

Why fly all the way to India ?

Experience Ayurveda here in Ireland!

Join us for the Ayurveda Days in the magical Parknasilla Hotel & Resort, Co. Kerry
from the 22nd to the 26th of October 2010



What is the meaning of AYURVEDA ?

Ayurveda literally means “science of life“. It is one of the oldest holistic systems helping you to live your life happier and healthier. Although India is its origin, the principles are universal and everybody can integrate the useful ones.

Who is your TRAINER ?

Anja Haider-Wallner is practising European-style of Ayurveda successfully since 2004 in Austria. She is the mother of two children and has visited Ireland many times in the last 3 years.

“I love to see that inner shine and look of content on my clients faces after an ayurvedic massage or meditation“



Your benefits joining us for the Ayurveda Days:

- Understanding of basic ayurvedic principles and energy types
- Learn about foods and lifestyle to balance your specific body type
- Get rid of your food cravings
- Lose some weight and enjoy cooking & eating delicious healthy food
- Stretch your body practicing yoga
- Dive into the incredible nature - sea and wood
- Changing mind patterns to create health in the body
- Ayurvedic body treatments, massage and spa

For further information and to sign up please contact:

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Anja Haider-Wallner www.smileveda.at , anja@smileveda.at
www.parknasillahotel.ie

Price for 4 Nights: Double € 530/ Single € 610

Including: 3 daily meals, a selection of Ayurvedic teas, yoga, course, ayurvedic massage, spa, guided walks, individual sea-salt bath, additional ayurvedic treatments can be booked.

Sign up until 20th of September 2010!