

Yoga Retreat in Granada, Spain 20th - 26th October 2019



Lucie Landau

Lucie is a British Wheel of Yoga trained teacher and studied at SOAS Hindi, Sanskrit and Indian philosophy as well as over 30 years with her spiritual teacher in India. She is a Foundation and Teacher Training tutor. Her focus is on yoga philosophy and applying it into daily living.

www.yogauniversal.co.uk

Costs

Most rooms are twin rooms - £700 per person

There is one large room for 3 people - £ 670 (suitable to people that know each other)

Single £ 900

All rooms have their own separate shower and toilet.

The price includes Full board accommodation vegetarian/vegan, & all Yoga sessions but does not include airfares and transfers from and to the Granada airport. Transfer by mini bus or taxi can be arranged for an extra charge. This can be arranged when you know your flight details.

Flights to Granada –It is good to book early.

Deposit for the retreat is £150 and should be sent soon to reserve your place. This is not refundable.

The remainder needs to be paid by the end of June 2019 - this will be refundable at 100% 4 weeks prior to departure and 50% after then.

Cheques made out to 'Lucie Landau', Silver Birches, Ludpit Lane, Willards Hill, Robertsbridge, TN32 5ET

Or by a bank transfer to Lucie Landau
sort. code 40-23-18 ac. no 82366894
reference 'Your Surname Granada 19'



Maggie Davis

Maggie Davis is a British Wheel Accredited Teacher who trained with The Yoga Academy. Her other training is in reflexology and massage therapy. She teaches classes and workshops and assists Lucie on Training courses. Her focus is on the connection between the physical body and the mental, emotional and spiritual aspects of our being.

www.maggiedavis.co.uk



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