



YOGA RETREAT RISHIKESH, INDIA

1-8 OCTOBER 2011

Transform illusion into power and wisdom

- Daily Hatha Yoga sessions including blissful Meditation and Pranayama practices
- Nurturing Ayurvedic treatments and meals
- Himalayan spectacular Nature excursions around Rishikesh
- Personalised readings with gifted Vedic astrologer
- Ganga River view accommodation

Contact Natalia on 0419 271 371 or by email natalia@saffronrose.com for queries and bookings. Limited places!

www.saffronrose.com

SHIVA-SHAKTI AWAKENING

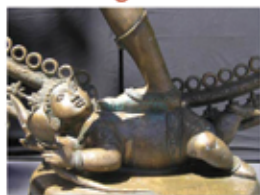


Join us in this uniquely enriching part of India – Rishikesh – perfect for tapping into the energies of Shiva and Shakti, to empower both our practice and our life with grace and wisdom.

We will have two Yoga and Meditation practices each day, Ayurvedic treatments and catered meals, participate

in fire ceremonies along the sacred river, explore the breathtaking natural setting of the Himalayan mountains, and even have our very own personalised reading with a purely gifted astrologer – all of it to inspire and restore our Body-Mind health and vibrancy.

All that and still we can enjoy the simpler and joy-filled moments of browsing the famous Rishikesh books and gift shops, reading and drinking chai whilst breathing in the crisp fresh mountain air, and watching the world go by... The perfect opportunity for recharging and gaining a higher perspective to live the rest of our lives with a fresh more creative approach!



TRAVEL ARRANGEMENTS AND COSTS:

A\$2900 to be paid by 15th September 2011 or
A\$2400 if paid in full before 30th June 2011

This includes:

- 6 nights' accommodation in the cosy Jaipur Inn Hotel, in the heart of the village, with views overlooking the Sacred Ganga River
- Transfers to and from Dehradun airport or Rishikesh train station
- All Ayurvedic breakfasts and dinners during the 7 days
- Yoga, meditation and pranayama sessions
- 2 Ayurvedic treatments per person

The capacity is for a small group only, so there is a non-refundable A\$500 deposit to book your place.



Fabio and Natalia are highly trained practitioners in Yoga and Ayurveda. They teach from a place of passion and deep respect for the Vedic traditions. Please refer to the website for their full professional biography.

You are invited to our free information session on:

Please contact Natalia on 0419 271 371 or natalia@saffronrose.com
for further queries or visit www.saffronrose.com.