

Cyprus Yoga Retreat 2009

We now have a beautifully appointed luxury penthouse apartment in Oroklini on the island of Cyprus. Two Yoga Retreats are being held in October 2009: 1st - 8th and 14th - 21st.

Join Asha for a refreshing week of Sun, Sea and Yoga in a beautiful three bedroom apartment on the island of Cyprus.

Situated in Oroklini, 12km away from Larnaca airport, this lavishly appointed penthouse apartment sleeps 6 in three twin bedrooms.

2009 Itinerary After a light vegetarian lunch, spend the afternoon perhaps swimming, on the beach or sightseeing - whatever takes your fancy.

Start the day with fruit or vegetable juice followed by one and a half hours of yoga practice which will include pranayama and meditation.

The early evening yoga session focuses more on quietening the mind through meditation and pranayama.

The rest of the evening is yours to explore the local restaurants and their fresh mediterranean food or take the opportunity to learn how to cook Indian vegetarian fare.

Dates and Cost The cost to you for the week is £350 and you can pay in instalments. 1st - 8th October 2009 14th - 21st October 2009 7 night stay in our luxury penthouse apartment Morning and evening yoga sessions, meditation and pranayama Breakfast and a vegetarian lunch included Price also includes transport to and from Larnaca airport.

Air travel not included.

Please ask Asha for details of flights.

(Monarch offer flights from about £140 return.)

To ensure a truly personal experience, there is a limit of 6 people on this retreat. [Click here to download a PDF leaflet.](#)

[Click here to contact Asha for more info and/or to reserve a place.](#)