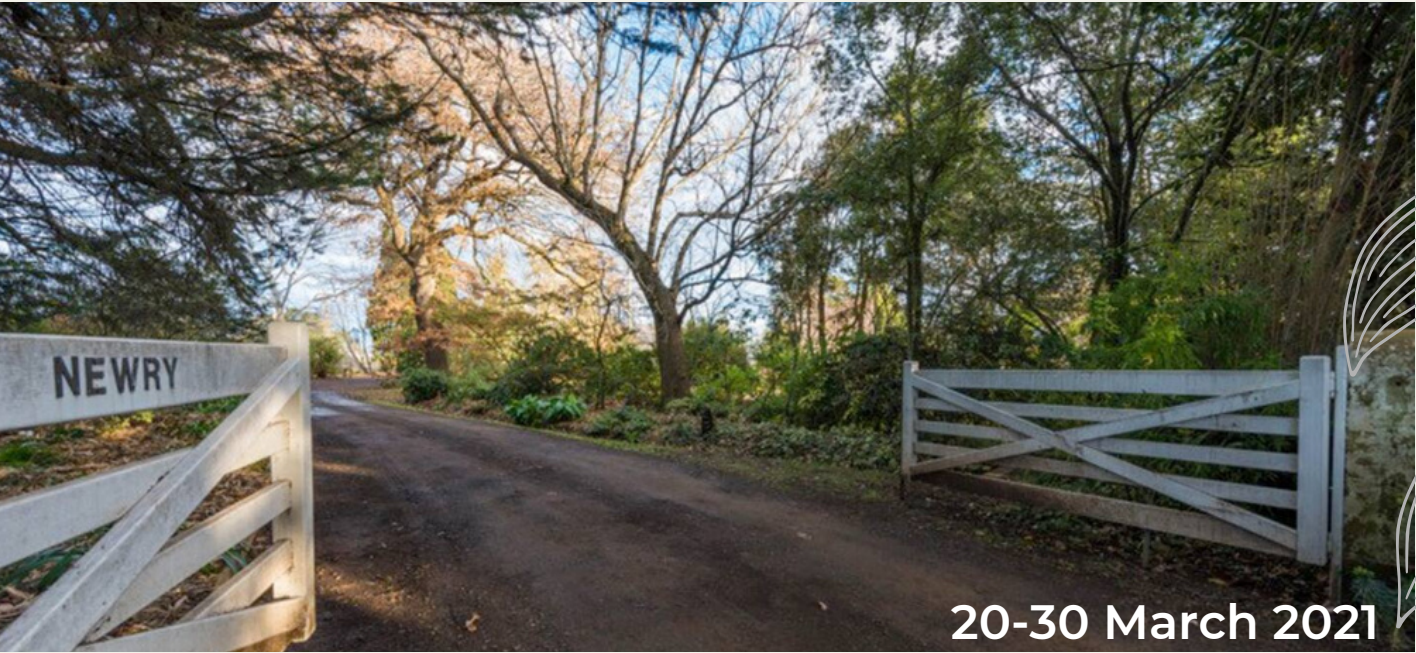


10 DAY AYURVEDIC CLEANSING RETREAT



Newry Tasmania



Master Bedroom 1



Queen Bedroom 2

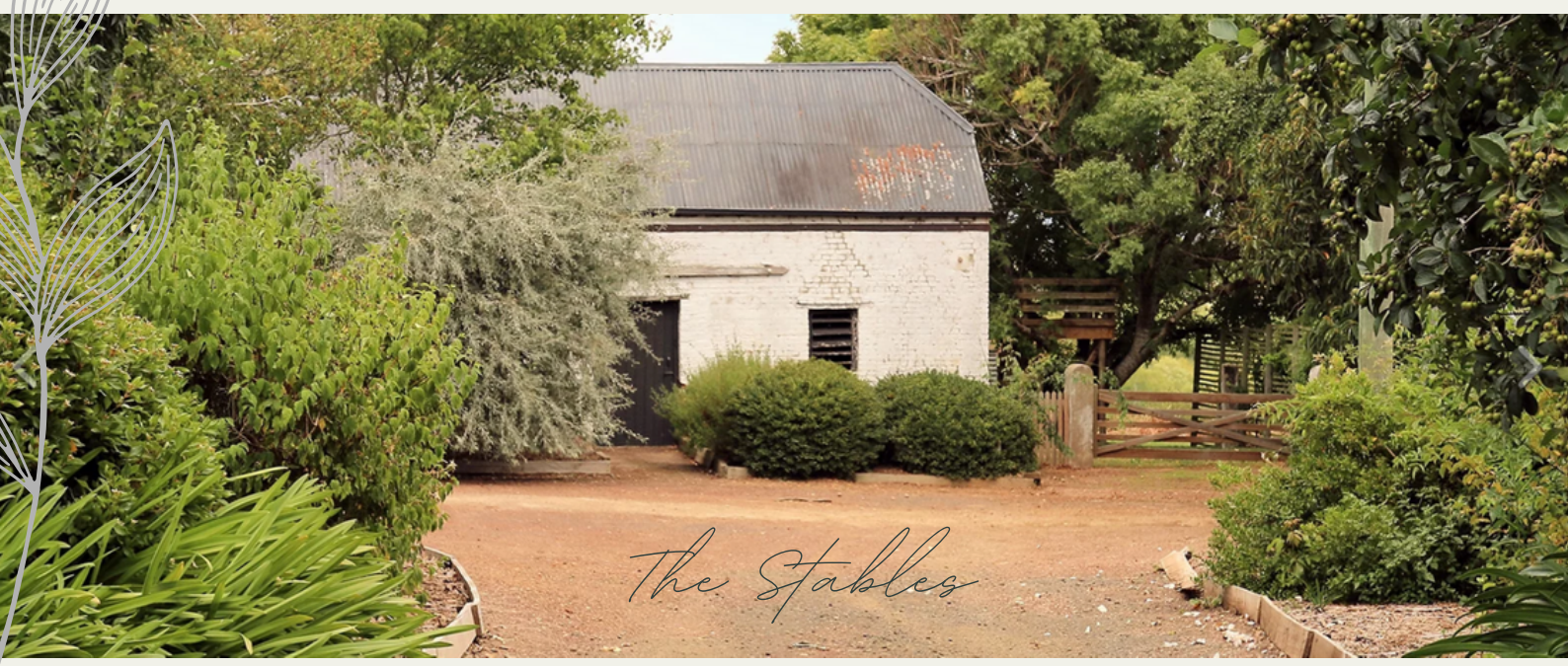


Queen Bedroom 3



Double Bedroom 4







Lounge 1



Lounge 2



Lounge 3



Secret Gardens



Tennis Courts



River Views

10 DAY AYURVEDIC CLEANSING RETREAT

Newry is an historic farming property situated on the edge of Longford in Northern Tasmania.

Located only 2hrs from Hobart, 75mins from the North West Coast & 20mins from Launceston.

Surrounded by extensive gardens & rolling hills, Newry is the perfect place to retreat.

Hosts

Ayurvedic Doctor Gangashree Nair &
Yoga Teacher Tina Stephens

When

Sat 20th - Tues 30th March 2021

Inclusions

10 nights private room accommodation
(shared bathroom)

Initial consultation prior to the retreat with Gangashree

Daily consultation & treatments during retreat
(incl medicines)

Daily gentle movement, pranayama, yoga nidra &
meditation with Tina

All Ayurvedic meals

This is a personalised, intimate retreat for 4 guests only



ALL INCLUSIVE 10 DAY PRICING

MASTER BEDROOM	\$3,690
QUEEN BEDROOMS	\$3,390
DOUBLE BEDROOM	\$3,190

OPTIONAL DONATION

Our pricing reflects our desire to keep our retreats as financially accessible to as many people as possible.

If you are in a position to gift a further donation, we would be greatly appreciative.

Conversely if our pricing is beyond your reach, please reach out to see how we maybe be in a position to support you.



"Never underestimate the positive contribution your individual health has on your loved ones, local community & the ripple effect on the rest of the world "



WHY CLEANSE?

Panchakarma is a specialist Ayurvedic Cleansing program, which should only be undertaken with an experienced qualified Ayurvedic Doctor.

The body regularly accumulates toxins, which are primarily caused by stress due to the everyday demands of life.

Cleansing can play a major role in bringing balance back to the body & mind when experiencing issues such as: poor digestion, disturbed sleep, weight gain or loss, hormonal imbalances including strong fluctuating moods, irregular cycles, difficulty in conceiving & or menopause symptoms, anxiety or depression.

Each day on retreat you will receive consultations & Ayurvedic treatments with Gangashree, enjoy easy to digest cleansing meals, learn the key yogic methodologies for purification & relaxation, & take deep rest.

If you would like further information regarding whether this style of retreat is right for you, please call Tina on 0488 766 508



www.yogabytina.com

