

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*

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