



Price:

- 1. August full payment - Early bird price 4700 DKK
- 1. September full payment - price 5000 DKK

5 Days Kundalini Yoga Retreat in Malaga

5. Oct. - 11. Oct. 2014



Price Includes Basics + Body and Mind:

Basics are:

- Welcoming drinks.
- Stay in a double bedroom with separate beds and shower room on suit. (Single room will cost more and only few available, contact me for further price info)
- Daily towel and bed sheets change.
- Wifi in all bedrooms.
- Perfumed towels post yoga sessions.
- Complementary water and fruit in every bedroom.
- Breakfast, Lunch and Dinner. Excellent menus that derive directly from Al Limon's ecological garden and wherever possible using products from the local area.
- Yoga mats, blocks and belts.
- Complimentary tea, infusions and homemade biscuits are available all day.
- Transfers from /to Málaga airport.

Body & Mind are:

- 2 daily yoga classes - in the 5 days you will be introduced to both Kundalini Yoga, 5 Tibets (the Fountain of youth excersises) and Breathwalk - walking meditation.
- 1 Picnic day by the Mediterranean Ocean with Breathwalk and Meditation.
- 1:1 session with your KY instructor Mette if you feel for it. You have the chance to get advice regarding your daily practise, meditation etc.
- 1 massage - soft and tender.
- Free access to the Pool and Jacuzzi.

Please visit: www.iamawomanyoga.com for more information and inspiration photos from the retreat location Al Limon Ecolodge - then you can sense the amazing atmosphere.

Not Included:

Your plain ticket - arrival 5. Oct. and departure 11. Oct. 2014.
Drinks from the restaurant on the picnic day.

Registration:

Registrate as soon as possible to secure your place to my email: mettetost@iamawomanyoga.com and if any questions feel free to ask.

Payment:

- 1. August in full payment - Early bird price 4700 DKK or pay in Euro 630 EUR.
- 1. September in full payment - 5000 DKK or pay in Euro 670 EUR.

Living in Denmark use this bank information to transfer full payment:

Nordea Hvidovre afdl.: reg. nr. 2031 konto nr. 0725 156 146.

In comment please write your full name, email and Malaga Retreat.

Living outside Denmark use this bank information to transfer full payment:

IBAN: DK7820000725156146 SWIFT: NDEADKKK. Nordea, Hvidovre Afdeling, Hvidovrevej 59, 2650 Hvidovre.

In comment please write your full name, email and Malaga Retreat.

Practical information:

Terms of cancellation:

Registration and payment are final and non-refundable. If you are unable to attend, please feel free to pass on your place to another.

Group size is minimum of 6 people and maximum of 12 people.

Cancellation insurance & Travel insurance:

The tour is at your own risk so it is recommended to have a valid travel insurance. IAAWY takes no responsibility for the participants health. A possible personal insurance / cancellation / year insurance which also covers cancellation due to sudden illness, you can draw from your own insurance company or purchase in connection with your flight.