



FARALYA HOTEL

## Yoga & Detox Retreats

23 – 30 April & 30 April – 7 May  
23 - 30 July & 6 – 13 August 2012  
**with Lauren Manning**

To be read together with our Faralya Hotel information, see: [www.faralyahotel.com](http://www.faralyahotel.com)

The holiday includes yoga classes suited to beginners, intermediate and more advanced students, helping to increase flexibility, and encourage relaxation. We also include a fully supervised juice-fasting DETOX programme.



**Lauren** has a broad yoga background. In addition to her initial training in the Sivananda tradition, she has also explored and practised the dynamic styles of Ashtanga, Bikram, and Iyengar, and the inspirations of Scaravelli and Anusara. She brings a magical synthesis of these styles to her classes, combining flowing movements, strengthening holding of postures, breathing, meditation and relaxation. She has taught at all levels and abilities, in the UK, Portugal, India, and regularly with us in Turkey since 2003. She is a qualified practitioner of foot reflexology, therapeutic massage, Thai yoga massage, and holds a diploma in Nutrition.

**Beginners:** Lauren offers an easy entry to the world of yoga. Gentle postures are interspersed with lots of deep breathing and relaxation. You do not have to be flexible to start yoga. On the contrary, most people start with rather stiff bodies. Flexibility comes gradually with the regular practice which these classes help to establish.

**Intermediates – Advanced:** If you have an established yoga practice, these classes will offer the chance to build upon this, establishing stronger and more challenging postures. Focus will be given to alignment, breath and controlled movement. The time spent holding postures will gradually be increased, maximising the benefits on all levels.



**Juice-Fasting Detox:** To help you feel vibrantly alive, we include a carefully controlled programme comprising fruit and vegetable juices, herbal teas and various special remedies. It is important to break the detox-fast properly, and if you intend to fast for a full week or more, aim to remain at the Faralya Hotel for two weeks, or at least another three days after the fast, for guidance and supervision. Please ask us for the separate Detox-Fasting Information Sheet.

**Price:** 7 nights: £695, 14 nights: £1375 p/p, sharing. Single supplement: £80/wk. All rooms are very spacious with en-suite and a/c. **Included:** accommodation, detox programme, fruit and vegetable juices, broth, herbal supplements, enema, trip to Fethiye, Turkish bath and massage, yoga classes, use of hotel amenities. **Not included:** flights, transfers to and from airport. Holistic treatments £20- £50. Early-bird **discount £25**, if booked with us before 31 March 2012.

*"I love Lauren's teaching and feel fantastic after two weeks of yoga and a five day detox." - Nicky, London*

*"... the experience changed my life for the better forever... Thanks for a truly amazing hol!" - Debby, Surrey*

*"... At once relaxing and revitalizing! The sea is wonderfully clear and warm and the yoga and detox were brilliant." - Fiona, London*

**Booking and Information:** Nigel Walker, T: +44 (0)1760 755888 E: [faralya@vegiventures.com](mailto:faralya@vegiventures.com)  
[www.faralyahotel.com](http://www.faralyahotel.com)