

Govinda Valley's Ayurveda/Cooking Course Retreats

Govinda Valley Retreat is providing some special retreats of its own. These retreats combine the ancient study of Ayurveda with easy, healthy vegetarian cooking. Learn the secrets of how to prepare and cook Govinda Valley's delicious cuisine according to your dosha !

PRICE FOR THE WEEKEND: \$499 (shared accommodation)

EARLY BIRD SPECIAL \$399

(must be paid in full within three weeks of signing up)

DATES FOR 2011

Feb 18th – 20th, April 8th – 10th, June 17th – 19th,
Aug 12th – 14th, Oct 14th – 16th, Dec 9th – 11th

PERSONAL DETAILS:

Date: _____

Name: _____

Email address: _____

Phone number: _____

Date of retreat: _____

PAYMENT OPTIONS:

- **BANK TRANSFER**

(please remember to put your name against the transaction so we can identify you.)

Bank: Westpac Bank
Account : Govinda Valley
BSB: 032 027
Account #: 131154

- **CHEQUE OR MONEY ORDER**

please make cheques out to GOVINDA VALLEY and post to:

Lot 1, Lady Carrington Rd
Oxford
NSW 2508

- **CREDIT CARD**

M/C VISA

please circle

CREDIT CARD NUMBER: _____

EXPIRY DATE: _____/_____/_____