

# 5 Days Kundalini Yoga Retreat in Malaga

3. oct. - 9. oct. 2015

Early bird prices on 1. July 2015 full payment.

3 Price levels:

1. Upstairs 6000 DKK.

2. Downstairs 5600 DKK

3. Outside 5300 DKK

**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 stress relief, vitality 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.tostyoga.com](http://www.tostyoga.com) for more photo inspiration from the Malaga retreat 2014 and personal group statements. Also you can find the rest of my practical information on prices, what's included and the 5 days schedule etc..

If any questions feel free to contact me. Happy greetings from Mette

