

PranaDeep

Freedom from stress is Your Divine Birthright

Namaste!

Autumn is the time of year when it is essential to re-calibrate your body and brighten your mind! All too often, there is a short circuit in the system and the prana isn't flowing. Depression, anxiety or anger sets in. When the system is adjusted and re-calibrated, everything changes... Depression, becomes devotion. Anxiousness becomes your penetrating prayers, and anger your illumination. This is the essence of the transformation within the ancient Pranayama teachings.

If you would like a dive into the rich experience of your own life force, please join me at one of the upcoming events. 121 sessions also available in Fleet.

Hope to see you soon.

With love,

Sangeeta x 07889 497421

2018 Rejuvenating Ayurveda Spa Retreat Mindful breath meditation & Sound Healing

The Clover Mill, Malvern, Worcester - April 6-8 & Sept 28-30

Turn stress into vitality by mindfully using Pranayama breath techniques and Gong sound healing to relax the body and brighten the mind. Be soothed staying in beautiful eco-lodges in a 17th Century Watermill and Ayurvedic Spa. Ayurvedic treatments and delicious organic Ayurvedic food will nourish your entire physical being.. We begin each day with an in depth experience of Pranayama. An optional Kundalini Yoga class is available after breakfast and a one hour gong bath each night will blissfully conclude the day!

Once learnt these techniques can be used to combat stress each day, for life!

From £795pp, fully inclusive of treatments, accommodation and Organic Ayurvedic food. Day guest rates also available.

Flyer: [Clover](#)

Enquiries: Julie 01886 880859

theclovermill.com

Pranayama at Grayshott Spa Evening talks & 121 sessions

Nov - 1,8,15,23,29 Dec - 7,13 Jan 3,10,17,25,31

Flyer [Grayshott](#)