

# Yoga & Ayurveda Wellness Retreat in Sunbury

1-Day or 2-Days (Sat 25<sup>th</sup> & Sun 26<sup>th</sup> August 2018)



## Yoga



Yoga is said to date back to pre-Vedic ancient India. Yoga is a ritualistic practice uniting the mind, body and soul. Yoga is the path to lead a free self-disciplined life of awareness and consciousness in a healthy truthful way.

## Meditation



The power of meditation techniques to conquer your wandering mind and connect with your true self and pure consciousness. Experiencing spiritual awakening and enlightenment is the result of true dedicated regular practice.

## Ayurveda



Is the oldest holistic system of medicine known to mankind and is a non-symptomatic treatment that emphasizes a balanced way of living, by harmonizing an individual's body and mind. The system provides holistic cures to some of our everyday simple and complex ailments.

## Therapies



The Ayurveda and Wellness Therapies offered at Vinya are tailored to suit individual body types. This may assist with detoxification, healing and rejuvenation of the body, thereby energizing the physical being.



Become Your Highest Potential

## Join us for a Complete Energizing Experience!

**Relax** with our unique herbal hot oil Ayurveda Massage and Infrared Sauna therapy

**Rejuvenate** learning Ayurveda cooking techniques and enjoying nutritious food with mindfulness

**Recharge** and **Re-align** by practicing Yoga with likeminded people

**Reconnect** thru Meditation and 'Completion' techniques

**Reawaken** the dormant Energy within, to your amazing 'True' self

**Rejoice** with beautiful and amazing experiences in a nurturing environment.

Our Vinya retreats are tailored to individual body type and state of being, incorporating the sciences of both Yoga and Ayurveda, as one practice is incomplete without the other. We provide expert guidance in a nurturing space and environment thru amazing experiences to heal and rejuvenate.

Ideally participation on both days will give complete experience and benefits to allow the mind, body and being to absorb and settle with the experience on Day2. Anyone who cannot attend both days is welcome to participate on the Saturday only and enjoy an amazing experience!

### Vinya YogaVeda Ashram

22 Rupertsdale Road, Rolling Meadows Estate,  
Sunbury, VIC -3429

### For any enquiries and bookings:

Contact Paddy: 0407 683 110

Website: [www.vinya.com.au](http://www.vinya.com.au)

E-mail: [vinyayogaveda@gmail.com](mailto:vinyayogaveda@gmail.com)

## Your Yoga Teacher:



**Paddy** (Padmaja Johnson): Certified Classical Authentic Hatha Yoga teacher. Born in India - a traditional culture steeped in spirituality and wisdom, Paddy has been practicing Yoga since childhood. She is a Spiritual Healer initiated and blessed by the Avatar of Mahadeva- His Holiness Swami Paramahansa Nithyananda.

Paddy has created her own picturesque Vinya Yoga & Ayurveda Ashram, which is dedicated to the holistic teachings and practice of authentic Yoga, Meditation, Ayurveda Treatments along with Healing and Wellness Techniques.

## Your Ayurveda Practitioner:



**Dr. Khushdil Chokshi** is a qualified Ayurveda Practitioner/Naturopath with over 20 years' experience in Physical, Mental and Spiritual wellness practices and also a Yoga teacher. She offers Ayurveda consultation and treatments based on individual body type, health related issues, allergies and emotional

state.

Dr. Khushdil Chokshi is the founder of Aum Yoga & Ayurveda and runs her own clinic based in Melbourne - Northern and Western suburbs.

She is creating awareness in the Local Community thru her talks on 'Healthy and Wealthy lifestyle', 'Yoga' and also holds regular workshops on 'Ayurvedic Cooking', a science based on seasonal foods tailored to the body type and emotional state of the individual.

*We look forward to sharing this journey with you!*

*Namaste!  
Paddy & Khushdil*

## 2-days / 1-day package Includes:

1. 2 / 1 Yoga Session
  2. 4 / 2 Meditation / Aroma Session
  3. 6 / 3 delicious vegetarian meals
  4. Learn to cook the Indian Ayurvedic way
  5. Infra Red Sauna therapy
  6. Access to outdoor pool (weather permitting)
  7. One 15 minute consultation with Ayurveda practitioner
  8. Body Scan and Energy Healing
  9. Completion - Emotional Detox Technique (on Day2)
  10. Abhyanga –Therapeutic full body massage with healing oil
- and much more.....!

Limited number of couple rooms (\$55) or single rooms (\$45) or shared dormitory style accommodation (\$30) at nominal price per day available on Fri &/or Sat night for those who live far.

## 1-day (Sat) Retreat Price:

Single: \$240 (1 day)

Couple: \$440 (1 day)

## 1-day (Sat) Early Bird Price if paid before 15th Aug 2018:

Single: \$220 (1 day)

Couple: \$420 (1 day)

## 2-days Retreat Price:

Single: \$440 (2 days)

Couple: \$840 (2 days)

## 2-days Early Bird Price if paid before 15th Aug 2018:

Single: \$420 (2 days)

Couple: \$820 (2 days)

Special Discounts for Group bookings of 3 participants and above. (Contact Paddy to discuss)

*Don't miss the Early Bird offers - Book Now!*

## Payment Options:

For Netbank **EFT** details please contact Paddy on 0407 683 110.

Please note: no refunds. If for unavoidable reasons you are unable to attend, please inform us 48 hours prior to retreat and you may re-book for a future retreat with Vinya.



"Become your highest potential"  
Yoga leads to a life of  
balance, health, wellbeing  
and so much more

Find out more at [www.vinya.com.au](http://www.vinya.com.au)

- ★ Yoga
- ★ Meditation
- ★ Healing
- ★ Ayurveda Consultation
- ★ Massage
- ★ Wellness Treatments
- ★ Therapies
- ★ Weight Management
- ★ Yogi Larder

☎ Paddy 0407 683 110

📘 VinyaYogaVeda