



Yoga & Mindfulness

27 August – 3 Sept 2012

With Linda Allam

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 and intermediate students, helping to increase flexibility, strength, inner awareness and the ability to relax deeply. Other aspects of yoga are explored, including mindfulness, meditation and healthy life-style.



Linda teaches a holistic approach to health and well-being through the practices of Hatha Yoga. She holds the British Wheel of Yoga Diploma, is qualified with the Sivananda Yoga Vedanta School, and has been teaching since 1990. She is a qualified, practicing homeopath, and is also a 'Mindfulness' teacher, having studied under Rob Nairn at Samye Ling Tibetan Monastery in Scotland. She has also studied in India, Thailand, USA, Greece, and taught yoga for 7 years in Egypt. Linda teaches full time classes and workshops near her Lakeland home in N. West England. This is

Linda's third year teaching at Yuva.

Linda says, "I have a great love for and commitment to what I do. In my classes I aim to create an environment of self responsibility, self caring and self awareness, encouraging you to be in the here and now; and be in your body. This helps you to get out of the automatic thinking and doing mode to develop an acceptance of what is, without judgment or criticism; all leading to a more harmonious state of being for the body-mind-spirit. "

Programme: The first class of the day, before breakfast, starts with a walking or seated meditation, followed by a stimulating yang practice focusing on breathing techniques, warm-ups and sequencing of postures, and a final relaxation. After breakfast there is free time with plenty of opportunities to walk, swim, snorkel, enjoy the beautiful area and just be. The afternoon class begins at 5pm with a slower pace and more relaxed practice of yin style asana, plus deep relaxation and mindfulness practices. All classes integrate different levels of yoga experience.

Beginners are especially welcome. The programme may vary with the needs of the group. There will be classes on 5 days with one day free for relaxation, personal practice or an excursion, perhaps to the Turkish Baths!



Price: 7 nights £480 (**early-bird £455**, if booked before 31 May 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. Twin log cabin as single supplement £50, twin room as single supplement £70 per week. Price is payable direct to VegiVentures.

"Yoga excellent...everyone got on well together and enjoyed the friendly, relaxed atmosphere..." - Stephen & Ann, Cumbria

"The yoga facility was inspirational and we were lucky to have such a lovely teacher..." - Jenny, London

"...the course exceeded my expectations... the mix made the practice seem totally unrushed... great combination of relaxation, nature, the surroundings, the food and the Yuva family hospitality..." Elaine, Aberdeen

"This was a whole new experience... I really enjoyed Yang practice, the speed and stretching in the poses... however I felt I learned a lot from the mindfulness and Yin practices which slowed me down. The whole holiday was a wonderful learning yogic experience..." Su, Cumbria

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