

RESTORE - REGENERATE - FLOURISH

**Ashtanga Yoga Retreat with Mark Robberds
Sanctuary Retreat, Mission Beach
July 2nd - 9th, 2011**



Certified Ashtanga Yoga Teacher Mark Robberds presents a workshop to inspire a love for the practice. Explore the deeper aspects of this transformative yoga tradition through Led and Mysore style classes, the exploration of techniques, breath and alignment, yoga philosophy, meditation and devotional chanting.

Program:

Saturday July 2nd: Afternoon arrival, welcome gathering and opening talk

Sunday July 3rd - Friday July 8th: Morning Mysore classes
Afternoon techniques classes
Evening meditation, chanting, Q&A

Wednesday July 6th: Free afternoon

Saturday July 9th: Departure

Price (includes all yoga classes, accommodation and evening meals):

Hut (single): \$1,175

Hut (single - shared room) \$995

Hut (double / twin share): \$995

Cabin (single): \$1,775

Cabin: (double / twin share): \$1,340

Deposit of \$250 required upon booking

**FOR BOOKINGS CONTACT DANI CECCARELLI
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