

BYRON BAY

6 - 11 APRIL 2024

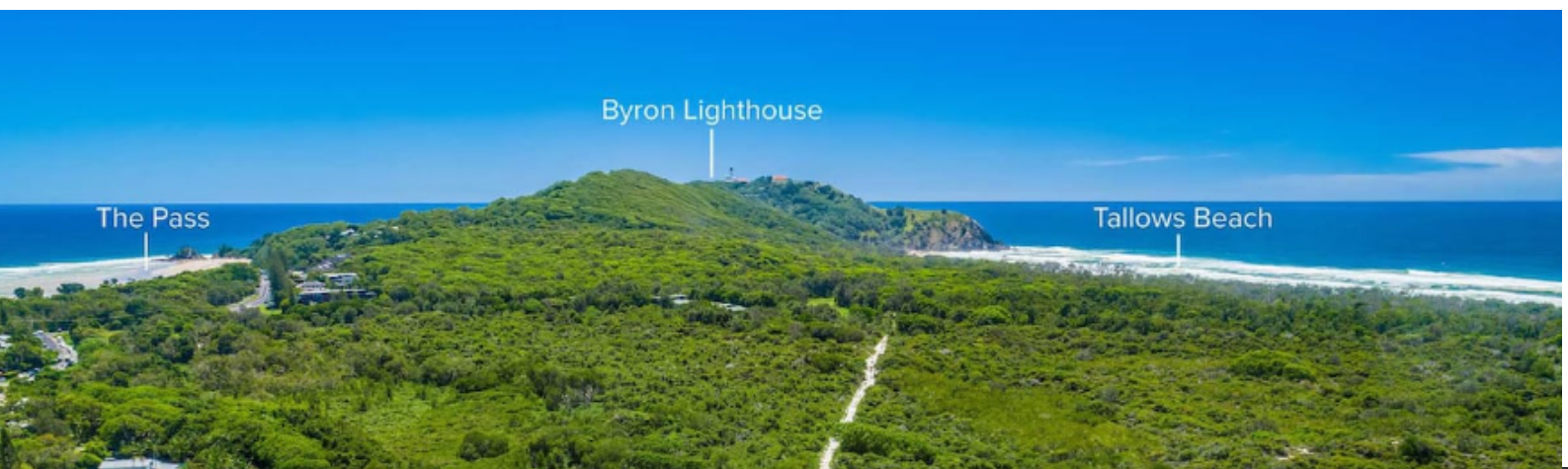


RELAXED AYURVEDIC RETREAT

Many of you will know of my love for Byron Bay - the place & the people have fantastically healthy vibes!

This relaxed retreat format will allow you to not only to receive the healing benefits of ayurveda & meditation but also give you the opportunity to enjoy local cafes, magnificent beaches & immerse yourself in Byron culture & nature.

**BOOK BY THE 31ST MARCH 2023 TO ACCESS
10 MONTH PAYMENT PLAN OPTION**



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RELAXED AYURVEDIC RETREAT

THE PACKAGE

- 5 x Nights Accommodation**
- 3 x 90min Ayurvedic Treatments**
- 6 x Meals (3 x AM & 3 x PM)**
- 1 x Meditation Session each day**

**10 Month
Payment Plan
Available***
*book by 31.3.23

The above meal package will provide you with the flexibility to enjoy the many healthy & delicious cafes in Byron. Of course I will share all of my favourite places with you!

Prior to the retreat, Ganga will assess the most beneficial treatments for you to receive during the retreat.

Our conversations will be ayurvedic and meditation centred to provide you with helpful tools to support you into the future.

YOUR HOSTS

Ganga



Tina

Meet Gangashree

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

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

"Put simply, Ayurveda is just a name 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.

Meet Tina

From Tasmania, Tina left the corporate industry in search of the 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.

RETREAT

SOLD



MASTER
KING
BEDROOM 1
WITH ENSUITE

S - \$5,480
D - \$3,680



*all pricing is per person

SOLD



QUEEN
BEDROOM 2
SHARED BATHROOM

S - \$5,180
D - \$3,480

RETREAT



QUEEN
BEDROOM 3
SHARED BATHROOM

S - \$4,480
D - \$2,880

DOUBLE
BEDROOM 4
SHARED BATHROOM

S - \$4,080
D - \$2,480



QUEEN
BEDROOM 5
OWN BATHROOM

S - \$4,480
D - \$2,880



LOUNGE



UPSTAIRS
DECK

RETREAT



FRONT VIEW
OF HOUSE

ENTRANCE



THE
LOCATION