

## SUMMARY APPENDIX

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### **Pricing of the retreat**

What is included in the price:

The 5-day program beginning on 30th June in the afternoon and ending on 5th July after lunch will cost € 1599. This includes your accommodation based on 2 people sharing and your 3 meals per day as well as all the programs. Please note that we will charge a supplement for single occupancy either in the room with an attached or shared bathroom. You will be advised about the cost if you would like to make this kind of arrangement.

### **Programs as follows:**

1. Om Chanting on arrival 30th June and free 20 min consultations
2. Morning Yoga and Do-In exercise
3. Women's Health Workshops and Digestion Workshop

### **What is extra:**

1. Your shiatsu treatments that will take place in the afternoon will cost an additional €100 for a 1.5 -2 hrs treatment and consultation should you like to take it.
2. Anything that you want to purchase either with us or locally.

### **Upon the arrival:**

Please let us know about your travel arrangements, we will come to pick you up from the station and bring you to the retreat area to your allocated accommodation.

Please bring with you essentials like mosquito repellent, torch, good walking shoes, swimsuit and other practical necessities. There is a supermarket in the area if you forget something.

### **Contacts:**

**Anna Rakvin** will help with all your inquiries about the program of the retreat and your health concerns

Email: [anna\\_rthree@yahoo.co.uk](mailto:anna_rthree@yahoo.co.uk), WhatsApp / Telegram + 91 7300501002

**Claudia Grundinger** will help with all the practical questions, accommodation arrangements and your bookings

Email: [info@nutriatma.at](mailto:info@nutriatma.at), WhatsApp / Telegram: +43 670 3532571, you can also go directly to the website: [www.nutriatma.at/aktuelles](http://www.nutriatma.at/aktuelles)

**The pickup point is at the train station Ledenitzen Bahnhst, Irina Fischer will organize for someone to meet you there.**

