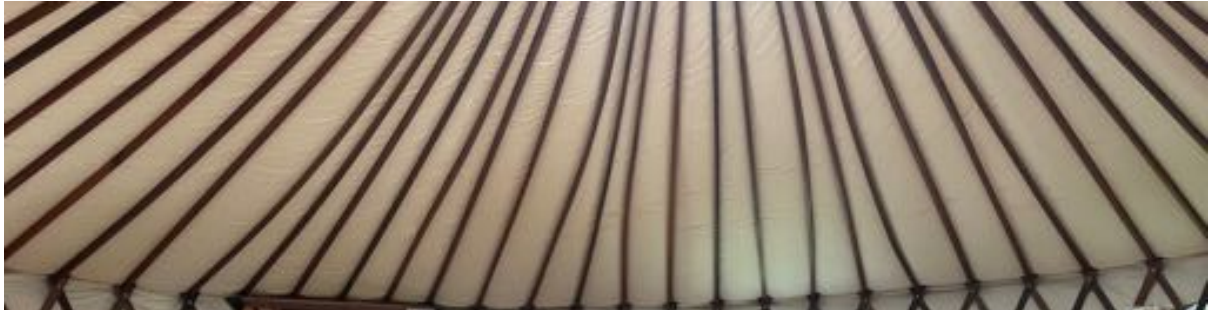


# Astrology Ayurveda & Yoga Retreat

Thursday 9 March to Sunday 12 March 2023

## Theme: Relationships



These are extraordinary times. Times that call for vibrant health and a keen awareness of our individual nature - mind, body and soul - in order to navigate the complexity of relationship. 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 three-day retreat we will be inviting you to:

- explore your unique constitution from an Ayurvedic perspective, learn how your five elements contribute to your relationship with self and others, learn practical tips to transform your day-to-day relationship patterns and come home to yourself
- explore how your birth chart reveals your personal relationship gifts and challenges, starting from inside.

You will come away with:

- a renewed sense of how your own strengths/ capacities/ resources can be drawn on to thrive in relationship of all levels
- Through an understanding of the early laying down of relationship patterns an increased choice in how we navigate relationships
- an enhanced 'know thyself', particularly when met at the threshold of the 'other'
- an ability to implement self-care practices that will help you interact with others in the most health ways



Contact Anja [anja@avida.co.nz](mailto:anja@avida.co.nz) or Graham [graham@grahamibell.com](mailto:graham@grahamibell.com) to book your place



This retreat is facilitated by Anja Foley and Graham Ibell.



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.

[www.avidaco.nz](http://www.avidaco.nz)



Graham studied astrology at the Centre for Psychological Astrology in London, and teaches and practises 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](http://www.grahamibell.com)

What to expect:

- two daily yoga classes focussing on harmonising asanas, vitalising pranayama practice and guided meditation
- informative Astrology and Ayurveda teachings
- 3 delicious vegetarian homemade meals per day
- 3 nights shared accommodation
- Bookings required: Anja 021 023 50601 or [anja@avidaco.nz](mailto:anja@avidaco.nz); Graham 020 4105 6664 or [graham@grahamibell.com](mailto:graham@grahamibell.com)
- Venue: Waihōanga River Lodge and Retreat Centre, 32 Waihōanga Rd in Otaki Gorge <https://waihoanga.co.nz/venue/>
- Cost: \$849

Contact Anja [anja@avidaco.nz](mailto:anja@avidaco.nz) or Graham [graham@grahamibell.com](http://www.grahamibell.com) to book your place