



## SOPANAM YOGA RETREAT

### INTRODUCES A 7 DAY PROGRAMME

21<sup>st</sup> to 27<sup>th</sup> July 2018

In the middle of the hustle bustle of our lives should we not pause and ponder at our own body- while enjoying the pleasures it provides?

WE INVITE YOU AND YOUR FAMILY TO A VACATION IN THE ENVIRONS IN GODS OWN COUNTRY FOR EXQUISITE NATURAL FOOD, YOGA, MEDITATION, MUSIC AND DANCE.

AN ALL IN ONE PACKAGE TO EXPLORE THE BENEFITS OF

#### RELAXATION RETREAT

week long Yoga and meditation.

#### DE-TOX RETREAT

cleanse your Body, Clear your mind.

#### KNOWLEDGE RETREAT

delve into the power within.

#### REJUVENATION RETREAT

bust stress the happy way.

#### WEIGHT LOSS RETREAT

burning fat the right way.

#### EYE CARE

better vision.

THE PROGRAMME IS MEANT TO LIVE LIFE THE WAY IT SHOULD BE.

The Programme includes:

- Natural Healthy Satvik Food
- YOGA & MEDITATION
- Massage & Steam
- Sand Bath & Water Therapy
- Detox & Cleansing
- Nature Walk & Site Seeing
- Natural Healing



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