

14 NIGHT AYURVEDIC PANCHAKARMA RETREAT



Wonga Beach



1 - 15 AUG 2023



Coral Sea
w ensuite \$5,880*
*single pricing





Mango
w ensuite \$5,880*

*single pricing



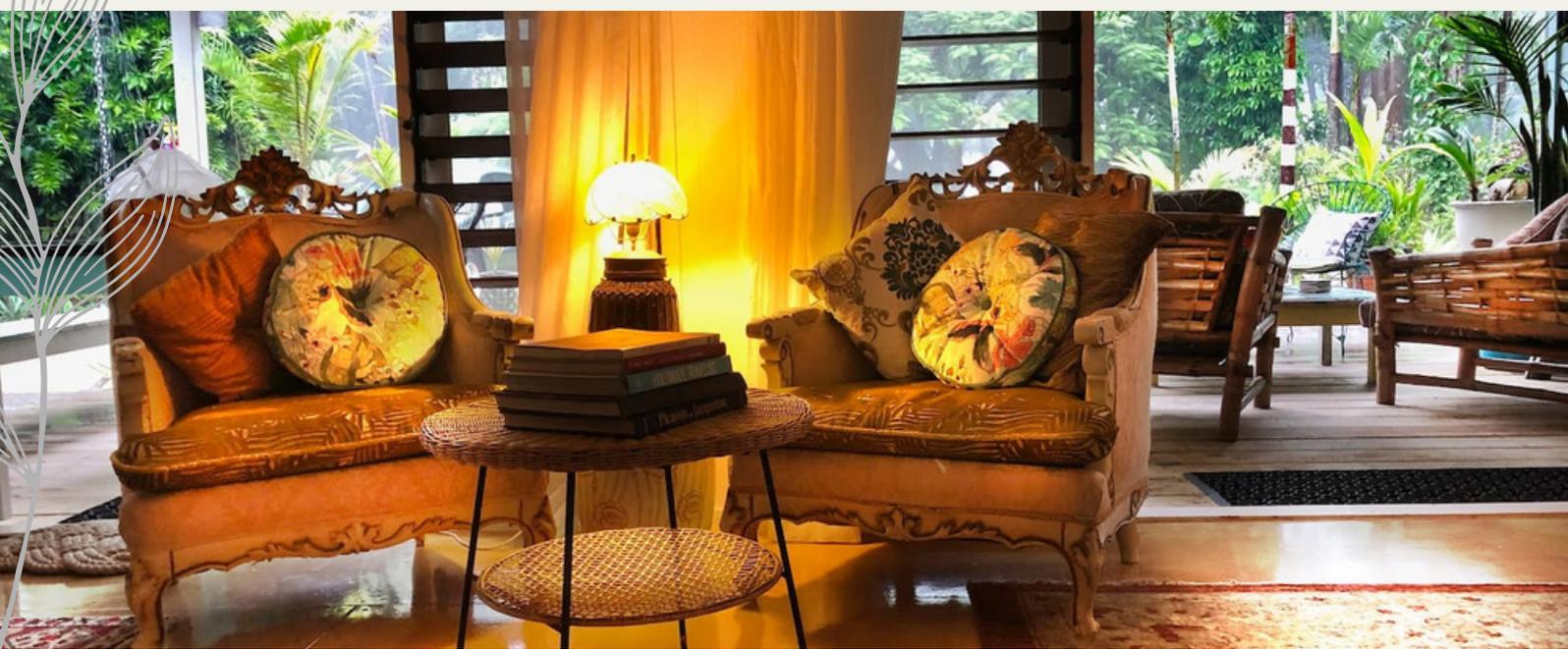


Frangipani
shared bathroom
\$5,580*
*single pricing

Small Room
shared bathroom
\$4,480*

Note:
Standard single bed
with shared bathroom





14 NIGHT PANCHAKARMA RETREAT

Artist Beach Front was an old fishing shack built in the 1950's, now renovated into a wonderful eclectic beach house.

Four bedrooms plus studio, 3 bathrooms, pool and best of all, the Artists' Beach Front is situated on the beach front esplanade of Wonga Beach.

Located only 30mins from Port Douglas & 80mins from Cairns.

Hosts

Ayurvedic Doctor Gangashree Nair &
Yoga Teacher Tina Stephens

When

Tuesday 1st - Tuesday 15th August 2023

Inclusions

14 nights accommodation

Initial consultation prior to the retreat with Gangashree

Daily consultation & treatments during retreat
(incl medicines)

Daily pranayama, yoga nidra & meditation with Tina

All Ayurvedic meals

*Airport transfers are not included





MEET YOUR HOSTS

From Kerala, India, Gangashree is a 4th generation Ayurvedic Doctor who now lives in Hobart, Tasmania.

Gangashree specialises in women's health, panchakarma programs & retreats.

"Put simply, Ayurveda is just a label for living in harmony with yourself. When you approach health from an individual perspective, rather than a one size fits all approach, it takes the confusion away & empowers you to be in control of your own well being.

From Tasmania, Tina left the corporate industry in search of deeper meaning of life, & yoga has provided the answers she was looking for.

"Yoga is widely misunderstood. I see my role as a teacher, to help you find the individual approach that works for you.

Your natural state is internal calmness not chaos. Yoga provides you with clarity, peace of mind & a stillness that you may have lost in amongst your busy life".