

Buddhist Retreat Centre, Ixopo

A week of self-nurturing, offering long-term sustainable health and vitality, stress-relief, optimal nutrition and supplementation, cleaning, weight-control and holistic healing at all levels - body, mind and soul in idyllic surroundings

Book your **accommodation** directly at <http://www.brcixopo.co.za/contact-directions.html>
(Note: Accommodation and Retreat are booked separately.)

For retreat prices and information: kaz@doctorkaz.com
or **SIGN UP AT** www.doctorkaz.com/Health_Retreats.html

6 day (5 night) retreat: **4 March - 9 March 2018**

4 day (3 night) retreat: **4 March - 7 March 2018**

Doctor Kaz Health Retreats

Including...

- 2 Consultations with Dr Kaz
- Daily massages and other therapies
- Daily lectures by Dr Kaz
- Physical, mental and emotional interventions
- Mindfulness classes
- Daily nature walks
- Purpose work
- Movement classes
- Wholesome and delicious food and drinks
- Beautiful surroundings
- ...and so much more