

YOGA IN A YURT..

.. in Italy!

Come and experience **KUNDALINI YOGA**
in the beautiful clean air of the Apennine mountains.



June 19th-24th 2012

Sleep in a beautifully restored mountain house or in one of the tents provided in the 5000mq of terraced and open land overlooking the valley and mountains beyond.
Get in touch with your body and nature, in nature.
Delicious vegetarian food from local sources.

Prices for accomodation, food, yoga & all activities.....
345 Euros in a shared room; 300 Euros in a tent.

Join Mahan Deva (Malcolm Medley) for Kundalini Yoga.
Meditate, chant, walk, dance and sing!

"A life changing retreat full of beauty, inspiration, exploration, tranquility and love that was everything I needed" Mei

"A home away from home, but more relaxed. Open hearts, open minds, joyful sharing and inspiring.....My yoga retreat was all this and more, I left not wanting to leave, certain to return and fulfilled" Steve

For more information and to reserve your place contact Malcolm on:
07941 843228 or email: malc83@yahoo.com
Visit the venue website at:
www.apennine-retreat.com

