



## *Contemporary Ayurveda*

Bandon, Co. Cork

086-1778369

[www.contemporaryayurveda.com](http://www.contemporaryayurveda.com)

### **A sample of the Ayurveda & Yoga-Cork Spa Retreat half day itinerary:**

09:30-11:00am Nutrition and Lifestyle consultation or Ayurvedic full body abhyanga  
Or personalised Yoga practice and information

11:00-11:15am Herbal tea break for your dominant dosha

11:15-12:45pm Ayurvedic facial massage or full body abhyanga(one per person)

12:45-01:00pm Herbal tea break and light brunch to end.

€ 130

All therapies are a moveable feast! Cost and timing all depends on the needs, requirements and interests of the client.

*'Knock and the door shall be opened for you.'* Namaste, Marie