

# Pancha Karma Retreats

Hosted by Adaptive Therapeutics and Abbey Joy Healing

## *Greetings...*

Our names are Abbey Cmiel, founder of Abbey Joy Healing and Sariah Neff, founder of Adaptive Therapeutics. We are Ayurvedic health counselors, herbalists, body workers, and more. Our passion is helping people attain their optimal health! We seek to educate and empower all of my clients.

## *What is Pancha Karma?*

An intensive 2 to 3 day wellness retreat and experience. Originating from India, it has been practiced for thousands of years to bring the body back into balance. This process focuses on the core of issues present in the mind, body and spirit. Three to four practitioners facilitate in thoroughly cleansing then rejuvenating and rebuilding the body.

## *What is Included?*

- ~Three vegetarian (can be made vegan) meals a day
- ~Bodywork and sacred tools (gua sha, cupping, massage, instruments, stones, etc.)
- ~Ayurvedic treatments (Netra & Kati Bastis, Pinda, Shirodara, etc.)
- ~Morning check-in and pulse assessment
- ~Daily sauna
- ~OPTIONAL: Overnight accommodations for 2 nights (with hot tub, sauna)

## *Are You Interested?*

Contact Abbey for more information, serious inquiries only. Email: [hello@abbeyjoyhealing.com](mailto:hello@abbeyjoyhealing.com)

Website: [www.abbeyjoyhealing.com](http://www.abbeyjoyhealing.com)

Location: Sebastopol, CA / Redwood Valley, CA (for overnight option)

