

North Wales Yoga Weekend – 9th to 11th July 2010

Details and Booking Form

Programme

Friday

Evening Yoga class
Dinner
Meditation

Saturday

Pranayama class
Breakfast
Yoga
Lunch/guided walk
Early evening Yoga session
Dinner
Meditation/relaxation

Sunday

Pranayama class
Breakfast
Yoga
Buffet lunch – farewells

The Venue and Food

Our venue is a comfortable warm mountain chalet with shared accommodation in a woodland setting near the village of Maeshafn, about 8 miles from Mold. Full directions will be given on booking.

All food, soft drinks and wine is provided throughout the holiday. The food will be vegetarian and wholesome. If you have special dietary requests please inform us – we will try our best to accommodate but cannot make guarantees.

All accommodation is in shared rooms.

What to Bring

Exercise wear suitable for Yoga, a Yoga mat (blocks and belt useful but optional) and walking gear if partaking in the walk on Saturday.

GUESTS ARE ASKED TO BRING THEIR OWN PILLOWCASES AND SHEETS – all other bedlinen provided.

Cost of Holiday

£110

North Wales Yoga Holiday Booking Form

(please complete one form per guest)

Name

Address

Contact No.

Email

Limiting conditions?

Special dietary or other requests

I enclose full payment for £110.00 by cheque (made payable to **Harmony Holistics**)

If paying through PayPal please tick here

Signed

Print name

Please return completed form, with all payments and enclosures to –

Harmony Holistics
162 Elephant Lane
Thatto Heath
St Helens, WA9 5EL

After booking is received you will receive your confirmation details and a location map/directions.

Many thanks

Harmony Holistics

Please note no refunds can be made within 28 days of the holiday for cancellations. Cancellations earlier than 28 days will incur a £20 administration fee.