



FARALYA HOTEL

# Yoga Holiday

with Julie Potter  
2 – 9 July 2012

To be read together with the info on our web site: [www.faralyahotel.com](http://www.faralyahotel.com)



Julie Potter began practicing yoga in 1993. She is qualified with the British Wheel of Yoga and has been teaching since 2002, establishing her own studio, Yoga for Harmony, in Windsor (UK) in 2006. She teaches groups and one-to-one, with attention to specific needs. Julie's early origins were in Iyengar Yoga. Her personal development led to a focus on teaching natural movements and postures related to the alignment of the body. Her main influences have been Gary Carter, Peter Blackaby, Monica Voss and Angela Farmer.

During this week at the Faralya Hotel, Julie's intention for students is to have the opportunity and the time to look at all aspects of their practice in depth and to develop their approach of self enquiry and self knowledge. Classes will be adapted to suit students of all levels, with different abilities and experiences. Whilst looking at traditional Hatha Yoga postures and pranayama, Julie encourages fun and freedom within the traditional structure.



## Yoga Daily Programme:

- 7:30 – 8:15am Breathing and Meditation
- Breakfast
- 10:00 – 11:45/12:00noon Yoga Enquiry (main session)
- Lunch (approx 1pm)
- 5:50 – 7:00pm Gentle Practise
- Dinner

Julie may change or vary this programme slightly.

During the week there will be two therapists available for a selection of treatments. Julie's colleague Kathrin Dursch-Fernandes who specialises in deep tissue massage using myofascial release and trigger point therapy techniques, and the Faralya Hotel's resident therapist Caroline Clipson who offers Indian head massage, reflexology, reiki, holistic and aromatherapy massages. Therapies are available at an additional cost of about £40 so remember to bring some extra spending money if you would like to treat yourself.

**Price:** 7 nights: £445 per person, full-board, based on sharing a twin/double room excluding flights and transfers. Single occupancy supplement £80. Rooms are spacious with en-suite and a/c. Full-board includes breakfast and dinner every day and 5 lunches.

**Booking and further information, contact:** Julie Potter E: [julievpotter@googlemail.com](mailto:julievpotter@googlemail.com)  
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