

# Coconut Lagoon – Gentle Detox with Kalaripayattu training



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**August 23 – September 01 2019**

This Retreat is tailored to young adults aged 18-34 years. Now, more than ever, young adults need guidance and direction to live more healthily and more consciously.

We have added Kalaripayattu (the martial art of Kerala) to the programme. The combination of combat training with Ayurvedic treatments and Yoga will have a profound and balancing effect on the body and mind.

The Retreat is designed to impart the importance of suitable food, balance, self-discipline, regular exercise and positive habits. The experience of a weeklong Retreat, with intense work to cleanse the inside and outside, promises a deep understanding of inner and outer wellbeing.

**Cost: from £2500**

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