

10 DAYS OF OPENING UP TO YOUR BEAUTIFUL SELF

The Sacred Breath



SPIRITUAL YOGA
RETREAT 2010

GOA/INDIA
JANUARY 22-31

10 DAYS OF OPENING UP TO YOUR BEAUTIFUL SELF

The Sacred Breath

Together we will go on a sacred journey. Honouring and awakening the wisdom and guidance of our Divine Source. It will be a time for ceremony and rejuvenation.



The deeper we breathe the more we feel fully alive and inspired to live our life to the fullest! Breath is life...

Deepen your yoga practice on this 10 day retreat, located on the most beautiful beach of Goa in India. Imagine staying together in a quiet, relaxing, natural and very comfortable retreat place at the sea side, in a small group, offering individual attention for each student.

Our focus will be on Pranayama and Mantra, and also includes Asana, Sun Gazing, Meditation,

Sequoia Henning and Tara Esther Kleij both share their passion for Pranayama and Mantra. They have 30 years of combined experience in yoga, meditation healing circles, healing massages, shiatsu, sound healing, etc. See the websites for more info.

Sound healing, Bandhas, Kriyas and more. You will learn how to fully utilize your respiratory system. Recharge and reduce stress and feel more joy in your life. You will be given your own practice to best suite your constitution upon leaving. All levels are welcome.

Early bird discount!
More info on the website.

Within us there exists a sacred flame, the keeper of our vitality and life force. Keep it burning brightly!



www.sunfoodyoga.com

www.feelingsoulgood.com