



Prana Healing Holidays

AYURVEDA AND YOGA HEALING HOLIDAYS

offering

THREE DAY TREATMENT HOLIDAYS

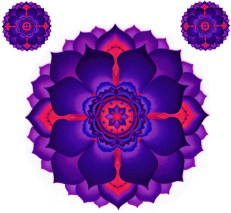
FIVE DAY TREATMENT HOLIDAYS

FOURTEEN DAY TREATMENT HOLIDAYS

plus

Visit the HUNTER TREATMENT ROOM

or book a HOUSE CALL



AYURVEDA MASSAGE & SPECIALISED TREATMENTS

Ayurveda medicine originates from Kerala, India and is known to help cure chronic illnesses, provide weight loss or anti-aging and disease prevention through a combination of Ayurvedic herbal medicines and specialised daily massage and unique treatments.

And now the source can come to you **Prana Healing Holidays** are pleased to announce the arrival of renown Ayurveda Doctor, *Dr Aju George BAMS* to Australia from Kerala, to launch Ayurveda and Yoga Treatment Centres.

Located in the Hunter Valley we run **Healing Holidays** in three local resorts, a **Treatment Room** in Cessnock and take bookings for **House Calls** for locals or guests to the lower Hunter Valley to receive authentic life changing Ayurveda medical treatment.

* Healing Holidays include 2 massage treatments a day plus herbal medicines,
* stay in lovely unique accommodation, * enjoy delicious vegetarian food, * benefit from optional therapeutic yoga, * attend Ayurveda Vegetarian Cooking Classes * and an Ayurveda Awareness Class by Dr George.

Prana Healing Holidays are unique to other Health Spas in that we focus only on Ayurveda treatments that have a **curative healing aspect** plus are able to offer the full *Panchakarma* treatment in a health resort style.

Panchakarma is Ayurveda medicine's primary purification and detoxification treatment. It eliminates deep rooted stress and illness-causing toxins from the body while balancing the doshas - energies that govern all biological functions.

Treatment Rooms in Cessnock offer 60 minute and 90 minute treatments and three Hunter Valley resort locations offer treatments for **3 days, 5 days** and the optimum treatment *Panchakarma* for **14 days**.

The **Healing Holidays** are designed to encourage you to take time for yourself and fully rejuvenate. In between treatments we recommend you take long naps, walk in the native bush land, go swimming, play a round of golf or enjoy some hit and giggle tennis.

Contrary to some thoughts on Ayurveda, the herbal medicines don't taste bad (well not as icky as you think), and the detox process does not involve starvation (you can eat wonderful authentic Kerala vegetarian dishes each day). Add to that two unbelievably relaxing massage treatments per day to help you feel and look amazing – and your job is to let your body revive!

Ayurveda treatment, and especially the full 14 day *Panchakarma*, will eliminate or greatly diminish the need for expensive return visits to specialists and promote lasting well being – as they say, priceless.

BOOK NOW AS places are limited to maximum of eight guests at one time.

Visit www.pranahealingholidays.com for further information.

HUNTER TREATMENT ROOM

Call 0414 289 778 or [email](#) for an appointment

~ SPECIAL: Introductory rejuvenative and therapeutic massage using specific herbal oils selected to suit your health. 60 mins	\$65
~Health Assessment and Treatment Plan* with Dr George that includes a lifestyle and nutrition guide. 60 mins	\$95
~Health Assessment and Treatment Plan plus a 60 mins massage (herbal medicines additional cost) approx 2 hours. Following the Assessment Dr George will conduct a rejuvenative and therapeutic massage using specific herbal oils selected to suit your health.	\$180
~Massage (60 mins) plus a herbal Sweda bath combination approx 2 hours	\$150
~All ongoing massage treatments are conducted by Dr George or a member of the Prana Healing Holidays team of massage therapists.	
~1 to 3 massages 60 mins	\$80
~4 or more massages 60 mins	\$70
~1 to 3 appointments: 60 min massage + 45 min specialised treatment* (clients need to have had a Health Assessment prior to having a treatment to fully ascertain treatment requirement)	\$140
~4+ appointments: 60 min massage + 45 min specialised treatment* (clients need to have had a Health Assessment prior to having a treatment to fully ascertain treatment requirement) *see Ayurveda Treatments to see examples of Specialised Clinical Treatments	\$130
<p>HOUSE CALLS are 90 minute massages costing \$160 per person</p> <p>If you are staying at a local resort, holiday cottages, B&B etc in the lower Hunter area then treat yourself to an exclusive house call. (Locations over 20kms extra).</p> <p>Following the treatment we can set up a herbal bath (Sweda) to leave you relaxing in for an additional charge depending on how many people.</p> <p>VISIT www.pranahealingholidays.com to read about Ayurveda treatments</p>	

