

YOGADAMBA SUMMER YOGA RETREAT

3rd-5th of July 2009 – Monkton Wyld Court, Dorset

with Tori, Dory and Debs



ATTUNE YOUR BODY ♥ RELAX YOUR MIND ♥ AWAKEN THE LIGHT WITHIN

Summer is the time for Abundance, Manifestation and Full-Bloom Creativity!

YOGADAMBA have created a wonderful weekend of **Midsummer Yoga & Healing Delights** at the beautiful organic rural retreat of Monkton Wyld Court in Dorset www.monktonwyldcourt.org

Together Tori, Dory and Debs will be serving up a sumptuous weekend of creative yoga practices, nature walks and energy work-shops aimed to create and enhance **ABUNDANCE** in all areas of your life!

The weekend will include focused yoga classes from the teachings of Hatha, Kundalini, and AcroYoga. There will be guided meditations and chakra-balancing visualisations, healing and shamanic work-shops, time for you to chill out and relax in the beautiful grounds of Monkton Wyld, massage and reiki treatments ...and lots more!

WHEN: The retreat will begin at 4pm on Friday 3rd July and finish at 4pm on Sunday 5th July.

FOOD: Fresh and delicious vegetarian food from the organic vegetable garden of Monkton Wyld.

ACCOMODATION: Friday & Saturday nights - accommodation is shared rooms (some single rooms are available - supplement of £50).

THE COST: - £250 or....**EARLY BIRD OFFER** - £190 if paid in full by 29th May

Price includes accommodation, all meals and yoga classes. Transport and massage/reiki treatments are extra.

BOOKING: For booking form and details call tori on 078 555 29251 or email tori@yogadamba.com

To secure your place on the Monkton Wyld Summer Yoga Retreat either pay in full or send a deposit of 50% (remaining payment due by Friday 19th June).

Make cheques payable to V Lewis Yogadamba, 1d Isokon Flats, Lawn Road, London, NW3 2XD

We look forward welcoming you for a wonderful weekend of yoga.

Om shanti, Love and Light Tori, Dory and Debs xxx
www.yogadamba.com