14 NIGHT AYURVEDIC CLEANSING RETREAT

Port Sorell, Tasmania

Bedroom 1 - upstairs
$5,380

Bedroom 2 - ground floor
$5,380

Bedroom 3 - ground floor
$5,380

Bedroom 4 - ground floor
$5,380

Pricing single occupancy

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

Located only 20mins from Devonport and 1hr 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

When
Wednesday 10th - Wednesday 24th May 2023

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

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