

Yoga Holiday

with Faye Hill
7 - 14 May 2012

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Enjoy the moment, with a week of revitalisation, renewal and relaxation. Increase your core strength, flexibility, tone and balance with yoga and mindfulness. Practice yoga in an organic environment, exploring the boundaries of your body. There will be the option to hike, swim or simply rest in a hammock, and a boat trip (conditions permitting) to explore the coast line and discover a local beach, only reachable by sea. This is an opportunity to recharge your batteries. The benefits will last long after your return. Beginners and intermediate students are all welcome.

Faye has studied Hatha Yoga for 14 years with many inspirational teachers, practising several forms including: Ashtanga, Viniyoga, Sivananda and Iyengar Yoga. Under Michael Hutchison, she studied for, and gained, the renowned British Wheel of Yoga teaching diploma. Through all this experience she has developed her own style, and has been teaching for 6 years in her native Hampshire. Her classes have a 'feel-good' factor. For Faye, mindfulness and yoga go hand in hand. She believes a positive flexible mind encourages a positive flexible body. "Yoga is a way of life for me. It has become my faith. I love teaching, and seeing the progression of my students through yoga and mindfulness." Faye is a mother of two and also a qualified children's yoga instructor.



These classes for adults will include exercises and techniques based on traditional Hatha Yoga. "The Hatha Yoga Pradipika was one of the first yoga books I picked up and strongly influences me today. Physical yoga has a positive effect on the mind, enabling moments of stillness which grow with your practice." The benefits of yoga are unique to each individual. Each posture has its own function and effect. We shall explore these during our sessions, strengthening and cleansing the body through physical practice and a dose of fun!" Faye is committed to making yoga fun and accessible to people of all ages and abilities, allowing her students to feel safe, secure and relaxed.

A typical day begins with a yoga class at 7.30am. The middle of the day is free to chill out and enjoy the wonderful environment and sea, with guided walks on at least 2 days. Faye teaches a further class at around 5.00pm. This is her second year teaching at Yuva. All activities are entirely optional, choose to join in or just rest and relax. One day will be free for an optional excursion to visit the local harbour town of Fethiye with its 16th century Turkish baths, market and ancient tombs.

Price: £470 (**earlybird £445**, booked before 31 March 2012) based on sharing a twin/double room, or in a single log-cabin. Price includes yoga tuition, 7 nights full board (all breakfasts and dinners and 5 lunches) and group transfers Dalaman/Yuva return, excluding flights. For more comfort (limited availability), twin log cabin as single supplement £50, large twin room as single supplement £70 per week. Price is payable direct to VegiVentures.

Contacts: Nigel Walker, T: +44 (0)1760 755888 E: yuva@vegiventures.com www.yuvaholidays.com
Faye Hill: T: +44 (0)77175 00323