

SRI SRI YOGA RETREAT

THE PERFECT VACATION







Kayakalpa

MANAGE YOUR WEIGHT NATURALLY

Our experts will take you through a customized routine and diet to help you gain control over your body weight with ease. This retreat focuses on long term results, helping you shed those extra kilos naturally.

14 DAYS

LEARN

- » Body Composition Tests
- » Basics of Ayurveda
- » Basics of Yoga

SHED

- » Thorough Body Detox
- » Customized Diet
- » Intensive Fitness Yoga
- » Intensive Massage Therapies

SUSTAIN

- » Take-Away Diet Plan
- » Dedicated Doctors to Craft a Routine











yogaretreat@srisriyoga.in \(\mathbb{C}\) +91 9108922808

www.srisriyogaretreats.com facebook.com/srisriyoga Twitter.com/artoflivingyoga

