

Lizzie's Yoga holiday at Tara's Retreat. 12th to 19th May 2008

if this date doesn't suit you then give us a date that does and we will try to accommodate



Come and join Lizzie for Yoga as a guest at 'Tara's Retreat', a comfortable country house in a typical Spanish village, La Magdalena in Murcia, Southern Spain, where the weather is said by the **World Health Organisation** to be the '*healthiest climate in the world*'.

Surrounded by mountains, 'Tara's Retreat' is the perfect place to relax and feel fitter with healthy, tasty meals whilst enjoying the benefits of Yoga sessions twice a day.

After your Yoga session you may want to relax in the hot tub, swim in the pool, take a walk in the Spanish countryside or meditate in our peaceful and secluded Mediterranean garden surrounded by Orange and Lemon trees.

You will be personally taken care of, with all meals and snacks included. Individual attention to your needs and expert advice on Yoga will help you develop more quickly and at the end there will be a significant improvement with your development in the method.



We will be doing Yoga on the terrace outside, or inside in our dedicated space.

Walking, Cycling, and Horse riding can be added to the schedule if required and the beautiful City of Cartagena is just a short distance away, with its magnificent architecture and Cosmopolitan restaurants and Bars. The cruise ships stop here regularly and the Port is a wonderful place for having coffee and people watching.



Port of Cartagena

Also 25 mins away in Mazarron we have 26 kilometres of unspoilt protected beaches and national park known as the 'Cornwall of Spain'.



Booking and Itinerary

Based on 8 people in the group, with 2 people sharing a twin or double room - **£620**
(plus £20 travel insurance if required)

Price inclusive of:

- Twice daily Yoga sessions
- All meals and snacks
- 1 glass of wine with evening meals
(Further alcoholic beverages are available on a trust bar arrangement.)
- Flights and transfers
(30 minute transfer time)
- Evening meal out
- Days out to Cartagena & Mazarron
(Lunch and transport included)

NB: Any other trips or activities are not included

Spaces are limited and flights require earliest possible booking to keep current price. Booking only confirmed by £80 deposit.

Call Lizzie on 07951742557 or 020 8 643 5066
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www.tarasretreat.com