



The Journey

April 8th - 12th

5 day retreat on the beautiful Fleurieu Peninsula

Travel on a Journey within as you escape the hustle and bustle of the city and succumb to the beauty of the south coast of South Australia. Set in the picturesque seaside town of Victor Harbor, you will totally immerse yourself in all things health & wellness.

Begin each day with guided yoga followed by a healthy Ayurvedic breakfast. Daily Ayurvedic treatments of massage, shirodhara & reflexology will pamper & nourish body, mind & soul. Ayurvedic cooking workshops & Living with Joy meditations will complete the holistic journey.

Cost \$1499

Includes:

Accommodation-all meals-daily treatments-daily
yoga-daily meditation-daily cooking workshop

Bookings & more info:

Health & Wellbeing Studio

www.thejoyfulbuddhas.com

phone 8852 8229

