

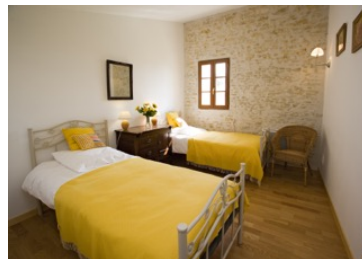
Ari'om' Yoga
Holidays

Tuesday 2 - Tuesday 9 July 2019

or

Thursday 4 - Thursday 11 July 2019

More than a holiday, you will have the opportunity to slow down, take time and appreciate. Time to reflect and to feel completely at ease with yourself and your surroundings, staying in a delightful converted Chartenaise barn, in Gemozac, South West France. There is a large heated swimming pool and the local village is within walking distance. For those of you who have been before there is the addition of a shaded pergola area by the pool and a hot tub in the garden.



Morning and evening yoga sessions are by the pool or in the beautifully landscaped private gardens. Start the day with asana practice to awaken your metabolism, stretch and create space in the body and energise with the use of breathing techniques (pranayama). Each day ends with a restorative session which will deepen your personal practice and release deep rooted tensions. Additional one-to-one instruction is available. Holistic treatments are also available at local rates.



A welcome handbook, “**Creating a Sustainable Healthy Lifestyle - Why and the How**” sets the theme for our yoga practice and will act as a reference for our asana, pranayama and meditation. Radiant health starts from within. The joy of this holistic lifestyle is that it really does work.

Cost (includes yoga, private transfers from/to airport in France, luxury accommodation, breakfast/lunch/dinner/drinks) *£1,165 sole occupancy / *£945 sharing (*excludes direct flights with Ryan Air from Edinburgh to Bordeaux at time of printing approx £156)

Contact Moira for more details or to make a reservation moira@ariom-yoga.co.uk.