



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.

INCLUDED

- 3 nights' accommodation
- Organic AUYVEDIC VEGETARIAN FOOD with 1 meal of meat cooked by an Auyvedic practitioner Dr Mahesh
- Yoga sessions both restorative and active all yoga gear provided
- iREST YOGA NIDRA sessions with Jenn
- QI GONG classes with Howard
- A healing SOUND BATH with Vanessa
- An informative ESSENTIAL OILS WORKSHOP and deep healing with Howard
- A fun and interactive AUYVEDIC COOKING CLASS with recipes with Dr Mahesh
- Free maps for SELF-GUIDED WALKS in Hepburn from The Continental
- OPEN FIREs to enjoy
- Wellbeing, support, guidance and knowledge from Howard, Jenn and Dr Mahesh, with over 70 years of combine experience in specialised modalites
- Massage treatments and Turkish bath at your own cost

Transformational AUTUMN RETREAT

Fri 5th April – Mon 8th April 2024
at Continental House Hepburn Springs



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

Jenn Howard and Mahesh

"Gather at the Grande to meet and greet
Together they weave the perfect spell
To welcome and engage us to be well.
Our rooms provide a personalised touch
That signify that they will give much
To support us throughout our stay
There's so much on offer every day.
Massage, yoga and Qigong,
You really can't get it wrong,
It's healing supportive and full of care
So healing and supportive just being there.

We learn of stillness and the lower Dantian
Taste delicious wholesome food again
and again
Relax with the gifts only yoga can give
And learn what it means to authentically
live.
Thank you Jenn, Howard & Mahesh,
For the love you give in what you teach
You have created a precious authentic
space
Full of love, care & Grace xxxx"

- from Sarah W

YOUR PRACTITONERS



Howard Evans

With over three decades of experience, Howard is an expert in massage therapy and shiatsu and leads energizing Open Sky Qigong Classes. Howard is well versed in massage.



Jennifer Berridge

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