



Your Retreat Facilitator

Melanie Trupp

An experienced counselor, workshop leader and inspiring teacher; Melanie has been guiding spiritual seekers and adventurous souls on life changing pilgrimages to India for the past seven years.

Melanie shares her professional skills, personal experience, spiritual knowledge and intuitive insights during the retreat's daily group meetings, and in the teachings of meditation. Her training offers the opportunity for personal transformation.

Melanie maintains a home in Pondicherry, India as well as in the Comox Valley. Her familiarity with India allows her to share with you the spirit, culture and hidden treasures of this mystical land of contradictions.

Melanie Trupp
250-339-5589

www.gracefuljourneys.com

All travel arrangements are done through Global Destinations a B.C. Government registered Travel Agency

Retreat Highlights

- Daily guided yoga practice and meditation instruction
- Insightful and spiritually liberating program led by Melanie
- Relax, restore balance, rejuvenate and re-connect with yourself
- Swim, soak up the sun and walk the beautiful beaches
- Meet like minded individuals
- Safe, worry and hassle free travel with all the details taken care of
- Experience India and its rich culture
- Receive Ayurvedic massage & treatments



A 14 or 21-day Holistic Retreat

South India
Dec 2007



FOR THE Mind, Body & Soul

Renew, restore, reflect, rejuvenate and reconnect with your self

Practice yoga and meditation

Quiet the mind, heal the body and free your spirit

Kailash Beach Resort, South India

Your Retreat Location:

Kailash Beach Resort, Pondicherry, South India

Enjoy the amazing facilities of the beautiful Kailash Beach Resort - An eco-friendly environment situated at Wild Beach in the Bay of Bengal and Chunambar River Estuary.

Luxurious Rooms - Large Swimming Pool
Jacuzzi - Ayurvedic Massage Center – 3 acres of tropical gardens - Internet center – Library – TV & Video Room – Indoor Games.

Nearby is the ashram of Sri Aurobindo, the city of Auroville and the famous Matrimonder; where people from different countries and ethnic backgrounds come to live, work and contribute to form a unique community of spiritual consciousness.



The Matrimonder, Auroville



14 Days - Dec 10th – Dec 24th

Cost: \$2550 Per person /dbl occupancy

21 Days - Dec 10th – Dec 31st

Additional: \$1290 Per person /dbl occupancy

Your retreat package includes

- 2 pre-trip orientation meetings
- Detailed package of information
- Pick up from Chennai Airport
- Deluxe accommodation
- Delicious vegetarian meals
- Retreat Program (*see back*)
- Exciting field trips to places of interest
- Expert travel guidance and support

(Does not include airfare) Vancouver to Chennai via Singapore Air is approx \$1865 plus tax.

Register early, as this retreat will fill up fast! Group size is limited to 16.

Deadline for registration is July 15th, 2007. \$1000 deposit required

A 5% surcharge will apply to all transactions using MasterCard or Visa