



# BALI RETREAT 2023

## ONEWORLD



Our 2023 Bali Retreats are particularly special for us, marking our inaugural collaboration with the renowned ONEWORLD AYURVEDA family.

### 4 RETREAT OPTIONS

7 NIGHT NOURISH RETREAT - \$3,180\*

10 NIGHT MINI PANCHAKARMA - \$4,280\*

14 NIGHT FULL PANCHAKARMA - \$5,880\*

21 NIGHT DELUXE PANCHAKARMA - \$8,680\*

**6 MONTH  
PAYMENT PLAN  
AVAILABLE**

\*single room pricing





## INCLUSIONS

- Pre retreat consultation\*
- Private room with ensuite
- Ayurvedic meals
- Daily doctor consultations with Dr Gangashree Nair
- Ayurvedic medicines
- Twice daily treatments
- Twice daily yoga sessions with Tina
- Ricefield walk
- Agni hotra purification ritual
- Tunika to wear during your retreat
- Government tax & services

\*Pre retreat consultation with Dr Gangashree Nair via zoom/mobile

Note: vehicle transfers to & from the retreat are not included, however can be organised direct with Oneworld for an additional fee



## 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".



## RETREAT START DATES

### **7 Night Retreat - 15th or 29th Oct**

This nourishing retreat is ideal for those with limited time or who are new to Ayurveda

### **10 Night Retreat - 15th or 25th Oct**

Mini Ayurvedic Panchakarma includes 7 days purification & 3 days rejuvenation

### **14 Night Retreat - 15th or 22nd Oct**

Full Ayurvedic Panchakarma includes 7 days purification & 7 days rejuvenation

### **21 Night Retreat - 15th Oct**

Deluxe Ayurvedic Panchakarma is ideal for those requiring deeper treatment to address ongoing health concerns

## WHY UNDERTAKE PANCHAKARMA (PK)?

PK is a specialist Ayurvedic Cleansing & Rejuvenation 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, enjoy easy to digest nourishing 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](http://www.yogabytina.com)

