



LEARN
HEAL
LAUGH
GROW

This time of the year deepens our connection with the earth and ourselves and allows us to foster deeper self care, nourishment and gratitude in our beautiful hearts.

Friday 18th to
Monday 21st August 2023

Transformational HEPBURN SPRINGS WINTER RETREAT

YOU WILL EXPERIENCE:

- Restorative, active and yin **YOGA**
- iRest Yoga Nidra **MEDITATION**
- **AYURVEDIC COOKING CLASS** with Dr Mahesh
- An interactive **ESSENTIAL OIL WORKSHOP** to help you discover their many practical uses in the home
- **QI GONG** - slow flowing movement
- **CRYSTAL BOWL SOUND BATH** by Vanessa Beckitt
- **AYURVEDIC FOOD** - 3 meals per day and a cooking class with recipes to take home
- An essential oil **MASSAGE** or **SHIATSU** at your own cost



SCAN ME TO FIND OUT MORE OR TO BOOK or VISIT
www.karmastudio.com.au/retreat/

"This Transformational Retreat was excellent. All the sessions that were included were valuable, informative and healing. Jenn and Howard's teaching was very clear and of a high quality ...everyone was so kind, caring and thoughtful. The Ayurvedic food was delicious- a special thanks to Mahesh. It was easy to sink into a deep rest and relaxation in the stunning natural environment..." Namaste, Kathryn

YOUR PRACTITIONERS



Howard Evens

With over 20 years of experience in massage therapy and shiatsu and 10 years facilitating Open Sky Qigong classes.



Jennifer B

With over four decades of experience, Jennifer (Director of Karma Studio) has become an expert in her fields of yoga, massage therapy plus iRest meditation



Dr Mahesh Kalra

With over three decades of experience, Mahesh is a Doctor of Ayurvedic Medicine, an expert in Reiki, Acupuncture and Chinese Medicine