

YOGA MEDITATION & MASSAGE

PRIVATE 5* MALLORCA VILLA WITH POOL & SPA

Saturday November 5th to 12th 2011 with Jo Shrimpton

Limited places-Book Today!!

Private retreat –Four Places Only
£475pp

Occasionally in life comes an opportunity that seems too good to be true.....and sometimes it is.

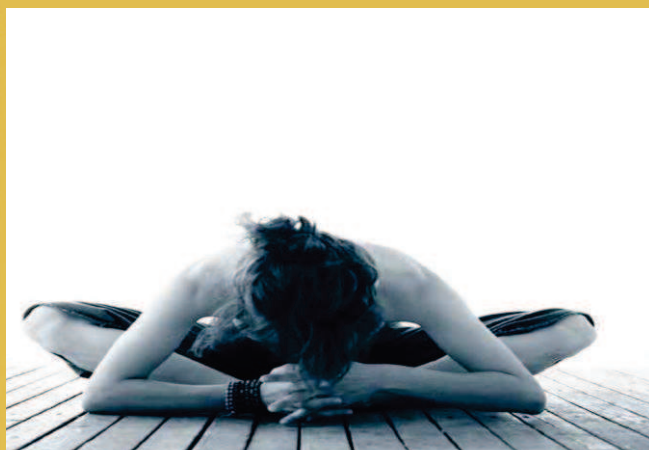
This week is different; from my heart to yours... this week is my gift to those of you ready to receive and nurture yourself at the highest level...to do something that is truly tailor-made for you...at a cost that you can afford.

Numbers unfortunately are limited to four only.
Please contact me ASAP if you'd like to hold a place. I can offer a **£25 discount (or ½ hour free massage)** with the earliest confirmed booking before 16th October 2011.

THE VENUE

The beautiful Island of Mallorca is just a **short and inexpensive flight away** (unbelievably available today from only £60 return on EasyJet); in November it's a warm and sunny 17-20 degrees still. Our home for the week is an attractive villa set within tranquil grounds off the eastern coast of Spain and situated among rugged mountain cliffs and beautiful countryside. This house represents the ultimate in Mediterranean charm, with lovely bedrooms and a lounge/dining/terrace (roof area) for our yoga/breakfast and relaxation time.

Close to beautiful beaches but also Palma Town for shopping and sightseeing; the villa has a private outdoor pool & access to a spa/indoor pool/steam rooms; for the more energetic there's also a gym, jogging track, tennis court and golf course!



THE YOGA & MEDITATION -1 ½ hours morning & evening of Inspiring and life enhancing Yoga - integrating Anusara, Bikram, Kundalini, Sivananda and Yin Yoga. A week of energy enhancing Asanas, pranayama, kriyas and meditation; designed to help balance your chakras and leave you restored and re-energised.



*THE BEAUTIFUL WATERS AND
BEACH OF ES TRENC
MALLORCA*

"I joined Jo for a yoga holiday in September in turkey this year and had a wonderful time. I arrived a ball of stress...but after a combination of challenging asana work coupled with wonderful work on mediation and unblocking the chakras, I left a different person; relaxed, stretched and on top of the world. Jo has wonderful warmth that permeates every aspect of her teaching. Don't leave without experiencing her Indian head massage -The best I've ever had"

*Tamsyn Zietsman
London*

For Booking:

To reserve a place immediately or for more information /pictures of the venue or a booking form please email:

jo@joshrimpton.com

Or call:

Within the UK: 07779142663

Outside the UK: +44 7779142663

Your Dates, flights and Travel details

Plan to arrive on **Saturday 05th November from around 4pm**; there will be a short yoga class that evening. **Check out is 10am on Saturday 12th November**. Yoga will be at 7.30am followed by breakfast that day. If you are arriving early or departing late, hotel facilities are available

FLY INTO MALLORCA (PALMA)

CHEAP FLIGHTS (£60-£70) ARE AVAILABLE NOW with **EasyJet** from London Gatwick, Stansted and Luton and **BMI Baby** from East Midlands

TRANSFERS

Taxis are approximately 30 Euro each way. I will arrange a shared taxi for you where possible

COST/PERSON - £475 (The first confirmed booking before 16th October is £450 or includes a free half hour massage)

The week includes seven nights accommodation in a twin share or double room, a healthy breakfast/brunch and all yoga sessions (12 to 13) designed specifically around the needs of the group and which you can engage in as much or little as you choose. Evening meals are not included in the price but as a group we can choose to cook healthily /BBQ together at the villa; sample the delights of local restaurants within walking distance ...or take a trip into Palma or to nearby restaurants

A trip to Es Trenc beach (Picture on page above) is also included in the price

PLEASE NOTE:

Flights, transfers, Insurance, Additional food, drinks and private massage/healing sessions are not included in the price above



Indian head massage with healing includes massage to the head, face, hands, back and shoulders. Using aromatherapy oils and massage techniques designed around your needs, this will leave you deeply relaxed & at peace...