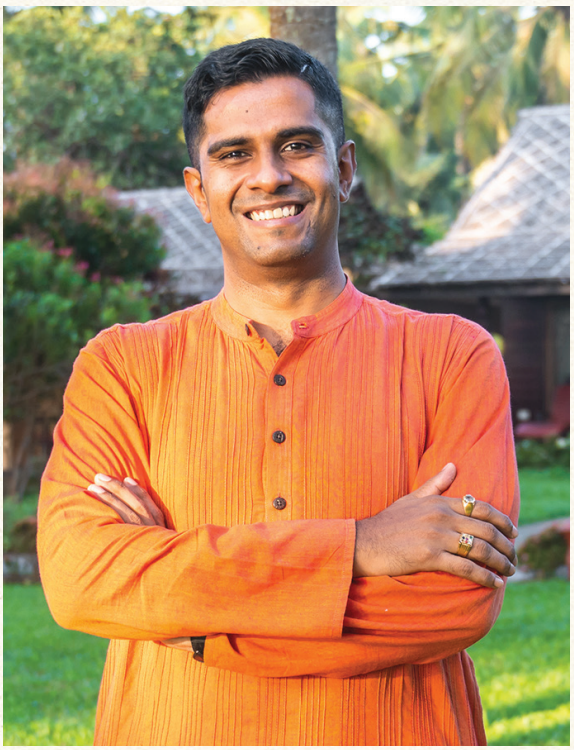
## What makes this retreat different

- ✓ Only six rooms
- ✓ Four doctors on site
- ✓ High doctor-to-guest and therapist-to-guest ratio
- ✓ Serious medical precision
- ✓ Everything is designed for healing, not entertainment

## What guests often report

Better sleep, improved digestion, higher productivity, stable moods, reduced cravings, better energy and a clear sense of direction when they return home.

*This is not a resort.*
*This is a recalibration center for people invested in improving themselves.*



# Reset 2026: Goa

**A Two-Week Immersive Healing Experience with Dr. Vignesh Devraj MD (Ay)**

If something within you whispers, ***"I need this,"*** connect with us.
I'll personally connect with you, understand your goals, and let's see if this program is the right fit.

Let's begin 2026 with clarity, strength, and emotional balance.

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