

Kundalini Yoga & Ayurvedic Retreat

with Kathryn McCusker from KMYOGA in Kerala, India

5 - 15 September 2015

Your journey includes ...

- ◆ *10 nights accommodation in delightful cottages set in secluded tropical gardens, with a choice of 3 categories - Standard, Special or Kerala Standard*

<i>10 nights</i>	<i>Standard cottage</i>	<i>Special cottage</i>	<i>Kerala Standard</i>
<i>Double/twin</i>	<i>\$2420 per person</i>	<i>\$2650 per person</i>	<i>\$2890 per person</i>
<i>Single</i>	<i>\$2690</i>	<i>\$3100</i>	<i>\$3520</i>

- ◆ *Individual Consultation on arrival with your Ayurvedic Practitioner to guide and monitor your personalised rejuvenation and healing program, with daily consultation whilst at the retreat*
- ◆ *Ayurvedic Rejuvenation Therapy treatments and body massages for over 1.5 hours per day for the duration of your stay on your personalised treatment program*
- ◆ *One on One Consultation with Kathryn to set your intentions and goals for the retreat*
- ◆ *Morning and evening Kundalini Yoga & Meditation sessions with Kathryn focussing on a journey through the Chakras to cleanse and rejuvenate your mind, body & spirit*
- ◆ *All Ayurvedic gourmet vegetarian meals are included. Your personalised menu is tailored to your individual body type for maximum rejuvenation & revitalising benefits*
- ◆ *Unlimited fresh juices, teas, beverages included*
- ◆ *All vitamins and tonics prescribed for you whilst on your retreat*
- ◆ *Return airport to Retreat transfers*

Join us on this very special Ayurvedic & Kundalini Yoga retreat. As this is a very personalised and intimate experience, we have only a small amount of cottages available, so if you are interested to find out more, please contact kathryn@kmyoga.com

*Join us for an amazing experience allowing time & space to reconnect
in a nurturing and inspirational environment*



Or contact Julie by phone: 0427 766 716 Email: spirit@iinet.net.au
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