

Wellness Retreat with Cathy

for your mind, body & spirit at an Ayurvedic health retreat in Kerala

27 October – 10 November 2018

Your journey includes ...

- ◆ *10 or 14 nights accommodation in delightful cottages set in secluded tropical gardens, with a choice of 2 categories - Special or Kerala Standard*

| | | |
|--------------------|--------------------------|--------------------------|
| <i>10 nights</i> | <i>Special cottage</i> | <i>Kerala Standard</i> |
| <i>Double/twin</i> | <i>\$3120 per person</i> | <i>\$3410 per person</i> |
| <i>Single</i> | <i>\$3910</i> | <i>\$4430</i> |
| <i>14 nights</i> | <i>Special cottage</i> | <i>Kerala Standard</i> |
| <i>Double/twin</i> | <i>\$4030 per person</i> | <i>\$4440 per person</i> |
| <i>Single</i> | <i>\$5130</i> | <i>\$5870</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 2 hours per day for the duration of your stay on your personalised treatment program*
- ◆ *All Ayurvedic gourmet vegetarian meals are included. Your menu is tailored to your individual body type for maximum rejuvenation & revitalising benefits*
- ◆ *All fresh juices, teas, beverages included*
- ◆ *All vitamins and tonics prescribed for you whilst on your retreat*
- ◆ *Daily Yoga, meditation & Pranayama (yogic breathing) classes*
- ◆ *Return airport to Retreat transfers*

Join us on this very special Wellness retreat with Cathy Brown. 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, contact Cathy Brown on 0408 096 387 or email contact@lifexl.com.au



Or contact Julie by phone: 0427 766 716 International: + 61 427 766 716
Email: spirit@iinet.net.au Website: www.journeysofthespirit.com.au

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

© 2017 Journeys of the Spirit Pty Ltd, Australia
ABN: 74 611 094 430