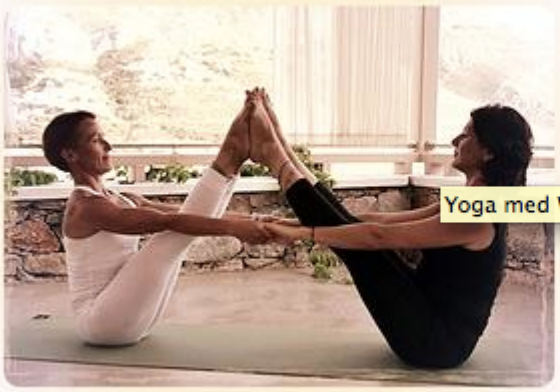

Yoga Retreat to wonderful Amorgos, May 18 to 25, 2015

Come and join us!

Travelling and combine it with yoga is an opportunity to expand your awareness, breathing in wisdom and unite it in both your physical body and your soul.

Yoga Retreat with a fantastic opportunity to experience three forms of yoga; kundalini-, anusara- , Bodyriveryoga. We do several breathing techniques, meditation and mantrasinging together. We are two yoga teachers and three forms of yoga combined with lectures, workshops daily, spa and massage are included. A couple excursion opportunities interspersed with cleansing vegetarian food from the farm. How can it get any better than this?

For more information contact:
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WiviAnne Nyberg: +46 707- 65 50 50 www.wiviannenyberg.se

We wish you the very best!

Light and love
Tina & WiviAnne