AYURVEDA TREATMENTS ARE FOR:

* health conscious clients who wish to experience a "tune-up holiday " and benefit from rejuvenative and anti-aging Ayurveda treatments along with more strenuous yoga classes to maximise their good health and to enjoy a relaxing retreat that will physically and mentally benefit them.

* and guests who are sufferers from short or long term injuries, dis-eases or illnesses including • asthma, • allergies, • diabetes, • digestive disorders, • migraines, • neurological dysfunctions, • obesity and weight problems, • sinusitis, • psychological disorders, • all skin disorders, • insomnia, • Irritable Bowel Syndrome, etc.

For those with structural back problems the Ayurveda treatments will give clients immediate and long lasting relief from physical pain including sufferers of sciatic nerve damage. Ayurvedic treatment is a life miraculous transformation to rejuvenate and restore the body's energy, nutrition and vitality leaving you feeling pain free, healthier and immune to diseases.

Clients who have illness issues that would benefit from a more intense treatment will be encouraged to 'fast-track' their return to health and visit a Hunter Valley location for a **3 day, 5 day or 14 day** Panchakarma treatment to receive the maximum, longer lasting benefits of Ayurveda treatments.

AYURVEDIC CLINICAL TREATMENTS – 3 examples

* **ABYANGA:** Abyanga is Ayurveda's principal healing tool and the mother of all massages. It is a whole body massage given with herbal oils customised to your body type to detoxify, nourish and revitalize the body tissues (Dhatus). It nourishes layers of the skin to relieve fatigue and stress and release accumulated toxins in body tissue.

Abhyanga has much deeper and more far reaching effects than ordinary massage by using mineral oils and lotions. Massage performed with particular oils helps to release the obstruction and free the movement of vayu, thereby resulting in relief from any physical discomfort. Abhyanga achieves the deepest healing effects by naturally harmonizing Mind, Body and Spirit.

This massage is for 60 minutes and for extra benefits can be followed by a herbal bath or medicated steam bath (Sweda). It is one of the most rejuvenating treatments of Ayurveda which enhances the complexion and luster of the skin to provide nourishment and stamina to all parts of the body.

BENEFITS: Increases tissue strength, improves blood circulation, rejuvenates the whole body, removes cellulite, beautifies the skin, anti aging, helps sleep better, relieves stress and tension headaches, relaxes muscles, improves flexibility, lubricates joints, improves posture, lowers blood pressure, helps manage pain, helps with depression, improves breathing, promotes vitality, strengthens immune system, reduces Vata imbalance.

* **UDVARTANA (Weight Loss Massage)**

This is a specialised herbal treatment for weight reduction. A herbal paste or powder is applied all over the body and deeply massaged with specific movements by therapists for 60 minutes.

BENEFITS: Toning the skin and muscle after child birth or weight loss, removes cellulite, obesity, weight reduction, imparts good complexion to the skin, revitalizes the sense of touch, removes Kapha toxins from the body.

* **SHIRODHARA:** In Shirodhara, medicated warm oil/herbal decoctions/medicated milk/buttermilk is continually poured on the forehead for 20 to 30 minutes. This procedure often induces a completely relaxing and rejuvenating mental and physical state. It deeply revitalizes the central nervous system.

BENEFITS: Anxiety, Depression, Epilepsy, Hypertension, Diabetic Neuropathy, Central Nervous System, Hemiplegia Paraplegia, strengthens the sensory organs, Insomnia, Pre-mature graying of the hair and hair loss, Mental retardation, depression, Paralysis, Stress.



