

# Yoga & Rejuvenation Retreat

*Let us take care of you and your wellbeing!*

Choose the  
number of  
days to suit  
you

## Indian Summer House



Nourishing



Restoring



Cleansing



Mindfulness

At this luscious boutique hotel in southern India, you can attend a Yoga Rejuvenation retreat like no other... a time to let us take care of you. From the moment you arrive at Indian Summer House you will be immersed in a supportive environment where you can take time out to focus on your wellness through Yoga, Nutrition and Ayurveda in a luxurious environment.

In addition to morning/evening yoga and meditation, "tantalising" but nutritious meals and cultural activities, you'll have daily holistic Ayurveda treatments, informative workshops on Ayurveda and fitness sessions if you would like them.

In a recent TripAdvisor review, user Angela979 gave their experience a "5 Star" rating. 'We had massages that were the best we'd had in India and had our own yoga instructor every morning..' Highlights, according to participants, were the daily massages, delish cooking from Raj, unassuming care from the staff, relaxing by the pool or spa and the outdoor showers in private gardens.

4 Days 3 Nights from USD\$775 twin share

*Simply – We will  
take care of you!*

Enquire or Book!

[don@indiansummerhouse.co](mailto:don@indiansummerhouse.co)

### *About your instructor*

*Arsha Health Care invites you to experience an exclusive range of yoga, meditation and traditional spa rituals, designed to integrate the mind, body and spirit.*

For More Information contact Don or visit our website

**[WWW.INDIANSUMMERHOUSE.CO](http://WWW.INDIANSUMMERHOUSE.CO)**

Don: [don@indiansummerhouse.co](mailto:don@indiansummerhouse.co) or Call/Whatsapp +919645657102