



Yoga for Life with Tuesday McNeill and Swami Shivanand

**Week 1 Harmonic Retreat, Patnem, Goa
Jan 29 – Feb 5 2010**

Yoga teaches us how to live a life of balance in a world of constant change. Located on a hilltop overlooking one of the most beautiful beaches in South Goa, Harmonic Retreat Centre offers bay views and the shade of ancient banyan trees in a peaceful setting entirely conducive to a deep and insightful yoga practice.

The morning sessions will be taught by Tuesday McNeill www.urbanyogi.co.uk and the afternoons by Swami Shivanand – have a look at www.nativeplanet.org/health/yoga/swami/

Accommodation is a short walk away in good quality beachside cottages

January 29 is arrival day; the group will have dinner together. There will be one day off during the week for excursions and February 5 is departure day.

Cost is £495 which includes accommodation, breakfast & dinner and 2 yoga sessions. It does not include flights to Goa, insurance, transfers or other incidentals.

For further details or booking, please contact Tuesday McNeill on 020 8898 0978 tuesday@urbanyogi.co.uk

