



Yoga & Meditation

25 June – 2 July and 2 – 9 July 2012

with Chandra Mauli & Julie Preston, co-founders of YOGAbelfast (www.yogabelfast.com)

To be read together with our A4 full-colour folder, see our web site and click on 'Contact & brochure'

The programme includes 2 daily yoga classes suited to beginners, intermediate and more advanced students, helping to increase flexibility, and encourage relaxation. In addition, time will be taken to explore the practice of meditation, benefiting from the stillness of Yuva. You will learn the basics of meditation so that you can establish a regular practice to take away with you.

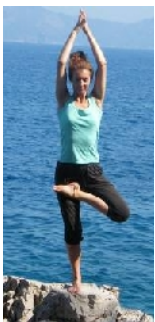


Chandra has taught yoga and meditation for more than 30 years, mainly within the Sivananda Yoga organization, directing centres in New York and Canada. Originally from the UK, his students appreciate his light, caring and encouraging approach. His classes at Yuva over 8 years have been highly acclaimed.



Julie has been practising yoga for over 13 years. She completed her yoga teacher training in India, following an ancient system where the students live, study and work intensively with their teachers. For Julie yoga is a way of life and, through her teaching, she loves sharing the energy, vitality and positive outlook yoga has brought her.

Beginners: Chandra and Julie offer 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.

Price: 7 nights £470, 14 nights £895. (**Early Bird, 7 nights £445, 14 nights £860, if booked before 31 March 2012**) Prices include full-board and group transfers Dalaman/Yuva return, based on sharing a twin room or in a single log cabin, excl flights. For more comfort (limited availability), twin log cabin as single supplement £50, twin room as single supplement £70 per week. Price is payable direct to VegiVentures.

"The most relaxing holiday ever! Highly recommended for fantastic yoga and meditation in a beautiful, unspoilt, natural environment. Hope to go again next year, maybe for two weeks!..." Emmeline, Ireland

"This is my third visit, everything about Yuva was and always is wonderful. The space created to practice yoga and the quality of yoga teaching is excellent. I can find no fault with Yuva and would visit time and time again..." Barbara, Herts

"Yuva was everything we could have hoped for in a retreat centre, it was exactly what we needed and helped re-invigorate us in many ways. We loved our time there and feel better for it and fully intend to return next year..." Matt, Shropshire

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