

Kundalini Yoga Retreat

The practice of Kundalini Yoga enables us to harness the energy of the mind and the emotions, so we can be in control of ourselves, rather than being controlled by our thoughts and feelings.

in
GREECE

\$1925

(airfare not included)

YOUR
DYNAMIC DESTINY

CLEAR YOUR PATH
TO ACHIEVE BALANCE
AND THRIVE!

DISCOVER THE GLORY OF GREECE AND THE BEAUTY OF THE AEGEAN SEA. SPEND A WEEK WITH LIKE MINDED PEOPLE, WITH DAILY KUNDALINI YOGA CLASSES AND GROUP MEDITATIONS SPECIFICALLY DESIGNED TO HELP YOU RESTORE, BALANCE AND THRIVE. RELAX ON THE PRISTINE BEACHES OF NISYROS, TAKING IN THE BREATHTAKING VIEWS AND COLORFUL SUNSETS. EXPERIENCE THE UNIQUE CULTURE AND HISTORY THAT THIS BEAUTIFUL GREEK ISLAND OFFERS ...

REJUVENATE YOUR SENSES!

- 6 NIGHTS ACCOMMODATIONS W/AC & BALCONY
- DAILY CONTINENTAL BREAKFAST
- MORNING AND EVENING YOGA CLASSES
- DAILY GROUP MEDITATIONS
- 3 UNIQUE EXCURSIONS WITH LOCAL GUIDE
- 4 GROUP DINNERS
- FERRY TRANSFER FROM KOS TO NISYROS
- YOGA MATS AND PROPS PROVIDED

WHEN: SEPTEMBER 9TH - 15TH, 2012

WHERE: NISYROS, GREECE

KUNDALINI YOGA GOES BEYOND THE PHYSICAL PERFORMANCE OF POSES WITH EMPHASIS ON BREATHING, MEDITATION, MUDRAS AND CHANTING.

BOOK TWO OR MORE AND SAVE \$200

FOR MORE DETAILS PLEASE CALL

310-497-1607

OR VISIT US AT

WWW.SPAONLOCATION.COM

