

Yoga Holiday with Julie Anderson, Senior Iyengar teacher with over 20 years teaching experience including running retreats in the UK and holidays abroad.

Classes will cover the full spectrum of Iyengar yoga from the challenging to the restorative with the added delights of practicing in a warm climate. Taught by the Iyengars in Pune many times Julie is an inspiring teacher, able to bring out the best in your yoga while deepening your understanding of asana work and bringing some of the philosophy into action too.

It is likely you will find yourself in poses you have not been able to access before!



Yoga classes will be held in the fully equipped Iyengar Yoga School in the traditional Mallorcan town of Felanitx (and occasionally on the terrace at Son Capellot, weather permitting).

Accommodation is at Son Capellot: beautiful, fully equipped self-catering apartments with varying degrees of privacy as reflected by the price range. Please note there are no single rooms available, but the shared rooms and apartments are very spacious.

We also have full use of the pool. As it is still a working farm we are surrounded by acres of almond and orange orchards, olive groves and the occasional sound of sheep bells. We are welcome to wander around the estate. Should you wish to explore further there is plenty cycling and walking locally. Or it is not so far to the coast, 14k, for beach swimming.



The holiday costs £600 -£700 (depending on accommodation) and includes:

- 11 sessions of yoga tuition with option for 3 additional intermediate classes if sufficient interest £30
- daily (generous!), breakfast
- evening meal on the day of arrival
- airport transfers on Saturday 14 and 21 October, to meet flights arriving late morning and departing around midday
- Wi-Fi
- limited spaces for a non-yogi partner: deduct £125



FEEDBACK FROM 2016:
 "AMAZING EXPERIENCE"
 "GREAT VALUE FOR MONEY"
 "IT WAS A PRIVILEGE TO JOIN THIS COURSE"
 "I FEEL MY INSIDES HAVE REALIGNED"
 "SPLENDID SURROUNDINGS"



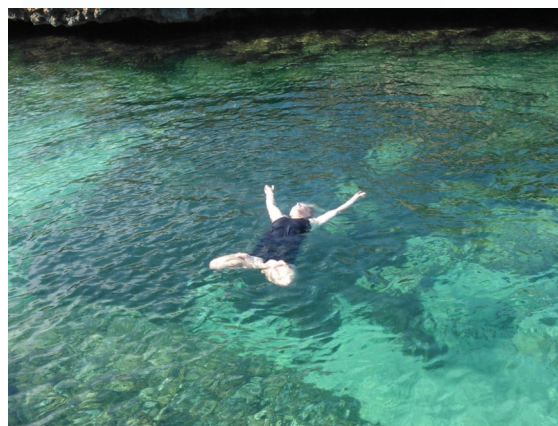
A repeated comment
 from 2016 :
 "I would not change a
 thing"

Would you like to join us?

Contact us now for more
 information and a booking
 form.

Email:
 iyogajulie@gmail.com
 Or call us on
 01382 543431

www.iyogajulie.co.uk



Mallorca
14-21 October 2017
 General and
 Intermediate Classes

