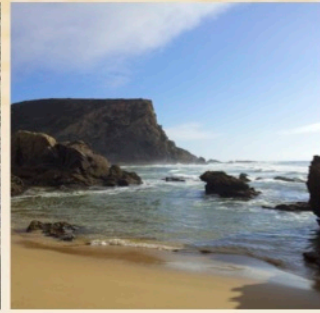


URBAN YOGA RETREAT



Lisbon, PORTUGAL

Private Group Retreat - 1 Week in Lisbon
May 24 - 31st, 2014

Includes:

- ~ Light Welcome Meal
- ~ Daily Yoga Practice (select from morning, lunch, or evening sessions)
- ~ Ashtanga Yoga Fundamentals Workshop Intensive
- ~ Yoga Nidra Deep Relaxation Meditation Session

Price: €500

Optional Add-Ons Available (*min 8 participants required*):

- ~ Traditional Chanting Workshop of the Yoga Sutras & Bhajans in Sanskrit (1.5 hrs | €25/person)
- ~ 3-Day Juice Detox Program (2 Juices/Day | €35/person)

For more information please contact us at
info@casavinyasa.com

www.casavinyasa.com
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