



## 7 DAY AYURVEDA & YOGA RETREAT

Date: 10 January – 16 January 2010

A personal 7-day Ayurveda & Yoga Retreat in Ubud, Bali's cultural center, is a great way to start a fresh New Year. Based on your personal consultation your program will be designed to detox, de-stress, rejuvenate or heal you.

### Package Includes:

- AIRPORT PICK-UP AND DROP-OFF
- 7 DAYS ACCOMMODATION
- 2 AYURVEDIC MEALS DAILY
- 10 YOGA CLASSES
- 1 PERSONAL CONSULTATION WITH OUR AYURVEDIC DOCTOR
- 7 DAYS AYURVEDIC TREATMENTS EACH LASTING TWO HOURS
- VISIT TO A BALINESE HEALER
- 3 SATSANGS (YOGA AND AYURVEDA CLASSES)

Price: US\$ 850

Spaces are limited to 10 people so book early to secure your participation. [info@amrtasiddhi.com](mailto:info@amrtasiddhi.com)  
**+62.81.337.535.186**

[www.amrtasiddhi.com](http://www.amrtasiddhi.com)

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AYURVEDIC HEALTH CENTRE  
BALI



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Begin your day with daily yoga classes that will be introduced as an essential foundation to any body-mind practice. Daily Ayurvedic treatments will help to balance your constitution and create a sense of harmony and health within yourself. Followed by late afternoon satsangs of Ayurvedic and Yogi Philosophy that will provide you with the knowledge you need to continue your year with balance and health.

### Dr. Sujatha Kekada

Dr. Kekada is a fully qualified Ayurvedic Doctor (B.A.M.S). She has attained her title as Ayurvedacharya in India and has worked as an Ayurvedic Physician in India and abroad. She is now a resident of Bali and has been running an Ayurvedic Clinic in Ubud for the past 3 years.



### Frank J. Paepcke

Frank has been studying Yoga and Internal Martial Arts for over a decade. The sequence that will be taught at the retreat is a beginners' form. It is derived from Hatha and Daoist preparatory body-mind forms of exercise and is suitable for all levels.



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