

Astrology Ayurveda & Yoga Retreat

facilitated by Anja Foley and Graham Ibell

Friday 15 – Monday 18 July 2022

These are extraordinary times. Times that call for vibrant health and a keen awareness of our individual nature - mind, body and soul. In this innovative and restorative retreat Anja and Graham will be combining their knowledge and expertise in Ayurveda and Astrology to help you meet these demands more awake, resourceful and resilient.



In this nourishing three-day retreat we will be inviting you to:

- gain a deeper understanding of the four pillars of health from an Ayurvedic perspective, learn how to balance your five elements that contribute to your Ayurvedic constitution and ancient practical tips for your day-to-day self-care
- explore how your birth chart reveals your unique path towards health. We will be working with the Ascendant, the Sun and the Moon as three fundamental pictures of health and well-being

You will come away with:

- a renewed sense of how your own strengths/capacities/ resources can be drawn on to thrive in and contribute to a volatile world
- courage and an awareness of us all belonging to a collective body, humanity
- an enhanced 'know thyself', particularly when met at the threshold
- an ability to implement self-care practices that will help you to navigate uncertainty



What to expect:

- daily yoga classes focussing on harmonising asanas, vitalising pranayama practice and guided meditation
- star-gazing (weather-permitting!)
- inspiring and practical astrology and ayurveda teachings
- delicious vegetarian meals
- shared accommodation at the peaceful and beautiful Waihōanga Retreat Centre, 32 Waihōanga Rd in Otaki Gorge <https://waihoanga.co.nz/venue/>
- Cost: \$849

Please inform us of your birth details when making your booking, as most of the astrology work will be based around your own chart: time, date and place of birth.

To make your booking or to discuss please contact Anja 021 023 50601 or anja@avida.co.nz; Graham 020 4105 6664 or graham@grahamibell.com

About us



Anja holds a Masters degree in Ayurvedic Medicine from the Middlesex University of London. She has studied Ayurvedic Medicine extensively since 2003 with Dr Gupta from Vrindavan, Dr Ajit from the A.I.A.S. Institute, Dr Gupta from Nadiad and the whole team at the European Academy of Ayurveda. Anja has worked in Ayurvedic hospitals in Germany and India. She has been in her current private practice in Paekākāriki for 13 years seeing clients and teaching yoga. See www.avida.co.nz



Graham studied astrology at the Centre for Psychological Astrology in London, and teaches and practices astrology from Kapiti. His work is supported by Process Oriented Psychology, the I Ching and Anthroposophy. He is currently a student of Jungian psychology in Zurich. See www.grahamibell.com

