

Intense Ayurveda & Yoga Programme for those living the Modern Busy Lifestyle



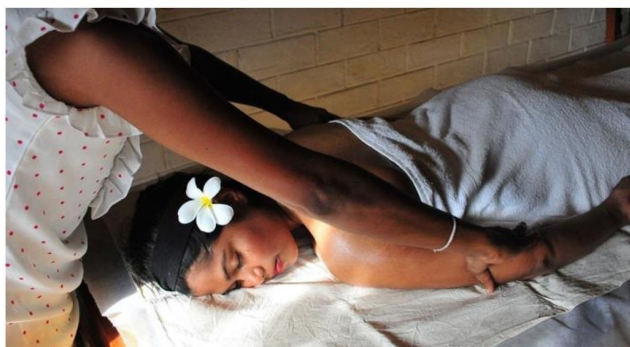
Includes;

- Ayurveda Doctor Consultation
- Yoga Exercise & Meditation
- Internal & External Cleansing & Detoxification of Body
- External Ayurveda Treatments
- Specially prepared Weight Management Diet
- Total Relaxation & Stress Relief
- Serene, Tranquil Accommodation surrounded by Natural Wonder



**full
DETOX
&
WEIGHT
MANAGEMENT**

August 04-14 @ Back of Beyond, Tangalle



WELLNESS RETREAT,



Live Ayurveda

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