



SPRING Yoga retreat in LA SERRANIA, Pollensa

24th of March – 31st of March 2012



We propose you a refreshing “Spring-Yoga-week” in la Serrania!

During this week you can enjoy every day yoga, beautiful hiking trips and delicious food! A week to concentrate on yourself and the yoga practice with three and a half hours of yoga on each of five days.

Also, a week with plenty of time between classes for relaxing in the peaceful environment of La Serranía, strolling in the surrounding countryside, talking with new friends or spending quiet time on your own.

I will be offering a sequence of morning and late-afternoon Hatha yoga classes, including Pranayama (breathwork), energetic and more relaxing and meditative sessions. It is more likely that classes will be in English, but as I speak also German and Spanish I can translate parts of the class.

Everyone can join, from beginners to more experienced Yogis.

On the one day that there is no yoga, there will be an excursion with Tim.

Meals are always a delight and very healthy, both for vegetarians and for omnivores. You have full board included.

The price is 695€ in a shared twin room, or 795€ in a single room.

For more information about the YOGA classes please contact me, yoga@yoga-mallorca.com, or have a look on the website: www.yoga-mallorca.com

For prices and bookings, please contact Tim of La Serrania directly: serenetreets@mac.com, or visit his website www.laserrania.com

