



Summer-Retreat 2018

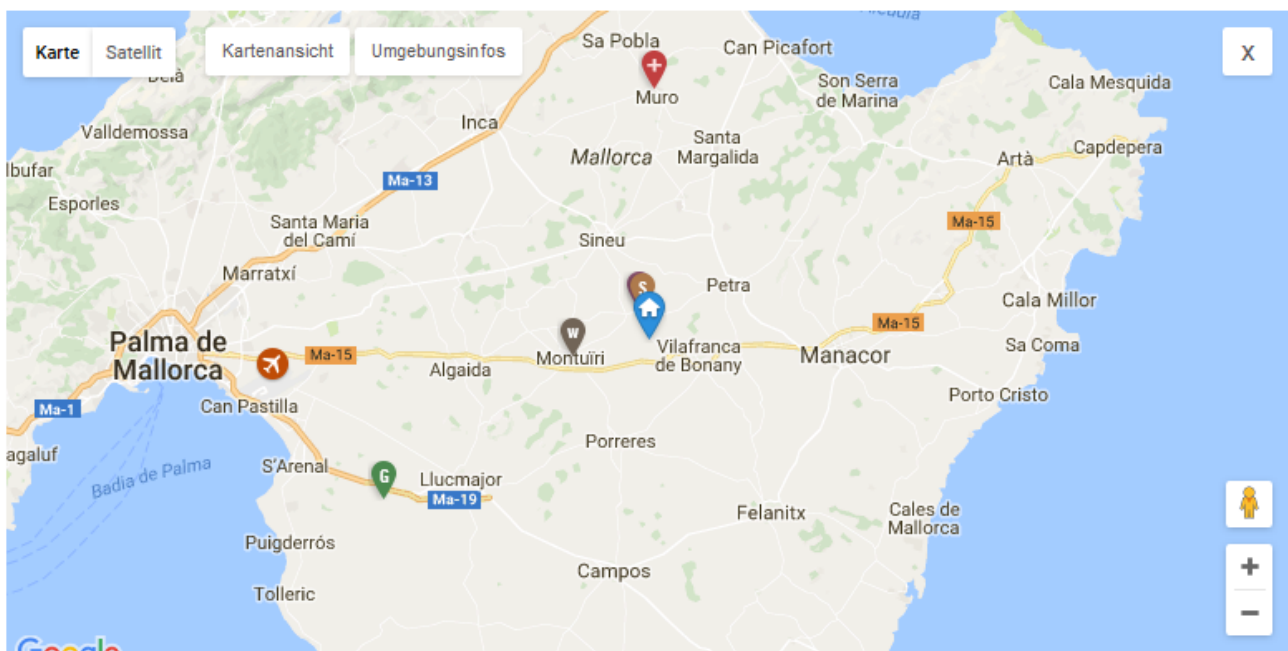
Ashtanga Yoga Raum Frankfurt goes Mallorca

The date: July 20th – July 29th 2018

In 2018 we roll out our mats on Mallorca again and enjoy eight days of silence, relaxation and the spanish sun! A homelike finca in middle of the island will offer everything it needs for a wonderful and restorative week: yoga and meditation room, a pool, a garden and a breathtaking landscape.

The finca:

From the airport we will drive towards the center of the island: the homelike finca with spiritual flair on a 40.000m² landscape will welcome us. Five double bed rooms (beds can be separated) are available. The finca includes a warm and cosy yoga room as well as a meditation room, which is perfect to withdraw your senses if you need some silence. You can also just relax yourself at the pool in the sun. The huge garden will give you enough space to just retreat yourself.



The yoga practice:

There will be a daily mysore practice from Saturday to Saturday starting at 08.00 a.m.

From Monday to Friday there will be afternoon sessions starting at 05.00 p.m. (theory or practice lessons).

The catering:

Roswitha, who supported me at earlier retreats, will cook twice a day: biological-organic as well as vegetarian-vegan. Brunch will be offered after the morning class at 10.30 a.m. and dinner at 06.30 p.m. If there are any food intolerances, please let us know.

At any time of the day we offer coffee, tea, water and fruits. All inclusive! Let us know if you miss or want something: Ask for it and you get it! Not included: meat and alcohol.

The arrival:

You can check-in at the finca on Friday after 04.00 p.m.. I suggest to meet at the airport, so you can share a cab or a rent-a-car to the finca. Fly together or wait on for each other on the airport; I connect you to the other participants, if needed. Just ask me.

The departure:

Check-out is Sunday, July 29th 2018.

The costs:

€ 1.080,- pro Person (incl. VAT, excl. Travel expenses)

With your binding registration 540,00 Euro (50%) will become due. The other 50% will become due until March, 31st 2018.

Cancellation fee: If you for any reasons not be able to take part at the retreat, up to March 31st 2018 a cancellation fee of 50% will become due, up to May 31st 2018 it is 75% and after May 31st the cancellation fee is 100%. If you find a substitute, no cancellation fee will be charged.

The inclusive benefits:

- **All yoga classes (8x morning practice, 5x afternoon theory or practice classes)**
- **8x dinner, 8x brunch (biological-organic)**
- **Fruits, water, tea, juices, coffee all inclusive 24/7**

! Please bring your own mat !

Pictures of this wonderful place:





Contact:

Christian O. Braun

+49 - (0)178 - 54 54 132

yoga@ayrf.de

www.ashtanga-yoga-raum-frankfurt.de