HUNTER VALLEY LOCATIONS

WOOLSHED HILL ESTATE, POKOLBIN

The Woolshed Hill Estate is an elegant boutique resort with deluxe accommodation set upon 50 acres of picturesque countryside in idyllic Pokolbin. In between treatments guests are encouraged to take naps, stroll through the beautiful gardens, take a 45 minute bush walk and perhaps encounter a kangaroo or two. Or take a swim in the saltwater swimming pool (unheated), play a round of 9 hole golf, have a game of tennis or simply relax with a good movie or book.

Accommodation is in a charming country style Homestead with a large lounge room and comfy lounge suite, an open fireplace plus a flatscreen TV with DVD player and Austar.

There are 6 bedrooms to choose from - 2 x large queen rooms, both with ensuites and one with a pot belly fireplace, 2 standard queen rooms & 2 twin rooms sharing a 3rd bathroom which has a full size bath tub.

Also enjoy the outdoor entertaining area which includes a gas BBQ, a large table to sit 20 people and another pot belly fireplace.

LOVEDALE COTTAGES, LOVEDALE

Peacefully nestled amongst the tall gum trees down a short country lane Lovedale Cottages offer 1, 2 and 3 bedroom private self contained cottages that are uniquely styled with new, recycled and antique charm so they rest perfectly with the natural bush surroundings. Each cottage has its own spa bath, log fires, kitchen, and Foxtel / satellite TV.

Relax with a fun game of tennis, mini golf or play a round on the par 29 / 9 hole golf course. Best of all take a swim after treatment in the 30 foot indoor swimming pool heated to 30 Degrees C all year round.

Accommodation for clients staying at Lovedale Cottages is for 3, 5 and 14 nights giving you an extra night during each Holiday to fully relax. You will wake to birdsongs, meet Zen the dog, and enjoy sitting on the sunny verandah of your cabin eating beautiful vegetarian food each day.

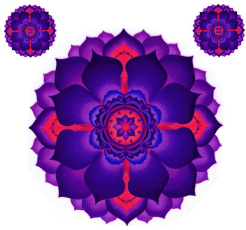
Prana Healing Holidays have selected Lovedale Cottages as a location to hold our Ayurveda and Yoga Treatment holidays because it is truly a wonderful resort where you will experience profound healing and return to wellbeing.

HARI'S GUEST HOUSE, CESSNOCK

Opening in August 2009, Hari's Guest House is close to the heart of Cessnock and near to supermarkets, pubs, restaurants and all the enjoyable sights of the Hunter Valley. As breakfast only is included in Hari's Holiday package, there is a full kitchen available plus you are welcome next door to Hari's Vegetarian Café & Restaurant to enjoy the most delicious meals. All Treatments are held at the Cessnock Treatment Rooms 5 minutes drive from the Guest House.

HUNTER TREATMENT ROOMS:

We conduct 60 and 90 minute treatments plus Health Assessments. Call 0414 289 778 or email for an appointment or book a House Call to the Lower Hunter. House Calls are \$160 - 90 Minute Ayurveda Massage.



3 DAY HEALING HOLIDAY

Treatment Holidays include:

- **Day 1** : meet with Dr George for a 2 hour Health Assessment, dosha diagnosis and massage. At your first Health Assessment, Dr George will structure a specialised Treatment Program designed according to the season and your mental and physical state. He will also set out a special lifestyle and nutrition guide to help support your wellbeing.
- Following the Assessment Dr George will conduct a 1 hour rejuvenative and therapeutic massage using specific herbal oils selected to suit your health.
- **Day 2** : a 1 hour massage treatment in the morning and a 30 minute specialised Ayurveda treatment in the afternoon
- **Day 3** : a 1 hour massage treatment plus a 15 minute final assessment with Dr George
- **Ayurvedic herbal medicines** (greater results are felt if clients start taking part of the required herbal medicines at least 2 weeks prior to treatment to soften the muscles). Additional medicines will be given to you following your Health Assessment. These will last approximately 1-2 months.
- **Ayurveda Awareness Class** – during lunch on **Day 2** Dr George will hold a class to give clients a more in-depth understanding of Ayurveda. Guests will gain additional knowledge about their Ayurveda dosha “type” and health implications.
- **Ayurveda Vegetarian Cooking Class** – at the end of **Day 2** you will learn how to cook dishes that will help re-balance your doshas with French Chef Andre at Hari’s Vegetarian Café and Restaurant.
- Working on a relaxed schedule, we will provide a great gentle introductory **meditative yoga class** at 10am on **Day 2 and 3** (optional and depending on treatment). Additional \$15 per class.
- All guests receive a treatment **Lungi** (2 metres of beautiful cotton sarong to wrap yourself in after your oil massages) plus **slippers**.
- Aside from the above treatments and activities, the rest of the time is yours to relax and enjoy your holiday and fill it with fun activities like taking a swim, walk, a round of golf, watch movies relax with a good book.

