



Fall Back Into Rhythm: Ayurveda Retreat Alturas Lake – Stanley, Idaho

JOIN The ZenSpot & Essential Hot Yoga

Get back into rhythm in mind, body and spirit by enjoying yoga, meditation, Ayurvedic food and body treatments, self-reflection, journaling and rejuvenation. Learn how to easily include Ayurvedic practices in your life to transform your health inside and out.

- + Synchronize daily rhythms to nature's rhythms*
- + Learn Ayurvedic self-care practices to promote well-being*
- + Discuss and practice mind and body relaxation techniques*
- + Gain simple Ayurvedic cooking skills and recipes that nourish*
- + Enjoy space for personal reflection*

THE ZENSPOT



August 15 – 18, 2019

Double Occupancy: \$695

Deposit: \$200

SIGN UP TODAY!

www.zenspotmbs.com