

Ayurvedic Rejuvenation Retreat

Kerala India

10 - 24 March 2018

Your journey includes ...

- ◆ Your choice of a 10 or 14 day Rejuvenation Retreat package (or more if you prefer !)
- ◆ Accommodation in beautiful beach side cottages set in secluded tropical gardens, with a choice of 2 categories
- ◆ Daily consultation with your personalised Ayurvedic Practitioner to assess and monitor your wellbeing Retreat aspirations
- ◆ All Ayurvedic gourmet vegetarian meals are included. Your diet or meals will be tailored to your personal body type for maximum detox, rejuvenation & revitalising benefits
- ◆ All fresh juices, teas, beverages included
- ◆ Ayurvedic Rejuvenation Therapy treatments and body massages for 1.5 - 2 hours per day for the duration of your stay (additional therapies and treatments can be arranged)
- ◆ All vitamins and tonics prescribed for your program
- ◆ Daily Yoga & meditation classes
- ◆ Daily Pranayama (yogic breathing) classes
- ◆ Transfers to and from the Retreat
- ◆ Personally guided from Australia by Julie Baker

Join us for our 2018 Rejuvenation Retreat! Fully inclusive from \$4050 per person

**Our guided retreats do sell out very fast !
If you are interested to know more, contact Julie**

We also individually design journeys & retreats for you based on your personal requirements to local and overseas destinations.



Phone / SMS / Viber / WhatsApp:

In Australia: 042 77 66 716 International: +61 42 77 66 716

Email: spirit@iinet.net.au Skype: [julie.baker.journeys](https://www.skype.com/en/contacts/julie.baker.journeys)

Website: www.journeysofthespirit.com.au

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