

Ayurveda & Yoga Retreat

Unbiased Science

Ayurveda is the very first documented medical system of mankind. And yet it is very modern and the principles could be applied very much to our lifestyles today. It is free of any marketing gimmick and is not subject to any pharmaceutical lobbying. It is the only system which has done extensive research in treating human being as a whole and not in parts. It is a system which helps you to live a truly balanced life.

Yoga which is a part of Ayurveda focuses mainly on the union of mind, body and soul through meditation, posture control and breath control.



Indulge...

...all your five senses by taking this all-inclusive one day retreat. At the same time rejuvenate your mind, body and soul through yoga, meditation and fresh ayurvedic vegetarian meals. All this in a serene and lush location at the Great Central Sun Centre, King City, ON.

What to Expect

- ♦ A complete day of rejuvenation on August 9, 2009
- ♦ The day will start at 9 am
- ♦ Yoga and Meditation Classes
- ♦ Introduction to Ayurvedic Cooking
- ♦ Fresh Ayurvedic Vegetarian Meal
- ♦ Herbal and Labyrinth walk
- ♦ Introduction to Herbal Remedies
- ♦ Perfect gateway for rejuvenating your mind, body and soul

Presented by

Shuddha Yoga

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