



**A PERFECT
ANTIDOTE
TO A
CITY LIFE**

OCTOBER 11th -16th, 2015

COME BACK LIGHTER AND BRIGHTER

An Immersion into Daily Yoga with Mini Shastri

Yoga Nidra | Learn Proper Jal Neti | Yogic Cleansing kriyas | Juice Fasting day
Ayurvedic Consults and Abhyanga Massages | Oil & Sugar free | Weightloss meals
Meditation daily with Mala Barua

ALL IN LUXURIOUS SWASARA, OM BEACH, GOKARNA.

Itinerary and prices write into Omyogastudio@gmail.com
(No children under 15 years)