Guests booking 60 days or more in advance enjoy the special discount.

WOOLSHED HILL ESTATE, POKOLBIN

3 DAYS / 2 NIGHTS : Treatment Holidays include :

- All meals are provided including fresh fruit with breakfast and beautiful authentic Kerala vegetarian cuisine for lunch and dinner. Meals can be enjoyed together in a large dining area. You may also wish to relax with a spot of cooking in the full size gourmet kitchen with all cooking utensils and equipment provided.
- First day is a 2 hour Health Assessment and treatment at the Cessnock Treatment Rooms either before or after checking into accommodation.
- Following days treatments are held at the resort.
- You may stay for an extra night for \$60. (dinner not included)

MID WEEK

Any night from Sunday to Thursday. Minimum of six people at one time.*

Accommodation	3 days per guest +GST	60 day+ Advance booking
Single queen & ensuite	\$1030 +GST	\$930 +GST
double queen & ensuite	\$1010 +GST	\$910 +GST
single room queen or twin bed (share bath)	\$ 990 +GST	\$890 + GST
share twin or queen bed (share bath)	\$ 970 +GST	\$870 + GST

WEEKEND

Friday, Saturday and Sunday. *Minimum of eight people at one time.*

Accommodation	3 days per guest +GST	60 day+ Advance booking
Single queen & ensuite	\$1110+GST	\$1010 +GST
double queen & ensuite	\$1090 +GST	\$ 990 +GST
single room queen or twin (share bath)	\$1070 +GST	\$ 970 + GST
share twin or queen (share bath)	\$1050 +GST	\$ 950 + GST

*6 & 8 minimum guests do not need to be booked by you however others may share the Homestead facilities with you.

LOVEDALE COTTAGES, LOVEDALE

3 DAYS / 3 NIGHTS : Treatment Holiday includes :

- Beautiful authentic Kerala vegetarian cuisine, fresh fruit, beverages, herbal and Chai tea. These can be enjoyed with other guests or in your own cottage which is especially beautiful on your own porch on the edge of the National Park.
- All treatments are held at the resort.

MID WEEK

Any night from Sunday to Thursday. ***3 DAYS / 3 NIGHTS**

Accommodation	3 days per guest +GST	60 day+ Advance booking
1 guest (in 1 bedroom cottage)	\$1250 +GST	\$1150 +GST
2 guests (in 1 bedroom cottage)	\$1050 +GST	\$910 +GST
3 guests (in 2 bedroom cottage)	\$1067 +GST	\$910 +GST
4 guests (in 2 bedroom cottage)	\$1013 +GST	\$890 + GST
5 guests (in 3 bedroom cottage)	\$1010 +GST	\$870 + GST
6 guests (in 3 bedroom cottage)	\$ 983 +GST	\$870 + GST

WEEKEND

Friday, Saturday and Sunday days and nights. ***3 DAYS / 3 NIGHTS**

Accommodation	3 days per guest +GST	60 day+ Advance booking
1 guest (in 1 bedroom cottage)	\$1420 +GST	\$1320 +GST
2 guests (in 1 bedroom cottage)	\$1135 +GST	\$1035 +GST
3 guests (in 2 bedroom cottage)	\$1183 +GST	\$1083 +GST
4 guests (in 2 bedroom cottage)	\$1100 +GST	\$1000 + GST
5 guests (in 3 bedroom cottage)	\$1130 +GST	\$1030 + GST
6 guests (in 3 bedroom cottage)	\$ 1083 +GST	\$ 983 + GST

HARI'S GUEST HOUSE, CESSNOCK

3 DAYS / 2 NIGHTS : Treatment Holiday includes :

- Treatment is held at the Cessnock Treatment Rooms 5 minutes drive from the Guest House or at one of the resorts depending on numbers.
- Includes breakfast (vegetarian hot or cold)
- and a kitchen with full cooking facilities (for vegetarian cooking only)

MID WEEK

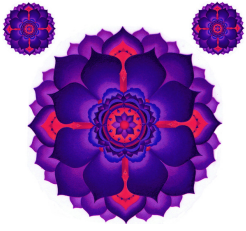
Any night from Sunday to Thursday. Let us know if you would like to stay an extra night.

