



GOVINDA VALLEY RETREAT

YOGA AND AYURVEDIC COOKING RETREATS

Govinda Valley Retreat Centre is providing some special retreats of its own. We are combining yoga and the ancient study of Ayurveda with easy, healthy vegetarian cooking. Learn the secrets of how to prepare and cook Govinda Valley's most prized and loved recipes, then try them for yourself!



WHAT TO EXPECT:

- * Morning Yoga Classes
- * Tutorials and Notes on the Ancient Study of Ayurveda
- * Hands on Cooking Classes preparing Beautifully Balanced Meals
 - * Feasting on the Wonderful Food You Prepare
- * Recipes and Notes on Nutrition & Healthy Lifestyle

All in the tranquil setting of Govinda Valley.
Take a positive step forward on your journey to natural radiant vitality!

PRICE: \$499 for shared accommodation. SPECIAL \$399,- early bird
(early bird must be paid in full within three weeks of signing up)

AVAILABLE DATES FOR 2010:

May 7 - 9 Jul 9 - 11
Sept 3 - 5 Nov 5 - 7

Please continue to check the website as other dates will be listed there as they are confirmed.

Contact Patrick at patrick@govindavalley.com.au

www.govindavalley.com.au