

# ***A week of yoga and meditation in a beautiful and tranquil mountain setting***

**10th to 17th September 2011**

## **Enjoy one week of Iyengar yoga with Shuddhasara at Casa Major in the mountains of Malaga**

Join Shuddhasara for a week of intensive Iyengar yoga. She is a fully qualified member of the BKS Iyengar Yoga Teachers Association, Junior Level 111, and has experience in remedial teaching. She is also a practising Buddhist and will teach optional meditation practices for those of you who are interested.

Casa Major is an old Spanish farmhouse set in approx 60 acres of its own mountainside in Andalusia, Southern Spain. Facilities include a swimming pool, a large roof terrace and a purpose built practice hall for yoga and meditation practice. For further information and pictures of Casa Mayor go to [www.yesterdaysbread.co.uk](http://www.yesterdaysbread.co.uk)

Cost for the week, inclusive of vegetarian food, accommodation and tuition:

- Shared accommodation: **£395** p.p. per week
- En suite twin rooms with balcony: **£495** p.p. per week

Partners who do not practise yoga are also welcome at a reduced fee - please call for details.

To secure a place on this course please send your booking form with deposit of £100 per person to Nancy Whitten at 153 Lichfield Road, Cambridge, CB1 3SR as soon as possible. The balance is payable by 10th July 2011.

For more information please contact: [shuddhasara@ntlworld.com](mailto:shuddhasara@ntlworld.com) Tel: 01223 693842

**To: Nancy Whitten, 153 Lichfield Road, Cambridge, CB1 3SR**

I would like to book a place on the Malaga yoga course 10th to 17th September 2011

Please indicate preferred accommodation: shared  ensuite

I enclose a cheque for a £100.00 non-refundable deposit, payable to Nancy Whitten

Name \_\_\_\_\_ Email address \_\_\_\_\_

Telephone \_\_\_\_\_ Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Details of existing medical conditions \_\_\_\_\_

Details of previous yoga experience \_\_\_\_\_