

YOGA RETREAT ADVENTURE

18 – 25 June 2012

WITH MISKA WILLIAMS the owner of YOGAGENIE

- 2 - 3 yoga classes per day catering for all levels of ability
 - Early morning – Vinyasa flow (intermediate/advanced)
 - Morning – Hatha yoga for beginners and seniors (many options given to suit your ability)
 - Early evening – Flowing gentle Yin Yang yoga and Hatha flow, nourishing and restorative
- Sunrise/Sunset meditation (exploring natural meditations)
- Inversions workshop (headstand, shoulderstand) – if you experience difficulty with these poses or would like to acquire tools to deepen into them, this workshop will be invaluable!
- Mantra invocation/Chanting/Occasional evening program (dancing, music etc)

All sessions are optional and you are free to attend as many or as few sessions as you wish. You are welcome to arrange your own activities and trips. There will be plenty of free time (as sessions take place mornings and evenings) to explore the area, swim, snorkel, go for a walk, have a massage, visit local villages and markets, visit archaeological sights or just relax by the pool or walk to the sea. Depending on the group's interest, we may organise a group trip and have 1 day free from yoga.



Miska holds an advanced 500 teaching diploma with Yoga Alliance, having studied a variety of yoga styles in India, Spain, Mexico and the UK. She teaches full time, serving Sutton and Belmont communities as well as students travelling from further afield to attend her sessions and workshops. She is known for her high energy, creative and funky intermediate and advanced flow classes as well as classic hatha classes for beginners. Her approach to teaching yoga is raw, joyful, creative and experiential, blending a variety of yoga styles and practices into her sessions, whilst using precise alignment cues. Her distinctive instruction allows students to be very present in their yoga practice, and effortlessly leads them into deep stillness during group meditations which have become very popular. She explores sound vibration and drumbeat's healing properties during the yoga sessions. Miska also specialises in working with senior practitioners, mental health patients, and injuries – delivering private yoga therapy sessions. You will receive plenty of individual attention.



Join us for a playful week of yoga, meditation, exploration, inspiration and FUN! Whether you are a complete beginner looking for a healthy holiday or an experienced practitioner looking for deep immersion, this week will be unforgettable.

Price: £475 (all yoga, accommodation and 3 healthy home cooked meals) sharing a twin/double room. A few singles available without supplement. Triple rooms available, you will get £20 discount.

Flights (from around £200 London/Dalaman) and transfers (from £36 if sharing), not included.

Queries & Bookings: Miska will be very happy to speak to you, – please contact her on 0796 441 6826 or send an email to info@yogagenie.co.uk and see: www.yogagenie.co.uk