

5 Days Kundalini Yoga Retreat in Malaga

5. oct. - 11. oct. 2014

Early bird price 4700 DKK full payment 1. august.

Kundalini Yoga Instructor Mette Tost invite you to come and pamper your body, mind and mood at the beautiful Malaga location Al Limon Ecolodge.

I will guide you into the powerful tools of Kundalini Yoga, The 5 Tibets and Breathwalk - walking meditation by the beach. This will bring you into anti-stress and reboot and rejuvenate your energy reserve. Work on your balance, focus and mental clarity, health, happiness and empowerment. This will support you and reinforce you physically, mentally and bring you into a surplus winter time. Visit www.iamawomanyoga.com for more photo inspiration from the retreat location Al Limon Ecolodge. Also you can find the rest of my practical information on prices, what's included and the 5 days schedule etc..

Happy greetings from Mette



Contact: Kundalini Yoga instructor Mette Tost by email: mettetost@iamawomanyoga.com

or mobile: + 45 21731472. www.iamawomanyoga.com / www.popupyoga.dk or www.facebook.com/IAmAWomanYoga