

# TRANSFORMATION AYURVEDA RETREAT with Nikki Jordan COMING IN 2018!



Join Nikki Jordan, international Transformation Expert, for her signature retreat program at *Sukhavati Ayurvedic Retreat and Spa* in Bali. Nikki is an intuitive coach, who will work on a deep level to unblock the things that are holding you back in your life, and through partnering with Ayurveda, will bring about transformative changes within this life-enhancing week. This exceptional facility is situated on a 4 tier estate on the Penit River and surrounded by lush tropical jungle.

## PROGRAM:

At the start of your Rejuvenation program at Sukhavati, you will receive a detailed consultation with our Ayurvedic Doctor who will confirm the influences of the doshas (Vata, Pitta, Kapha) on your physical, mental and emotional health. This will determine the Ayurvedic treatments and food combinations that will be scheduled for you.

The team will create a personally designed treatment program (Panchakarma program) to rejuvenate the whole system, detoxify the body and relax the mind. Recommendations are unique to each individual and are validated by observation and deep knowledge derived from the ancient Vedic texts to ensure a long and healthy life.

Your program will incorporate comprehensive spa treatments, yoga, specialised healing diets, meditation, daily health consultations and lifestyle seminars.

## ACCOMMODATION:

Housed in traditional Balinese villas, comprising of:  
One bed Luxury Villa  
One bed Private Pool Villa  
Two Bed Private Pool Villa

Email [nikki@lotosliving.com](mailto:nikki@lotosliving.com) to reserve your spot. Limited to 15 places per retreat

[www.lotosliving.com](http://www.lotosliving.com)



*“During this program, we will combine Ayurveda (the ancient art of healing the body, mind and soul with herbs, treatments and yoga), with a deeper spiritual understanding around why you are at this point in your life. You will experience a deeper, more honest look into why your body reacts the way that it does, why your personality traits are the way that they are, why you react the way that you do, and more importantly how to harness those traits to bring about positive changes to enable you to live your life to its fullest. It is specifically aimed at people who are want big changes, and are motivated to say “no more, I want the life I dream about!” Nikki Jordan*

## ITINERARY

Your personalised program will consist of:

- 7 Nights Private Villa Accommodation (includes a free arrival night so you can settle in then 6 nights intensive program)
- Ayurvedic consultation and outline of your personal rejuvenation program along with a follow up consultation and seminar
- 90 minutes of comprehensive daily prescribed Ayurvedic treatments tailored by our Ayurvedic Doctor
- Twice daily yoga sessions
- 3 x Ayurvedic Facials & Foot Massages
- Freshly prepared Ayurvedic vegetarian dishes for breakfast, lunch and dinner
- Fresh Juices and Herbal Teas
- Fruit basket upon arrival
- Return airport or hotel transfers
- Complimentary wi-fi internet connection and bike hire

***“To truly find one’s purpose in life, we must first work within, then quieten the mind, heal the body and nourish the soul. This will bring about huge transformations on the deepest of levels. Why settle for anything less?”***  
Nikki Jordan