

# Give Yourself the Gift of Health

Detoxification

Rejuvenation

Organic Healing

## AYURVEDA DETOX RETREAT

**DETOX & ELIMINATE** toxins and toxic conditions from your body and mind

**REJUVENATE & RESTORE** your constitutional balance improving health and wellness

**HEAL & REVERSE** the negative effects of stress on your body and mind

### PROGRAMS & PRICES

5 days: Ayurveda Detox Therapies, Yoga, Meals, Seminars, Events: **\$1,350**

5 days: Yoga, Meals, Seminars, Events: **\$779**

3 days (Fri-Sun): Yoga, Meals, Seminars, Events: **\$550**

**REGISTER EARLY**  
Register before  
February 15 and  
receive \$50 off



### THE RETREAT INCLUDES

#### For Ayurveda Therapies & Detox (Panchakarma) Program:

- \* Pre-Panchakarma therapies to prepare your body prior to the retreat
- \* 3 days of Panchakarma therapies - ayurvedic massage & other therapies

#### For all Programs:

- \* Comfy shared accommodations (private rooms avail - add'l charge)
- \* Delicious vegetarian meals prepared by an Ayurvedic chef
- \* Restorative Yoga led by a certified Yoga therapist
- \* Late afternoon / evening seminars & activities
- \* Free time to enjoy the beautiful Ojai area & amenities

**WHEN:** March 29 to  
April 2, 2011

**WHERE:** A beautiful  
private Ojai, California  
retreat center and estate

**REGISTER NOW!** [sujata@thehealinggardens.com](mailto:sujata@thehealinggardens.com)

**PANCHAKARMA** is a unique, natural, holistic, health-giving series based on Ayurvedic concepts and therapeutic treatments. The treatments cleanse toxins from the body's deep tissues, open the subtle channels, bring life-enhancing energy, and increase vitality, inner peace, confidence and overall well-being.



**The  
Healing  
Gardens**

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[www.thehealinggardens.com/2012-retreat.html](http://www.thehealinggardens.com/2012-retreat.html)