



Karina's Yoga Retreat

with Karina Stewart

14 – 21 May 2012

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Karen Stewart (Karina) began as a fitness instructor in 1996 and to advance her skills and disciplines and to offer as much as possible in a health club environment attended Yoga classes. With an ambition for advancement she qualified as a Personal Trainer in 2000 and found herself drawn more and more to Yoga. After reading an advertisement offering traditional one to one teaching to be a Hatha Instructor she embarked on an intensive year of classical study and practice with 'Under The Sun School of Yoga and Healing Arts' which she successfully completed in February 2004. Karina has been teaching Hatha Yoga ever since and to complement her teachings she is also qualified as a Massage and Reiki Therapist.

Karina's particular passion within her Yoga teachings is for Mantra which she incorporates into her classes, workshops and retreats. She attends as many Mantra workshops as she can and pilgrimages to India each January on a spiritual journey of Mantra and self discovery.

In the little free time Karina has which isn't spent with her children and grandchildren she runs. She completed the New York Marathon in 2006 with a team of friends and clients and takes part in many 5k, 10k runs and half marathons.



Price: 7 nights £450. Prices include full-board based on sharing a twin room or in a single log cabin, excluding flights and transfers. For more comfort (limited availability), twin log cabin as single supplement £50, twin room as single supplement £70 per week. Full-board includes breakfast and dinner every day and lunch on five days.

Booking:

Please contact Karina Stewart

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