Accommodation	3 days per guest +GST	60 day+ Advance booking
bunks (share bath)	\$ 995 +GST	\$795 +GST
double room (share bath)	\$1075 +GST	\$875 +GST
Twin room (share bath)	\$1035 +GST	\$835 + GST

WEEKEND

Includes Friday, Saturday and Sunday

Accommodation	3 days per guest +GST	60 day+ Advance booking
bunks (share bath)	\$1090 +GST	\$890 +GST
double room (share bath)	\$1170 +GST	\$970 +GST
Twin room (share bath)	\$1130 +GST	\$930 + GST



5 DAY HEALING HOLIDAY

Treatment Holidays include:

- **Day 1** : meet with Dr George for a 2 hour Health Assessment, dosha diagnosis and massage. At your first Health Assessment, Dr George will structure a specialised Treatment Program designed according to the season and your mental and physical state. He will also set out a special lifestyle and nutrition guide to help support your wellbeing.
- Following the Assessment Dr George will conduct a 1 hour rejuvenative and therapeutic massage using specific herbal oils selected to suit your health.
- **Days 2, 3 & 4** : a 1 hour massage treatment in the morning and a 30 minute specialised Ayurveda treatment in the afternoon
- **Day 5** : a 1 hour massage treatment plus a 15 minute afternoon assessment with Dr George
- **Ayurvedic herbal medicines** (greater results are felt if clients start taking part of the required herbal medicines at least 2 weeks prior to treatment to soften the muscles). Additional medicines will be given to you following your Health Assessment. These will last approximately 1-2 months.
- **Ayurveda Awareness Class** – during lunch on **Day 2** Dr George will hold a class to give clients a more in-depth understanding of Ayurveda. Guests will gain additional knowledge about their Ayurveda dosha “type” and health implications.
- **Ayurveda Vegetarian Cooking Class** – at the end of **Day 3** you will learn how to cook dishes that will help re-balance your doshas with French Chef Andre at Hari’s Vegetarian Café and Restaurant.
- Working on a relaxed schedule, we will provide a great gentle introductory **meditative yoga class** at 10am (optional and depending on treatment). Additional \$15 per class.
- All guests receive a treatment **Lungi** (2 metres of beautiful cotton sarong to wrap yourself in after your oil massages) plus **slippers**.
- Aside from the above treatments and activities, the rest of the time is yours to relax and enjoy your holiday and fill it with fun activities like taking a swim, walk, a round of golf, watch movies relax with a good book.

Guests booking 60 days or more in advance enjoy the special discount.

WOOLSHED HILL ESTATE, POKOLBIN

5 DAYS / 4 NIGHTS : Treatment Holidays include :

- All meals are provided including fresh fruit with breakfast and beautiful authentic Kerala vegetarian cuisine for lunch and dinner. Meals can be enjoyed together in a large dining area. You may also wish to relax with a spot of cooking in the full size gourmet kitchen with all cooking utensils and equipment provided.
- First day is a 2 hour Health Assessment and treatment at the Cessnock Treatment Rooms either before or after checking into accommodation. Following days treatments are held at the resort.

Accommodation	5 days per guest +GST	60 day+ Advance booking
Single queen & ensuite	\$1591 +GST	\$1491 +GST
double queen & ensuite	\$1551 +GST	\$1451 +GST
single room queen or twin bed (share bath)	\$1511 +GST	\$1411 + GST
share twin or queen bed (share bath)	\$1471+GST	\$1371 + GST

*6 & 8 minimum guests do not need to be booked by you however others may share the Homestead with you.

