

MYSTIC ASIA

21ST - 26TH FEBRUARY 2010

DISCOVER YOURSELF THROUGH AYURVEDA IN SHANTI ANANDA

Ayurveda

MAURITIUS

In the heart of the stunningly picturesque blue waters of the Indian Ocean, Mystic -Asia and Shanti Ananda present a very special Ayurvedic programme focusing on the philosophy and knowledge of this ancient science. Working on all the subtle aspects of our stressful and toxic life, each individual's specific food habits and life style will be addressed. Life according to Ayurveda is a harmonious combination of senses, mind, body & soul. Hence it gives us a comprehensive knowledge about spiritual, mental & physical health.

Your Teachers –

Dr Dinesh Sharma is an Ayurvedacharya (Ayurvedic physician) with distinctions from Maharishi Dayanand University. He travels to teach and see patients all over the world including Germany, Sweden, UK, Switzerland, USA, Mexico, France, Kuwait, UAE, Egypt, Iran and Lebanon. He has been conducting International Ayurvedic and Vedic Seminars throughout the world for the last over 20 years

Mala Barua launched Mystic Asia to dedicate time to the mission of her heart. As the demand for knowledge of the Self grows Mala finds herself being able to share more and more with others. The aim of the retreats created by Mala is to bring healing to more than the physical aspects of the human body. She creates interesting and unusual retreats with a spiritual bent in exotic parts of Asia.

Shanti Ananda

Shanti Ananda is spread over 36 acres of tropical gardens, with breathtaking views of the hills and the beautiful coral reefs of the Indian Ocean. Clear turquoise waters greet you as you step out of your door and gracefully wooded hills circle the spa. Shanti Ananda has an undisputed reputation as being one of the best Holistic Resorts in the world with an emphasis on Ayurvedic treatments.



YOUR INVESTMENT

- Ocean View Rooms: Euro 2150 per person (twin sharing)
- Beach Front Rooms: Euro 2300 per person (twin sharing)
- Ocean View Room: Euro 2330 (single occupancy)
- Beach Front Room: Euro 2480 (single occupancy)

INVESTMENT INCLUDES:

- 5 night's accommodation
- All meals
- Three Ayurvedic treatments
- Daily yoga classes
- Airport transfer
- All taxes included

INVESTMENT DOES NOT INCLUDE:

- Airfare
- Alcoholic Beverage
- Gratuities
- Personal expenses

For registration please contact us at:

Contact Mala + 91 9811086976
Office Tel + 91 11 43761171
mysticasia.in@gmail.com
www.mystic-asia.in

