

# Saturday, Sept. 13, 2008 ~ Soul Spring Retreat

## Introduction to Perfect Health: An Ayurvedic Lifestyle

The ancient concept of Ayurveda offers a proven guide for a life of happiness, vitality, love and purpose.

- Would you like to handle your stress better?
- Would you like to connect on a deeper level with the essences of your spirit?
- Do you enjoy different kinds of aromas?
- Are you interested in developing a daily routine of wellness?

In this introductory session, you will identify your mind/body personality; experience a deep sense of spiritual awareness; improve your digestion and sleep patterns; reduce stress and leave with your own personal aromatherapy oil. This course is taught by Mary Glesige, Ayurvedic Master, certified by the Chopra Center for Wellbeing, <http://chopra.com/namaste/jul08>. Activities and discussion for the workshop include:

- Learning self-help tools and insights to improve your every day life and relieve stress.
- Finding out what a mind/body principle means; where it is out of balance, and simple tools to bring it back into balance.
- Creating aromatherapy oil that is specific for your mind/body type.
- Meditating and chanting using mantra breathing and visualization.
- Practicing some gentle yoga.
- Enjoying a sumptuous Ayurvedic vegetarian meal.
- Rejuvenation and renewal!

**The wellness retreat begins at 9am and concludes at 5pm.**

**The all inclusive cost is \$155 per person.**

Included in the cost are the essential and base oils to make your own aromatherapy oil, as well as the Ayurvedic vegetarian meal.

Please dress comfortably.

Register online at [www.soulspringretreat.com](http://www.soulspringretreat.com) to use the easy PayPal method. Or register by calling or e-mailing Jane Marzoni, Soul Spring Retreat Director, at 615-412-3219 or [janemz@bellsouth.net](mailto:janemz@bellsouth.net).