LOVEDALE COTTAGES, LOVEDALE

5 DAYS / 5 NIGHTS : Treatment Holiday includes : (includes 1 extra night & can be reduced)

- Beautiful authentic Kerala vegetarian cuisine, fresh fruit, beverages, herbal and Chai tea. These can be enjoyed with other guests or in your own cottage which is especially beautiful on your own porch on the edge of the National Park.
- First day is a 2 hour Health Assessment and treatment at the Cessnock Treatment Rooms either before or after checking into accommodation. Following days treatments are held at the resort.

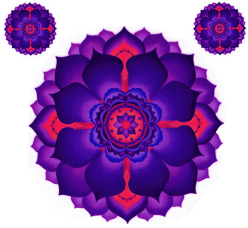
Accommodation	5 days per guest +GST	60 day+ Advance booking
1 guest (in 1 bedroom cottage)	\$2000 +GST	\$1900 +GST
2 guests (in 1 bedroom cottage)	\$1616 +GST	\$1516 +GST
3 guests (in 2 bedroom cottage)	\$1698 +GST	\$1598 +GST
4 guests (in 2 bedroom cottage)	\$1581 +GST	\$1481 + GST
5 guests (in 3 bedroom cottage)	\$1591 +GST	\$1491 + GST
6 guests (in 3 bedroom cottage)	\$1531 +GST	\$1431 + GST

HARI'S GUEST HOUSE, CESSNOCK

5 DAYS / 4 NIGHTS : Treatment Holiday includes :

- Treatment is held at the Cessnock Treatment Rooms 5 minutes drive from the Guest House or at one of the resorts depending on numbers.
- Includes breakfast (vegetarian hot or cold)
- and a kitchen with full cooking facilities (for vegetarian cooking only)
- Check in time is from 2pm. Check out is 10am.

<i>Accommodation</i>	<i>5 days per guest +GST</i>	<i>60 day+ Advance booking</i>
bunks (share bath)	\$1285 +GST	\$1085 +GST
double room (share bath)	\$1365 +GST	\$1165 +GST
Twin room (share bath)	\$1325 +GST	\$1125 + GST



14 DAY PANCHAKARMA

Treatment Holidays include:

- **Day 1** : meet with Dr George for a 2 hour Health Assessment, dosha diagnosis and massage. At your first Health Assessment, Dr George will structure a specialised Treatment Program designed according to the season and your mental and physical state. He will also set out a special lifestyle and nutrition guide to help support your wellbeing.
- Following the Assessment Dr George will conduct a 1 hour rejuvenative and therapeutic massage using specific herbal oils selected to suit your health.
- **Days 2 to 13** : a 1 hour massage treatment in the morning and a 30 minute specialised Ayurveda treatment in the afternoon
- **Day 14** : a 1 hour massage treatment in the morning then 15 minute afternoon assessment
- **Ayurvedic herbal medicines** (greater results are felt if clients start taking part of the required herbal medicines at least 2 weeks prior to treatment to soften the muscles). Additional medicines will be given to you following your Health Assessment. These will last approximately 1-2 months.
- **Ayurveda Awareness Class** – during lunch on **Day 3** Dr George will hold a class to give clients a more in-depth understanding of Ayurveda. Guests will gain additional knowledge about their Ayurveda dosha “type” and health implications.
- **Two Ayurveda Vegetarian Cooking Classes** – at the end of **Days 2 and 9** you will learn how to cook dishes that will help re-balance your doshas with French Chef Andre at Hari’s Vegetarian Café and Restaurant.
- Working on a relaxed schedule, we will provide a great gentle introductory **meditative yoga class** at 10am (optional and depending on treatment). Additional \$15 per class.
- All guests receive a treatment **Lungi** (2 metres of beautiful cotton sarong to wrap yourself in after your oil massages) plus **slippers**.
- Aside from the above treatments and activities, the rest of the time is yours to relax and enjoy your holiday and fill it with fun activities like taking a swim, walk, a round of golf, watch movies relax with a good book.

Guests booking 60 days or more in advance enjoy the special discount.

