



Ayurveda

Ayurveda is an ancient system of healing that takes into account the whole person – body, mind, and soul. Ayurveda works from within the individual; as it corrects energy imbalances, it helps energy to flow more freely and abundantly in the body, bringing true healing and transformation.

According to followers of Ayurveda, there are three basic manifestations of life force in people: Vata, Pitta, and Kapha. Each life force expresses the five elements of nature (earth, fire, water, air and ether) in particular ways. Each person will be a blend of Vata, Pitta, and/or Kapha, with one or two of the life forces being dominant.

When our life forces are out of balance, health challenges arise. For example, problems such as headaches, anxiety, insomnia, and joint pain are symptoms of a Vata imbalance. Hot flushes, anger, and inflammation are some symptoms of Pitta imbalance. Weight gain, congestion, depression, and lethargy can be Kapha imbalances.

So now imagine two weeks of deep relaxation and Ayurvedic healing treatments, combined with yoga and meditation plus a variety of delightful Indian cultural experiences. Contact Julie Baker from WA's **Journeys of the Spirit** and she will ensure you experience the most authentic Ayurvedic experience.

Julie has more than 20 years' experience in the travel industry and her own interest in Ayurveda led her to travel extensively in order to find the most authentic retreat.

It was in the state of Kerala, in South West

India, that Julie discovered Somatheeram Ayurvedic Beach Resort, a certified Gold Leaf Ayurvedic facility that has been recognised as the best Ayurvedic resort in Kerala for more than seven years. Located on the Arabian Sea, it has a calm, sweet, rejuvenating atmosphere – vastly different from tourist destinations.

Its Ayurvedic clinic includes therapy rooms, Ayurvedic doctors, and more than 80 trained massage therapists.

The food is one of the most remarkable things about this retreat. In a word, it's fantastic. The fruits, vegetables, and other ingredients are fresh and of high quality.

Each dish is expertly prepared using the principles of Ayurveda.

You'll stay in a charming classical Kerala cottage: a small brick building with thatched roof made of coconut fronds.

Or you will stay in a classical Kerala house, with wooden roof, and carved wood interior. All rooms are simple, clean and comfortable, with electricity and a telephone (no television).

Air conditioning is provided by a ceiling fan and ocean breezes, which freely enter your cottage through open windows and ventilation spaces. All rooms have their own private bathroom.

A stay at the Retreat in Kerala from March 14 – 28, 2009 includes beachside accommodation, daily consultation with an Ayurvedic doctor, massage treatments as indicated, all vegetarian meals, all flights to Kerala via Singapore Airlines, transfers and the guiding of Julie Baker.

Cost \$3290 per person, visit journeysofthespirit.com for more details.

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