

Santhosa offers -Health and Well-Being Programs

Feeling stressed, lethargic and drained? The answers lie within your body and mind. Let me take you through a journey of healing and nurturing your body, mind and spirit.

We are able to offer tailored programs to suit individual needs and is highly recommended for Businesses to team build and/or reward employees. This also enables groups of people to bond as a community of team players.

Perhaps you want to start a yogic journey, whether a Beginner, Senior Citizen or wanting to get back on track we can help you.



The change of season which is the time of new growth and new life is an ideal time to commit yourself to healing your body and mind.

The program on offer consists of:

- Identification of your body type (dosha)
- Suggest suitable diet



- Yoga and meditation



- Oil Massage (matched to dosha type) and aromatherapy



- Self healing through Reiki techniques
- Get in touch with nature



- Accommodation in the Ashram (see website for the range of packages on offer)



The whole series is inter-related to gain the full benefits. The program could be broken down to a couple or more sessions if unable to do at a stretch.

The whole package excluding accommodation is \$300.00

Contact details:

www.santhosa.com.au

mobile: 0425 748 907