

Yoga in Goa, India

A 10 Day Yoga Retreat with Sabine Kühner

November 12 through 21, 2010



Rooms:

Beachfront rooms at Doña Florina, a charming, rustic beach resort.
Tropical breakfast included.

Rates:

- \$800 for Double Occupancy
 - \$1,000 for Single Occupancy
- A deposit of \$300 is required to secure your place

Yoga:

Two hours of practice prior to breakfast and one and a half hours of
Pranayama/restorative at sunset.

Activities:

There will be plenty of time to relax at the beach, swim in the ocean,
visit the famous flea markets, spice farms, bird sanctuaries, churches
and temples, and for getting Ayurvedic massages. We will also take
one day off from yoga in the middle of the retreat for a day trip.



Sabine Kühner

has been a certified
Jyengar Yoga teacher
with 20 years of teaching
experience. She was the
co-founder of Namaste Yoga
Studio (1993-2002), one of
the first yoga studios in San
Francisco. For many years
she has studied directly with
the Jyengars in Pune, India.
She currently resides full-time
in Pune.

For more details visit www.namaste-yoga.com
or email Sabine at sabine@namaste-yoga.com