

HEALTHY AGEING LUXURY DAY RETREAT - COMO Shambhala Urban Retreat

Submitted by: Tri-Dosha

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Healthy Ageing Luxury Day Retreat – COMO Shambhala Urban Escape, Park Lane, London, Saturday 21st February 2015

'In an age where people are time poor and anxiety and stress levels are rife, meditation keeps us in balance when the world around us is out of synch.' Sunita Passi, meditation teacher

'We can really fuel our faces and feed our bodies. Ultimate wellness is ultimate beauty.'
Karen Cummings-Palmer, nutritional coach

This female only luxury day retreat takes place at the luxury COMO Shambhala Urban Escape, Metropolitan Hotel on Old Park Lane, London.

Learn from experts Sunita Passi (meditation) and Karen Cummings-Palmer (nutritional coaching) as they share their secrets to re-discovering your youth. They will guide you to explore what beauty means to you, dispel modern beauty myths and share their timeless natural beauty solutions.

The luxury day retreat consists of guided meditation with Sunita Passi, holistic educator, and Karen Cummings-Palmer, nutritional coach, and an energetic wake up session with a guest teacher. A delicious COMO Shambhala lunch and goody bag filled with natural skincare treats completes your healthy lifestyle package. This promises to be a thoroughly inspiring day of mindfulness and wellbeing, with a focus on healthy ageing, and who doesn't benefit from an inspirational day!

About the Retreat Leaders

Sunita Passi is a classically trained Ayurveda therapist and leading meditation teacher, sharing knowledge in the transformational and spiritual world. She is a long established journalist and speaker, she cut her teeth in the international business world of publishing nearly 20 years ago, and she shares her incites through commissions for Choice Health Magazine and articles in national UK media. She is also the founder of Tri-Dosha, a natural skincare brand offering a premium range of skincare and bodycare based around naturopathic principles.

Karen Cummings-Palmer is a beauty and wellness commentator and a certified health and nutrition coach. She has a finely tuned sense of what works from the inside out and believes that ultimate wellness is our most valuable commodity. Her work takes her to Los Angeles where she has built a support team of leading industry experts that include Hollywood's most sought after facialists, fitness experts and hair artists. Karen believes that ultimate wellness is ultimate beauty.

Get the Gloss review:

<http://www.getthegloss.com/news/time-well-spent-top-tips-to-take-away>

Food

Healthy lunch by COMO Shambhala.

Retreat Fees in Pounds Sterling

£199.00

Your Price Includes

- Intimate guest day.
- Guest Practitioner wake up session.
- A meditation session with Sunita.
- A nutrition session with Karen.
- Lunch by COMO Shambhala.
- Break out sessions in the afternoon with Sunita and Karen.
- Luxurious massage of 30 minutes by the holistic experts at COMO Shambhala Urban Escape.
- A gift of wellness from Tri-Dosha, Karen Cummings-Palmer and COMO Shambhala Urban Escape.
- An additional session with any wellness or meditation course + 25% off any COMO Shambhala treatment.
- Spa competition – a chance to win a spa day at Ayurvedic retreat The Clover Mill, Malvern

Your Exclusive Offer

Mention the code 'Sourcewire' to receive a 10% discount exclusive to Sourcewire subscribers = £179.00. A discounted room rate at The Metropolitan Hotel is available for retreat guests. Please contact us directly for details.

Testimonial

'I loved my Time Well Spent luxury day retreat with Sunita and Karen. It was just as described. Thank you ladies for your expertise and inspiration.'

Anju Passi, Producer

'Really inspiring day! Learnt a lot. Time Well Spent indeed ... x'

Karin Mochan, Journalist

Wonderful day spent with great people. Thank you for organising this superb event.'

Lina Hill, Director

Further info and retreat booking

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sunitapassimeditation.com

Karencummingspalmer.com

Sunita Passi - Writer/Speaker/Presenter

Sunita Passi has firmly established herself at the top end of opinion-forming journalists and presenters in the UK, specialising in business, health, wellbeing, spirituality, self-enquiry.

To commission Sunita to present, interview or write a feature, please email her at:

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