

Come stay at *Dr. Murali's Wellness Retreat*,  
the most comprehensive one  
at Watsonville, in the Santa Cruz mountains of California.

PACKAGE INCLUDES:

- 3 nights stay to unwind and feel at peace (all meals included, with fresh wholesome tasty vegetarian foods and non-dairy options)
- Daily yoga/meditation to rejuvenate your mind, body and soul
- Free massage to relax your body
- Free antioxidant scan
- Sessions that cover stress management with a therapist and Acupuncture
- Toxins and detoxification, organic gardening
- Ayurvedic nutrition, and more

**OPTION TO ATTEND DAY WORKSHOP**

\$550 for all days includes food and sessions (excludes yoga, free massage), stay outside on your own.

**Dates: Nov 30th to Dec 3rd 2017**

**\$890-\$1390 per person**

**CALL (510) 724-6712 TO SIGN UP & RECEIVE ADDITIONAL DETAILS**

**Mon - Fri, 9 am - 4 pm**



**Organized by:**

**Dr. Rekha Murali**  
**Internal Medicine**  
**Functional/ Integrative**  
**Medicine**

**[rekhamuralimd.com](http://rekhamuralimd.com)**

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**Follow us on Facebook: [Health and Wellness Retreat@rekhamuralimd](https://www.facebook.com/HealthandWellnessRetreat@rekhamuralimd)**

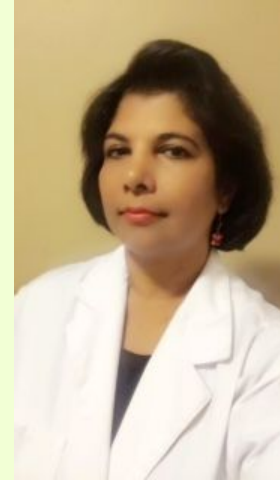
**COME STAY AT DR. MURALI'S RETREAT**

**It's not stress that kills us;  
it's our response to it!**

**Learn to succeed with help from our experienced  
Wellness experts!**



Christopher Randle, Team Acupuncturist, Golden State Warriors, 2013-16, Oakland Community Acupuncture Clinic



Rekha Murali, M.D., Functional/Internal medicine



Cynthia Sandberg, organic farming expert, Love Apple Farms



Tamar Cohen, nutrition and detox expert, Tri Holistic Nutrition