



Pumula Retreat  
30 Nov - 2 Dec



# *Yoga for the Elements*

RETREAT WEEKEND

with Yoga Instructor Georgie Carter

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Combine the 5 elements of Ayurveda

***Earth • Water • Fire • Air • Ether***

into yoga Asana practice and life

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**R1800 pp twin sharing / R2400 pp single**

***Included in your weekend in nature...***

- All accommodation
- 3x vegetarian, healthy meals daily
- Guided beach and forest walks
- Daily meditation
- 2 Yoga classes daily
- Evening elements discussions

To book contact [pumularetreat@gmail.com](mailto:pumularetreat@gmail.com)



Pumula, KwaZulu-Natal  
[www.pumularetreat.com](http://www.pumularetreat.com)