

Experience the tranquility that can be found in the ancient ways of Yoga and Ayurvedic traditions as you join Yoga teacher Lisa Turner on a journey to Kerala in Southern India:

**J&H TOURS**  
**YOGA & AYURVEDIC TOUR**  
**with Lisa Turner**  
**11 to 20 October 2010**  
**10 days/9 nights**



Practicing Yoga and meditation channels your mind, rejuvenates your soul and keeps your body fit. Ayurveda means 'knowledge of life' and is an ancient health system originating in Kerala and the sister science of yoga. Renew your spirit with daily Meditation, Yoga, Yoga Nidra & Ayurvedic treatments, enjoy delicious organic food tailored to your individual needs, shopping, sightseeing or free time to just rest & be still, immersing yourself in the spirit, culture and natural beauty of this rich, tropical land.

Yoga Teacher and Tour Manager, Lisa Turner, has been practicing yoga for 18 years. She is an accredited Satyananda yoga teacher, with training both in Australia and in India. Lisa has traveled many times to India and looks forward to sharing her passion for Yoga and this beautiful part of Southern India with our guests.