



the Soul & the Self Retreat

With Nayeer Salem and Danielle Kerr



Nayeer Salem
Owner,
Grove Wellness

Join local health & wellness practitioners Nayeer Salem from *Grove Wellness*, and Danielle Kerr from *The Ayurveda Cure*, for a weekend designed to put you in a true state of connectedness with your mind, body and soul.

- *Engaging talks on Ayurveda, Holistic Nutrition, and Healing*
 - *Yoga Sessions*
 - *Meditation*



Danielle Kerr
Owner,
The Ayurveda Cure

August 24th - 26th

\$275 (earlybird before August 10th \$250)

667 Churchill Ave North - Fri. evening 6:00 - 8:00 Sat. & Sun. 8:30 - 4:00

Vegan Lunch, Tea, and Snacks included.

Come join us to rejuvenate your senses.

Please register by Aug 20th at: Nayeer@Grovewellnessgroup.com

Website: www.grovewellnessgroup.com