



Yoga Retreat

With Lisa Colby

11 – 18 June 2012

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Lisa has been practicing yoga since her mid-20s, enjoying and training in many different styles. She teaches Ashtanga yoga and restorative classes, but the majority of her teaching is in an eclectic style which explores many aspects of yoga. She is registered with Yoga Alliance UK and teaches full-time classes and workshops in the Suffolk area at various centres and venues, including her studio at home.



Lisa's approach is lighthearted and sensitive, encouraging attention to form and integration of breath to create a quiet, calm and focused practice that will include and engage all attending. Her classes are suitable for all levels of experience and will encourage better awareness of movement, breath, alignment and deep relaxation. This is Lisa's second year teaching at Yuva.

Lisa believes that both the practice and the sharing of Yoga is a pleasure. "The most important things to me are to remain inspired and to continue to evolve in my own practice and my teaching. Yuva's environment makes it all so simple."



Each morning we centre with breathing and meditation before developing the practice in a more challenging way. The afternoon yoga will be more exploratory, looking at techniques and different aspects of yoga. Classes will help you to develop a sense of balance, clarity and practicality. All activities are optional and there will be plenty of free time to walk, swim, snorkel, simply relax or enjoy Yuva's wonderful mealtimes. One day will be free for personal practice, relaxation or an excursion.

Price: 7 nights £420 (**early bird** £390 – before 30 December 2011) Prices include full board, based on sharing a twin/double room or a single log cabin. Twin room as a single, supplement £70 subject to availability. Flights and transfers are not included.

"Seven wonderful days of yoga & relaxation with a great group of people, for me it was totally in the moment!" Clive, 2011

"To me it was like I had found a little piece of paradise, I loved it and have already booked for 2012." Eva, 2011

"Yoga twice a day, with friends, a shady platform overlooking blue sea & mountains with only the sound of the sea & the cicadas (& the voice of our lovely teacher)." Janet, 2011

Booking: Booking is direct with Lisa Colby, www.lifeintobalance.co.uk E: lisacolby71@hotmail.co.uk
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Or contact us at Yuva for further information: T: + 44 (0) 1760 755888 E: yuva@vegiventures.com
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