WOOLSHED HILL ESTATE, POKOLBIN

14 DAYS / 13 NIGHTS : Treatment Holidays include :

- All meals are provided including fresh fruit with breakfast and beautiful authentic Kerala vegetarian cuisine for lunch and dinner. Meals can be enjoyed together in a large dining area. You may also wish to relax with a spot of cooking in the full size gourmet kitchen with all cooking utensils and equipment provided.
- First day is a 2 hour Health Assessment and treatment at the Cessnock Treatment Rooms either before or after checking into accommodation. Following days treatments are held at the resort.

Accommodation	14 days per guest +GST	60 day+ Advance booking
Single queen & ensuite	\$4073 +GST	\$3973 +GST
double queen & ensuite	\$3943 +GST	\$3843 +GST
single room queen or twin bed (share bath)	\$3813 +GST	\$3713 + GST
share twin or queen bed (share bath)	\$3683+GST	\$3583 + GST

*6 & 8 minimum guests do not need to be booked by you however others may share the Homestead with you.

LOVEDALE COTTAGES, LOVEDALE

14 DAYS / 14 NIGHTS : Treatment Holiday includes : (includes 1 extra night & can be reduced)

- Beautiful authentic Kerala vegetarian cuisine, fresh fruit, beverages, herbal and Chai tea. These can be enjoyed with other guests or in your own cottage which is especially beautiful on your own porch on the edge of the National Park.
- First day is a 2 hour Health Assessment and treatment at the Cessnock Treatment Rooms either before or after checking into accommodation. Following days treatments are held at the resort.

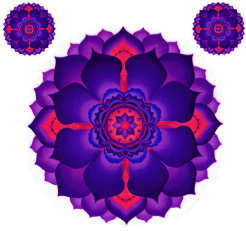
Accommodation	5 days per guest +GST	60 day+ Advance booking
1 guest (in 1 bedroom cottage)	\$4603 +GST	\$4503 +GST
2 guests (in 1 bedroom cottage)	\$3853 +GST	\$3753 +GST
3 guests (in 2 bedroom cottage)	\$4003 +GST	\$3903 +GST
4 guests (in 2 bedroom cottage)	\$3728 +GST	\$3628 + GST
5 guests (in 3 bedroom cottage)	\$3703 +GST	\$3603 + GST
6 guests (in 3 bedroom cottage)	\$3570 +GST	\$3470 + GST

HARI'S GUEST HOUSE, CESSNOCK

14 DAYS / 14 NIGHTS : Treatment Holiday includes :

- Treatment is held at the Cessnock Treatment Rooms 5 minutes drive from the Guest House or at one of the resorts depending on numbers.
- Includes breakfast (vegetarian hot or cold)
- and a kitchen with full cooking facilities (for vegetarian cooking only)
- Check in time is from 2pm. Check out is 10am.

<i>Accommodation</i>	<i>5 days per guest +GST</i>	<i>60 day+ Advance booking</i>
bunks (share bath)	\$3195 +GST	\$2995 +GST
double room (share bath)	\$3395 +GST	\$3195 +GST
Twin room (share bath)	\$3295 +GST	\$3095 + GST



BOOKING INFORMATION

- 50% pre-payment is required to secure your booking. Final 50% payment is due one week prior to arrival.
- It is preferable to book more than 2 weeks in advance so we can send you your medicines to commence taking them the recommended 2 weeks prior to treatment.
- Payments are non-refundable but may be transferred within a 12 month period (fees apply).
- A fee to cover the cost of booked accommodation is payable if postponing within 2 weeks of your arrival.
- Payments via Credit Card will incur a 3% Credit Card Handling Fee. Payments made with Direct Deposit will not incur any handling fee.
- Cost of accommodation increases during Public Holidays.
- We can also arrange transfers from Cessnock and Local Tours around the Hunter Valley.

To place your reservation, please call us on 0414 289 778, or email info@pranahealingholidays.com to commence your treatment plan.

AYURVEDA AND YOGA HEALING HOLIDAYS

Come to the source and be healed
Experience the miracle of an
Ayurvedic and Yoga Treatment Holiday

PRANA HEALING HOLIDAYS

HUNTER VALLEY NSW AUSTRALIA AND KOVALAM KERALA INDIA NSW 2325 • ABN 85 256 639 046

Alison Jose M: 0414 289 778 • info@pranahealingholidays.com • www.pranahealingholidays.com