

Yoga Retreats

30 June - 3 July, 2009

Manoir de L'Etang, Mougins, South of France
and

The My Little Violet Yacht

Join us in our reach for Spiritual Wealth and Light by doing Kundalini Yoga with Heather Bird-Tchenguiz, Student of Maya Fiennes, and her Light team doing Meditations, Breathing Sessions, Kirtan and Body Treatments.

Twice Daily (Tuesday, Wednesday, Thursday & Friday) Yoga classes with Heather on terraces overlooking Olive Trees and a Lake covered in Lotus Flowers.

Price:

€500 per person including room, breakfast, dinner and yoga classes.

€100 supplement for single occupancy of room.

To book please contact Shari Zollinger at heatherbird1@live.co.uk

or

text Heather @ +44 777 558 0712

