

Balance your whole being on the beautiful Greek Island of Amorgos!



September 15th-22nd 2016

Package includes:

- ✓ 7 Night's accommodation in Superior room
- ✓ Daily Morning and Evening Energy Flow sessions
- ✓ Organic buffet breakfast served daily
- ✓ Lunch or Dinner including Vegetarian & Vegan meals
- ✓ Arrival & Departure transfers on Amorgos
- ✓ Free use of Lalon Idor Spa facilities
- ✓ 30 minutes Swedish massage
- ✓ 10% discount on Spa facilities
- ✓ Unlimited internet access

Explore everything this breathtaking Greek Cycladic Island has to offer, whilst staying at the beautiful 5* Aegialis Hotel and Spa!

Experience the balanced blend of Deep Release Energy flow Training with its founder **Yan!**

A unique fusion of Qigong, synergistically woven, into an endless flow of Yoga postures and moving meditation...
Simple in practice, powerful in effect!

Superior room Single occupancy **£895pp**
Superior room Double occupancy **£695pp**

For complete details and to secure your place, email: yinyanglife@ymail.com or call **Yan** on +44 (0) 7917671801

Idyllically Cycladic!