

Wellness Retreat with Cathy

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

8 – 22 September 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

10 nights	Special cottage	Kerala Standard
Double/twin	\$3150 per person	\$3350 per person
Single	\$3650	\$4100
14 nights	Special cottage	Kerala Standard
Double/twin	\$3850 per person	\$4250 per person
Single	\$4610	\$5240

- ◆ 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
- ◆ Unlimited daily Yoga, meditation & Pranayama (yogic breathing) classes
- ◆ Return airport to Retreat transfers

Join us on this very special Members only Solaris Cancer Care 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, contact Cathy Brown on 9384 3544 or email cathy@solariscancercare.org.au



Or contact Julie by phone: 0427 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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