



Early bird prices on 1. July 2015 full payment.

3 Price levels:

- 1. Upstairs 6000 DKK.**
- 2. Downstairs 5600 DKK**
- 3. Outside 5300 DKK**

Price Includes Basics + Body and Mind:

Basics are with 6 days accommodation:

- 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.
- Complementary water in every bedroom.
- Full board with 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, Blankets, blocks and belts.
- Herbal Teas, coffee and 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 massage - soft and tender.
- Free access to the Pool and Jacuzzi.

Not Included:

Your plain ticket - arrival Saturday 3. Oct. and departure Friday 9. Oct. 2015.

Drinks from the restaurant on the picnic day and drinks at the Retreat location.

1:1 session with Mette Tost: You can book your own private session with Mette and get your Access Consciousness treatment. You can sign up on a list at the arrival. Special price 400 DKK which you pay at the retreat. " At worst you feel like you had a great massage, at best your whole life will change."

Registration:

Registrare as soon as possible to secure your place to my email: mette@tostyoga.com and if any questions feel free to ask.

Payment Early Bird prices 1. July 2015 - Choose between 3 levels:

1. Upstairs 6000 DKK.- 2. Downstairs 5600 DKK – 3. Outside 5300 DKK

Payment Late Bird prices 1. September 2015 - Choose between 3 levels:

1. Upstairs 6800 DKK.- 2. Downstairs 6400 DKK – 3. Outside 6100 DKK

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 15 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.

5 Days Kundalini Yoga Retreat in Malaga

3. Oct. - 9. Oct. 2015

tostyoga

