



Soul Reset

Ayurvedic Yoga Retreat – 2026

Align to the rhythms of nature – 3 days of nurture, Sunshine Coast

Ayurvedic Practitioner – Dr. Rekha

Ayurveda, Yoga Therapies & NLP integrative Wellness Workshops

ALIGN TO YOUR SOUL & AWAKEN YOUR INNER COMPASS

April 17th – 19th

What you'll experience

- Nervous System Restoration
- Somatic healing – Emotional & Physical release
- Ayurvedic Master Class – Embark on your self-healing journey
- Soul Nourishing Ayurvedic Cuisines, daily Yoga & Treatment with DR Rekha – Shirodhara
- Activating your future timeline – NLP Alchemy

A 3 day Journey into Ayurvedic soul nourishment and embodied healing through Yoga, Breathwork, Ayurvedic meals, art therapy, nature immersion, Shirodhana, guided timeline transformation, you'll release old patterns, reset your nervous system and reconnect with the future version of you.

About your Hosts

Dr Rekha has a vast knowledge of Ayurvedic medicine, passed down through centuries within her lineage. Dr Rekha spent many years with a passion for naturally curing her patients. Dr Rekha is registered as an Advanced Ayurvedic Practitioner with the Association of Ayurvedic Professionals.

Lisa Rose is an NLP trainer, Timeline Practitioner & Yoga Therapist with a passion for supporting women through inner transformation. Using an integration of NLP Mind Body & energy practices to shift perspectives and ignite a new empowered future version



View on mobile



Sign up Now! spots limited! Make 2026 your year to Choose YOU!!!



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Dr Rekha
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Lisa Rose – Ascend
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