

Ayurveda the Sister of Yoga

Exploring the subtle energies of yoga on the mind

Mana Retreat, 15 to 17 October, 2010



We will be exploring of the effect of our yoga practise on the mind resulting in increased Prana, the life force that strings body, mind and spirit together.

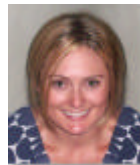
From an Ayurvedic perspective we will be looking at the more subtler energetic forms of the "doshas" which are our own individual combination of the five elements...earth, water, fire, air, ether.

The weekend will be a learning experience, in the extraordinary location of Mana in Coromandel. There will be daily Yoga practises, meditation and pranayama.



Delicious Ayurvedic food will be offered plus Ayurvedic body treatments, to enhance the weekend experience.

Mana is a sanctuary nestled in the bush covered hills of the Coromandel Ranges. It is a registered charitable trust that has been established for the exploration and awakening of consciousness and the unfolding of creative and healing potential.



Price: \$420

To book or find out more contact:

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