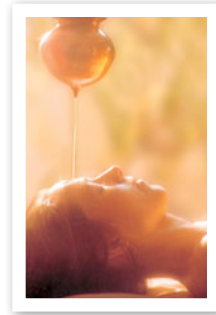




Women's Holistic Health Retreat



July 1 – July 6, 2010
Alachua, Florida

Mystic Wisdom - Modern Times

Seven Keys to Victorious Living: Nurture yourself with a restorative women's health retreat at the Ayurvedic Health Retreat in Alachua, Florida. What an amazing way to approach health - East meets West- an individualized program to achieve vital and victorious health in an intimate, serene and healing environment.

Dr. Anna Cabeca, Gynecologist & Integrative Healthcare physician, and Richard Masla, Ayurveda Health Practitioner guide you into greater health during a 6 day retreat, bringing you renewed balance, vitality and strength. Mother/daughters welcomed.

The focus of this special women's retreat is empowering you to VICTORY & INDEPENDENCE! Spend the celebration of Fourth of July in self care, holistic health and personal wellness.

Your all inclusive 6 days, 5 nights package includes clinical consultations, accommodations, delicious, vegetarian meals, yoga classes, 5 panchakarma massage therapy treatments to rejuvenate your mind, body and soul, river excursions, and more! Cost: \$2,500.

Registration is limited to 5 women.

To register please contact:

Richard Masla
386-870-7645
ayurvedahealthretreat@gmail.com



Dr. Anna Cabeca

Board certified Gynecologist & Obstetrician with an integrative medicine practice in Georgia.

www.cabecahealth.com



Richard Masla,

Ayurveda Practitioner
Owner, Ayurveda Health Retreat

www.AyurvedaHealthRetreat.com