

Yoga Holiday in Aegina Greece

with Jody Lawrance 4th - 14th June 2009



Simply furnished with copious light and space, this is a perfect setting for you to enjoy and enhance your yoga practise. A morning asana class will be held as well as an early evening class where a range of subjects may be covered –technique, pair work, pranayama, chanting, meditation and philosophy. The house, its gardens and nearby Aegean sea lend their own special energy to this 10 day yoga holiday. The price is £595, or early bird booking of £530 if deposit of £150 paid by Dec 31st– balance due by April 1st - price includes accommodation and

all classes

Jody enjoys teaching where yoga is accessible to all levels, and a space for relaxing, growing and developing is nurtured. There will be plenty of time in between classes to explore the island, visit the mainland or other islands, go into the town, swimming and sunbathing at the beach etc. Each day can be as active or as laid back as you wish.

To secure your place please send your name, address, phone number and email address if you have one, with a non refundable deposit of £150 to J Lawrance, c/o yoga akasha, 45A London road, East Grinstead, West Sussex, RH19 1AW, England. Balance (non-refundable) due by April 1st 2009. For further information please email jody@yogaakasha.co.uk



Karate/Yoga Holiday in Aegina Greece

with Heap Sensei 7th Dan and Jody Lawrance
25th-31st May 2009

Studying the finer points of Wado Kai Karate and Hatha Yoga.

A fascinating insight into the unique blending of these two ancient disciplines. 6 days on this beautiful Greek Island with top tuition in both arts - £425.00 or early bird booking of £375.00 if deposit of £100 paid for by Dec 31st, balance due by

April 1st – price includes accommodation and all classes

Please email senseiheap@yahoo.co.uk or jody@yogaakasha.co.uk for more information



www.wadokarateunion.org.uk

