



Ayurvedic Health Retreat with Peter

25 July - 08 August 2023

COTTAGE TYPE:	SPECIAL COTTAGE	KERALA STANDARD
10 nights	25 July - 4 August	25 July - 4 August
Twin share	\$4330 per person	\$4580 per person
Single cottage	\$4990	\$5330
14 nights	25 July - 8 August	25 July - 8 August
Twin share	\$5260 per person	\$5540 per person
Single cottage	\$6130	\$6730

Fully inclusive of:

- Individual consultation on arrival with Ayurvedic Doctor to create your personalised rejuvenation and healing program, with daily consultation during the retreat to guide and monitor your progress
- Ayurvedic Rejuvenation Therapy treatments and body massages for over 2 hours every day for the duration of your stay
- All Ayurvedic gourmet vegetarian meals are included. Your menu is tailored to your individual body type for maximum benefits.
- All fresh juices, teas and herbal beverages are included
- All vitamins and tonics prescribed for you whilst you are on your program
- Daily yoga classes, meditation, Pranayama (yogic breathing) and other classes
- Return transfers to and from Trivandrum airport to the retreat
- Supported by Peter Bliss for your entire retreat in India

Not included: Airfare, ticket taxes & fuel surcharges, travel insurance & items of a personal nature.
All prices are in Australian Dollars

***Loyalty Reward benefits apply for all previous retreaters. Contact Julie for details



Phone / SMS / FaceTime / WhatsApp:
In Australia: 042 77 66 716 International: +61 42 77 66 716
Email: juliejournneys@outlook.com Skype: julie.baker.journneys
Website: www.journeysofthespirit.com.au
© 2022 Journeys of the Spirit Pty Ltd, Australia ABN: 74 611 094 430