

SACRED JOURNEY RETREATS and ELAINE DODSON

present

A HEALING RETREAT with DR KEVIN GREGG **THE LIFE SAVING WISDOM OF ANCIENT AYURVEDA**

Double J Art Ranch, Mineral Wells, TX

Sept. 24-26, 2010

Join Elaine Dodson and Dr. Kevin Gregg for an immersion weekend of Ayurvedic lifestyle and practices. Guaranteed to be a **life-changing weekend**.

Prepare for the journey into Autumn and Winter by cleansing your body and mind through delicious organic cuisine with cooking classes and daily yoga sessions. Learn how to incorporate healing Ayurvedic practices into your daily life.

Your weekend retreat includes ALL MEALS, a labyrinth walk, walks in nature and:

Intro to Ayurvedic Total Life Wellness:

8 hours of information and practices that cannot be found in books. Topics include Vajra Yoga, Five Tibetan Rites, Prana Activation, Prana Pilgrimage, Ayurvedic healing meditation, inner healing practices, natural nutrition and self-care skills that help you rediscover your true intent and direction in life.

Ayurvedic Cooking Sessions:

Two cooking classes where you will learn how to become a conscious cook – creating a sacred space, selecting healing spices, practicing mindfulness. Learn to cook delicious healthy foods quick and easy. Learn to prepare food as a sacred practice that nourishes body, mind and soul.

Abhyanga: daily, self-oil massage for rejuvenation.

Celebration of Music, Movement and Fellowship



***Cease your restless activities.
Relax into your Natural Perfection.
Learn ancient healing practices.
Nourish your senses and rediscover beauty.***

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ABOUT THE FACILITATORS



Dr. Kevin Gregg, DC. FASA is a holistic physician with 23 years in private practice in Boston and Dallas. He is a Suddha Ayurvedic practitioner from the Dharma Institute of Yoga & Ayurveda, a non-profit organization founded by his root teacher Dr. Tashi Nyima, the 13th lineage holder of the pure and altruistic Suddha Ayurveda tradition. Dr. Gregg introduces the profound wisdom and the little known practices of this Suddha Indo-Tibetan Ayurvedic teaching lineage in his private practice and through his Total Life Wellness and Total Life Cleanse programs (www.totallifecleanse.com).



Elaine Dodson is an internationally recognized expert in beauty, wellness, and regeneration. An Ayurvedic practitioner for over 40 years, Elaine comes from the Bhakti Yoga, Krsna Consciousness, Vaisnavas tradition, with ancient roots in India. Her training includes extensive studies in India and the US. Elaine founded two Ayurvedic restaurants, Kalachandji's in Dallas and Govinda's in Mexico, and currently teaches healthy cooking and the science of eating at the Viking Culinary School in Dallas. She recently published her first cookbook, "Cooking for the Guru" based on her years as an Ayurvedic chef to her guru in England (www.elainedodson.net).

THE DOUBLE J RANCH

Double J Art Ranch is a historic, rustic, Old Mexico style hacienda overlooking the Brazos River and surrounded by awe-inspiring nature. Located in Mineral Wells, Texas, the Double J is about an hours drive from Dallas. In its heyday, The Double J hosted the famous from Hollywood to Washington and everywhere in between due to its authentic Texas hospitality and the wonderful water still found there. Recently purchased by new owners who are refurbishing it back to its glory. The Double J is a great venue for our Ayurvedic journey back to nature. (www.djartranch.com).



SPECIAL INTRODUCTORY OFFER: \$495
Early bird registration \$395 (before Aug. 15th)
Pay by credit card (via PayPal) at
www.elainedodson.net or
Send a check to Elaine Dodson,
315 Monssen Drive, Dallas TX 75224
elaine@sacredjourneyretreats.com
888-362-6827

Carpooling is encouraged.

Accommodations at the Double J Ranch are booked separately!

\$140 (two nights, double occupancy).
Upgrades to private rooms are available.
Contact Brandi at info@djartranch.com
to book your room.
www.djartranch.com
940-325-1813