

# 14 NIGHT AYURVEDIC CLEANSING RETREAT



*Port Sorell, Tasmania*







**Bedroom 1 - upstairs**



**Bedroom 2 - ground floor**





**Bedroom 3 - ground floor**

**Bedroom 4 - ground floor**





# 14 NIGHT AYURVEDIC CLEANSING RETREAT

"The Dunes" at Port Sorell has stunning beach, sea and mountain views .

Located only 20mins from Devonport and 60mins from Launceston.

Surrounded by nature in a quiet cul de sac, The Dunes is the perfect place to retreat.

## Hosts

Ayurvedic Doctor Gangashree Nair &  
Yoga Teacher Tina Stephens

## Dates

**Friday 20 Feb - Friday 6 March 2026**

**Tuesday 16 - Tuesday 29 June 2026**

**Tuesday 8 - Tuesday 22 Sept 2026**

## Inclusions

14 nights private room accommodation - (3 shared bathrooms)

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

**Please refer to Registration Form for pricing**



## 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.tinastephens.com.au](http://www.tinastephens.com.au)

